



Courtesy thedmtb.com

## DAVE MATTHEWS TRIBUTE HEADLINES FINAL FRIDAY NIGHT LIVE DOWNTOWN

The finale of downtown Rutland's free Friday Night Live performances is Sept. 1. The Dave Matthews Tribute Band will headline the show.

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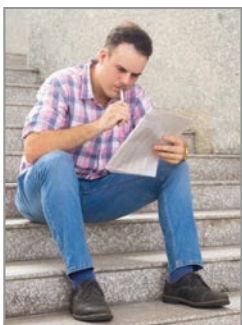


Courtesy vnrc.org

## CONNOLLY POND DAM IS REMOVED, KENT POND DAM A RISK FOR PUBLIC SAFETY

The state auditor is reexamining the safety of dams, which pose an even greater risk during flooding.

Page 2



## VERMONT'S UNEMPLOYMENT RATE IS LOW AT 1.8%

Vermont has fewer unemployed than its neighboring New England state and the U.S. as a whole.

Page 7

## Labor Day: Remembering the dignity of work

By Karen D. Lorentz

Most everyone grows up knowing what Memorial Day, the Fourth of July, and Thanksgiving stand for. But Labor Day? A day that celebrates work by having the day off?

This holiday marks the end of vacations for school children and families and the beginning of a new school year. It has become a three-day weekend when many people take trips, have picnics, attend get-togethers, or do other special things that mark the end of summer. It is a time when a spirit of playful togetherness prevails.

Behind that celebratory spirit lies the American belief in the dignity of work and a desire to recognize the great efforts and work that went into making this country a successful nation.

Labor Day was first celebrated on Sept. 5, 1882, in New York City. At the suggestion of Peter J. McGuire, the Central Labor Union held a Labor parade. The celebration included 10,000 workers marching around Union Square, picnics, dancing, fireworks, and speeches.

Labor Day → 11



Courtesy of Vermont Adaptive

## Mountain Bike trail work eases accessibility for all

Trail-building volunteers work to ensure existing trails are adjusted and new trails are built with adaptive and modified mountain bike equipment in mind. Vermont Adaptive was one of the first organizations to offer adaptive mountain biking in the East, starting in 2017. See page 37.

## Killington receives state's largest Catalyst Grant for economic development

By Polly Mikula

Towns seeking funding to improve stormwater infrastructure and municipal water systems topped the list of Catalyst Grant grant recipients in Vermont this year with Killington receiving the largest award at \$2.25 million, followed by Wilmington and North Hero, each with \$1 million.

Killington's grant will be used toward planned infrastructure improvements including a municipal water system and a redesigned roadway system which is required for the development of the Six Peaks Killington Village project (a village at the base of the ski resort).

A grant of \$2,250,000 was awarded to these Killington projects, which totals \$23,602,436 according to the grant application.

"\$1 million is for a water portion and \$1.25 million is for a portion of Killington Road," said Lisa Davis, planning consultant for the town of Killington, who wrote the grant.

"The total project cost does not represent the actual total project cost but rather it represents Phase 1-A of the road project — which is from the Lookout to East Mountain Road including the roundabout, Road H and Mill Road — and con-

tract 4 for the water."

Contracts 1-3 have already been awarded which makes them ineligible for Catalyst grant money, Davis explained. And future phases of the water and road project will not be completed within the three year time-frame required.

Additionally, the state of Vermont has put the Killington project up for consideration for an additional \$750,000 in EDA partnership funding.

"We will continue to seek grants and low interest loans wherever we can to decrease the

Catalyst grants → 12



By Zach Godwin/Killington Resort

## Milestones celebrated at the resort

Sam Buduksy, Christine Bulgini, John Duke, Amanda Hammond, Greg Gleason (pictured l-r) celebrated five years as Killington employees at the annual Milestone Party, Aug. 23. See page 7.

## \$3.6M awarded in HUD grants

Zion Growers at the former Vermont Marble Company and Ascend Housing Allies in Rutland among recipients

By Katy Savage

Zion Growers, an industrial hemp processing company in Proctor, was one of nine companies in the state that received a U.S. Dept. of Housing and Urban Development (HUD) grant.

Zion was awarded \$60,000 to conduct a site feasibility study, draw architectural and engineering plans, review code compliance and conduct an environmental analysis of the former Vermont Marble Company building in Proctor — a 84,000 square foot building.

HUD grants → 10

## Green Mountain National Golf Course hit financially by rainy weather

Staff report

Rainy days have caused financial setbacks at Green Mountain National Golf Course in Killington.

Expenses for July were up while revenue was down, according to a comparative financial document.

The Killington Select Board approved the financial report Aug. 28. The document showed revenue was down around \$30,000 in total, while expenses were up about \$14,000 for July, which were budgeted as costs of goods were higher with inflation.

This is the first year that GMNGC is paying the bond in full and that will not change despite the revenue shortfall.

Most of the revenue shortfalls were in the green fees and restaurant, which was down \$10,000, and the pro shop, which was down about \$20,000.

Two budget items that saw revenue increases were lessons, which were up \$4,000 and season pass memberships, which were up around \$2,200.

Meanwhile, maintenance expenses were up about \$4,000, restaurant expenses were up \$5,000 and pro shop expenses were up \$2,000.

The town-owned golf course has been managed by Brown Golf Management since 2018.

## East Mountain Road remains closed

Spartan Race will remain headquartered at Bear Mountain with shuttle service

Staff report

At its regular meeting Monday, Aug. 28, the Killington Select Board stated that East Mountain Road will remain closed to traffic Sept. 16-17 for the annual Spartan obstacle course race, which is headquartered at Bear Mountain base area of Killington Resort.

Bear Mountain is accessible from the west side (from the top of Killington Road) and shuttles will also be provided from Skyeship.

East Mountain Road from Route 4 to Bear Mountain Road was badly damaged in July flooding and remains passable only as a one-land road in many places. Shuttle buses from Skyeship will be allowed on East Mountain Road and will be coordinated accordingly.

Select Board member Jim Haff said the town is working with engineers on the next phase of road reconstruction and for the next round of approval by FEMA to do the repairs. The town hopes to open the road to local traffic as soon as possible and to two-land traffic before winter.

Minimum Years Known in Poor Condition for Dams Reviewed

Dam Name	Location	Owner Type	Hazard Potential	Earliest Known Year Classified in Poor Condition	Year of Last Inspection	Years Known to Be in Poor Condition
Curtis Pond Dam	Calais	Private	Significant	2001	2019	18
Institute Pond Dam	Lyndon	Private	High	2002	2020	18
Chestnut Hill Reservoir Dam	Brattleboro	Local Government	High	2000	2017	17
Mirror Lake Dam	Calais	Private	Significant	2004	2015	11
East Long Pond Dam	Woodbury	Local Government	High	2011	2020	9
Thurman W. Dix Reservoir Dam	Orange	Local Government	High	2013	2020	7
Lake Sadawga West Dike	Whitingham	State	High	2014	2020	6
Caspian Lake Dam	Greensboro	Local Government	Significant	2011	2017	6
Kent Pond Dam	Killington	State	Significant	2012	2015	3
Gale Meadows Dam	Londonderry	State	Significant	2014	2017	3

Courtesy DSP

## State auditor revisits dam safety

Killington's Kent Pond Dam listed in top 10 with significant hazard potential

Staff report

"When nine inches of rain falls in a short period of time, bad things are going to happen. It's not always clear what those bad things will be, but we know some communities will flood, some infrastructure will be damaged, and some lives will be impacted," wrote Vermont Auditor Doug Hoffer whose office audited the performance of Vermont's Dam Safety Program (DSP) before July and August's flooding events.

"Government can proactively take steps to mitigate the risks or severity of disasters, though, especially in terms of critical infrastructure, Hoffer continued. "Unfortunately... prevention is often underfunded and unappreciated."

The DSP audit questions whether Vermont was doing all it could to make sure Vermont's hundreds of dams are being inspected frequently enough, and whether they were being properly maintained to keep people safe. Here's what he found: "Overall, we found that the Dam Safety Program had historically been too understaffed to fulfill its inspection duties, that many

large dams were allowed to linger in poor condition for many years (including some state-owned dams), and that new rules intended to require improvements where life and property is threatened are well more than a year behind schedule," he wrote. Specifically:

- The DSP has not been inspecting all dams within the required timeframe and has not recorded all inspections in their inventory database.
- The DSP's centralized dam inventory does not include complete and accurate condition and hazard potential ratings.
- Although, the DSP followed up on the recommendations they made to dam owners during inspection visits during subsequent inspections, in most cases, the subsequent inspections found that the dam owners had taken little or no action to improve the overall condition of the dam.
- Some of the dams in the review

had been classified as being in poor condition for as much as 18 years, shown in the table above.

"As we finalized our audit, the Administration proposed, and the Legislature approved, the addition of several new staff positions at the Dam Safety Program and a one-time boost in funds to carry out more dam assessments," Hoffer continued. "These are positive developments, but more is needed... Vermont state government knows that a number of large dams are in bad shape, and that if they fail Vermonters could be killed or significant property damage could occur. For too long, state officials have demurred on prioritizing the funds and policies needed to safeguard against catastrophes.

"In light of this summer's floods, and knowing full well that these rain events are going to come ever more frequently, perhaps now this critical and dangerous infrastructure will receive the preventive care that's needed," Hoffer concluded.

## Connolly Pond Dam is removed for public safety in Shrewsbury

Engineers, contractors, landowners, and scientists gathered Aug. 22 for the post-construction meeting and site walk for the removal of Connolly Pond Dam in Shrewsbury. Construction was completed, the dam has been removed, and the channel is free-flowing.

The dam was removed in the interest of public safety to reduce flood risk, and to reconnect and restore a headwater tributary to the Mill River, which ultimately flows to the Otter Creek and then Lake Champlain.

In 2020, the Vermont Dam Safety classified the dam as in poor condition with a significant hazard potential dam rating. The dam safety inspection stated, "Failure could result in damage and economic losses due to shallow flooding of property and overtopping of multiple road crossings."

The dam is reported to have been constructed about 1965 for fire suppression, and to provide a water source for farm crops and livestock, and as a pond for recreation.

In addition to reconnecting the head-

waters to the Mill River and ultimately Lake Champlain, many co-benefits result from dam removals including restoring natural sediment transport, reduced erosion, restored passageways for aquatic organisms,, reconnection with the floodplain to support flood resilience, restored wetlands, stream channel processes, and a restored ecosystem with increased biodiversity, according to experts.

"Restoring natural river processes including water, sediment, nutrient and wild-

life transport through derelict dam removal is tremendously rewarding work because you can observe the restored river functions come back almost instantaneously," said Karina Dailey, restoration ecologist with the Vermont Natural Resources Council.

"We saw some small fish in the new channel and moving around upstream on our last site walk. We installed a few extra large wood pieces and boulders in wet areas to break up flow paths to limit future erosion. It will be

Connolly Pond Dam → 12

# State leaders tour flood damage in Killington, Mission Farm

By Katy Savage

When rain hit Killington in early July and mud slid across the road, Lisa Ransom and her husband scurried with heavy equipment to save the 1895 Mission Farm church from flooding.

Ransom, the vicar of the church, and her husband dug a ditch around the building as rain came down “like a waterfall.”

While they saved the building, the dirt-floor basement of the church filled with about 8 inches of water and the septic system of the 1816 guesthouse across the street washed out. “The amount of water coming down the back hillside was tremendous,” Ransom said.

The damages were projected to cost nearly \$20,000. “The whole thing was a little scary,” said Ransom.

She, like many others, are preparing for the future, explaining, “We know this will happen again.”

Eleven state and local officials from the Vermont League of Cities and Towns, the Preservation Trust of Vermont, Vermont Council on Rutland Development, Division of Historic Preservation, Rutland Regional Planning Commission and other organizations visited Rutland and Killington Friday, Aug. 25 to discuss how to save historic buildings from future floods.

“In many towns and businesses the buildings are in a downtown where they are susceptible to flooding,” said Lyle Jepson, the executive director of the Chamber and Economic Development of the Rutland Region. “The purpose was to encourage state and leaders to lobby for more federal funding.”

The officials stopped at the Killington



By Katy Savage

State and local officials toured historic sites that flooded in Killington, Aug. 25. Clockwise from left: Meg Campbell (vice-president of the Preservation Trust of Vermont); Devon Neary (executive director of the Rutland Regional Planning Commission); Ben Doyle (executive director of the Preservation Trust of Vermont); Killington Select Board member Jim Haff; Town Manager Mike Ramsey. Second row: Laura Cavin Bailey of the Vermont Council on Rutland Development, Bonnie Waninger of the Vermont League of Cities and Towns; Beth Weinberg of Liquid Art Coffeehouse, Lyle Jepson of the Chamber & Economic Development of the Rutland Region; Pollaidh Major of the Vermont Housing & Conservation Board; and Caitlin Corkins ACCD Division of Historic Preservation).

Welcome Center and discussed future infrastructure needs in the wake of climate change.

“It’s going to be more impactful and more of a recurrence,” Town Manager Michael Ramsey said, of the need to prepare for future weather events.

The officials then toured damage at Mission Farm, which is one of the area’s oldest structures.

They sat on a newly-built stone amphitheater as Ransom shared her vision for the future of the property.

“The purpose of this land was always for it to be a resource for the community,” Ransom told the state officials.

The small congregation hasn’t exceeded 10 people in the last 100 years.

“I have no illusion that we’re going to have a big church. That is not the goal,” Ransom said. “The goal of all this is to bring the community together.”

Ransom, who was born in Colorado, moved to Killington with her husband from Waterbury in 2020 where they operated Grow Compost, a food waste composting business.

Ransom views the small amphitheater, called an odeon, as the epicenter of future community involvement. It’s made of stone and designed to accommodate historic preservation → 11

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## MOUNTAIN TIMES

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## Nurse attacked at Springfield prison

An inmate at the Southern State Correctional Facility (SSCF) in Springfield held a pen to a nurse's neck on Thursday, Aug. 24, police said.

A nurse in the facility intake area was administering medications to Cory Munger, a newly detained individual at SSCF. Munger forcibly grabbed the nurse, wrapping his arm around her throat and holding a pen to her neck. Correctional officers immediately intervened to thwart the attempt. The nurse, a contractor under health provider Wellpath, received a medical evaluation at the Springfield Hospital following the incident.

State Police (VSP) were notified of the critical incident per department protocol and have initiated an investigation. Vermont DOC will also conduct a review as per the department's critical incident policy. The DOC peer support team deployed onsite for both facility and Wellpath staff.

Munger, 28, is held without bail at SSCF on multiple charges, including assault and robbery with a weapon, vehicle operation with reckless or gross negligence, and violating an abuse prevention order. Munger was lodged on Aug. 22.

### OBITUARY

## Obituary: John Michael McGrath

John Michael McGrath, a former resident of Killington, Vermont, passed away on August 22, 2023. Born on May 15, 1935, John was the son of John and Rose Amodeo McGrath. He grew up in Berkeley Heights, New Jersey. During his teen and early adult years he spent many hours working as a mechanic in his uncle's garage.

After graduating from Jonathan Dayton High School, John enlisted in the United States Air Force. He served in Japan directly after the Korean War. After his tenure in the Air Force was completed, John married Anne Marie Howe in 1962. In 1963 he joined the Township of Berkeley Heights Police Department serving as a patrol officer and detective sergeant.

Alongside his police service, John worked a variety of jobs in construction to help support his family, showcasing his dedication and hard work. He was an active member of the Berkeley Heights Volunteer Fire Department. John served as a police officer from 1963 until 1987, retiring as a Sergeant after 24 years of service.

Retiring to Vermont, John and Anne Marie enjoyed skiing at Killington nearly every day during the winter months. During the summer, they went mountain biking and hiking. They also toured Vermont highways on their motorcycles.

Anne Marie passed away in 2016 and John moved



Submitted  
*John McGrath*

to West Virginia with his beloved Jack Russel Terrier, Opie, to South Charleston to live with his son Kevin.

John is survived by his three sons, John Thomas McGrath of Berkeley Heights, New Jersey; Michael Joseph McGrath of Cumming, Georgia; and Kevin Sean McGrath of South Charleston, West Virginia, along with five grandchildren.

The family extends deep gratitude to his devoted caregivers and members of Kanawha Hospice, who enriched John's life with laughter, love, and gentle care: Tammy Byrd, Morgan Isaacs, Rianna, and Jo Bailey.

A memorial service will be held at 1:30 p.m. on Aug. 31 at Clifford Funeral Home with a graveside service to follow at Riverside Cemetery in Killington. In lieu of flowers, memorial contributions can be made to Killington Fire and Rescue or to a local hospice care.

## Hartland board discusses flood, infrastructure issues

By Curt Peterson

Hartland Select Board faces the same major challenges all other boards face – getting things done, and finding the money to pay for them. Monday night's meeting involved a litany of infrastructure issues that have to be dealt with and funded.

Federal Emergency Management Agency (FEMA) disaster funding for Hartland's flood damage has been elusive — the July 17 storm was swiftly made eligible, but Hartland, strangely unscathed in that event, was pounded on July 21 and suffered a lot of road and culvert damage.

FEMA has yet to declare Hartland's storm damage, four days later, eligible for emergency or repair funding, although interim town manager Martin Dole said, "Gov. Scott is working hard to get us the designation."

Select Board chair Phil Hobbie and Dole have decided to push ahead with road and drainage work anyway, while documenting a file to use when, and if, the necessary FEMA designation is declared.

Dole told the Mountain Times that individuals don't have to worry about their driveway repairs. Lack of disaster designation for the town doesn't affect their eligibility for reimbursement.

Infrastructure repairs are also impaired by a highway department manpower shortage. Dole said the crew is short one person, and vacations have meant some days there are only two people working on the roads.

He said it's hard to find prospective road crew members who have the necessary CDL driving license.

Dole has issued Requests for Proposals from third-party contractors for repairs to two of the town's roads that the highway crew can't handle, hoping the FEMA designation and funding are imminent.

Although voters approved burying utilities at the new intersection where Routes 5 and 12 meet Quechee Road and split, Hobbie warned residents they will continue to see the current wires-bearing pole in the center of the intersection until the utilities actually install the wiring in new underground conduits, and take down the visible wires and pole.

Rita Seto at Two Rivers Ottauquechee Regional Commission is persistently reminding the utilities they need to get the job done, Dole said.

Seto has advised the Select Board to adopt an "underground utilities" ordinance to prevent future above-ground

Any future utility lines within 600 feet of the intersection will have to be buried, according to the ordinance.

Hartland → 12

## Road construction projects this week

The Vermont Agency of Transportation reminds drivers to drive safely in all work zones. Lives depend on it.

A list of planned construction activities that will have traffic impacts area on state highways and interstates throughout Vermont for the week of Aug. 28-Sept. 1, follows:

**I-89 White River Junction** – Our partners at NHDOT are working on a multi-year bridge replacement project on I-89 over the Connecticut River. Motorists should expect daily lane closures and speed reductions over the northbound and southbound bridges.

**Chester** – A culvert replacement project is underway along VT-10 just east of its intersection with VT-103. Travelers should expect short delays with one-way alternating traffic controlled by temporary signals.

**Hartford** – A bridge replacement project is underway in Hartford on Bridge #7 on the VA Cutoff Road. A 60-day planned closure of VT-14 between Ferry Crossing Road and Christian Street is planned to reopen to vehicular traffic on Thursday, Aug. 31.

**Hartland** – The Hartland 3 Corners intersection reconfiguration project continues with the contractor completing sidewalk curbing. Motorists should expect flagged traffic at the U.S.-5/VT-12/Quechee Road intersection for concrete sidewalk pouring through the following week.

**Killington** – A bridge replacement project is underway on U.S. 4 east of the Skysheep Gondola. The U.S.-4 Bridge #33 over the Ottauquechee River remains closed, with traffic continuing to use the temporary bridge located just upstream of the existing bridge. Mission Farm Road remains closed at its intersection with U.S.-4. Motorists should expect potential intermittent short stoppages along U.S.-4 near the existing bridge.

**Killington** – A culvert replacement project is underway on U.S.-4 at Spring Hill Road. The phase one detour is open, with traffic shifting to the south side of U.S.-4. The Phase 1 detour is narrow with added curvature to its alignment and motorists are advised to reduce their speed throughout the work zone. Motorists should expect potential intermittent short stoppages along U.S.-4 near Spring Hill Road.

**Ludlow** – A bridge replacement project is underway along VT-100, 3.4 miles north of the intersection with VT-103. The bridge will be closed from Tuesday, Aug. 29 at 6 a.m. to Aug. 31 at 8 p.m. A regional detour is in place via VT-103, U.S.-7/Main Street in Rutland, and U.S. 4. Intermittent lane closures will occur on Monday and Friday. Motorists are advised to travel with caution.

**Poultney** – A bridge replacement project is ongoing at the intersection of Thrall Road and River Street where the yield to alternating traffic pattern remains in place. Construction traffic to both abutments continues this week and into September.

**Plymouth** – A bridge deck replacement project is underway along VT-100 1.5 miles south of the intersection of VT-100 and VT-100A. A speed limit reduction to 40 mph is in effect with an alternating one-way traffic pattern regulated by temporary signals. Motorists can expect minor delays through the work zone.

**Quechee Gorge Bridge (U.S.-4)** – After Aug. 28, the paint contractor will install scaffolding under the bridge. Lane closures, with flaggers from 8 a.m. to 5 p.m., will begin in the coming weeks.

For more information, visit: [vtrans.vermont.gov](http://vtrans.vermont.gov).



By Zach Godwin/Killington Resort

## Killington Resort's 2023 Milestone Party recognizes its dedicated team of employees

By Brooke Geery

Each year, Killington Resort celebrates its team members who have reached significant five-year milestones in their careers at The Beast. A party is thrown, complete with gifts from YETI and a glamorous evening of gambling at the Mountain Top Inn. The 2023 gala recognized a collective 1,289 years of full time, year round service, on Wednesday, Aug. 23.

"In my earlier career I never seemed to find the right balance for a place to work, then I decided to take a winter off and make snow," said Director of Hospitality Scott Harrison who is celebrating 30 years working at Killington. "From my first few days I realized that I had found a home at Killington. Over the years I have worked in various roles and each one has been an adventure. It has been great working for a resort that has so many great co-workers, friends, and a company who appreciates our efforts and truly cares about us."

This year also marked the retirement of Killington's longest serving employee, Gene Syria, who will be leaving his post at the end of August after 46 years! Gene was on hand to pass his crown to the new king and queen, Dave Lacombe and Keiki Sierman, who are both celebrating 44 years of service.

Also honored at this year's party was Barb Wood, who sadly lost her battle with cancer this summer. Barb would have been celebrating 25 years working continuously at Killington this year, so her YETI cooler was accepted by her son and Killington athlete, Spencer and sister Lauren.

The night is a chance to recognize the dedication and contributions of the people who make Killington tick, and it's an awesome opportunity to mingle and reminisce.

"It's hard to believe that it has been 20 years since starting at Killington," says Lodging Operations Manager Duane Hall. "I have been part of so many amazing changes here and have seen many of my extended Killington family grow in their own way. I am proud to be part of the Killington team and look forward to celebrating many more milestone parties."



By Zach Godwin/Killington Resort

A new resort "King and Queen" were crowned: Dave Lacombe and Keiki Sierman.

Killington Resort celebrated milestones of its most dedicated employees at the Mountain Top Inn and Resort in Chittenden, Aug. 23. Above: members of the 20-year club gathered for a photo on the patio. Employees who reach a new five-year milestone are invited to the annual event to be recognized with a celebration. The Beast's longest serving employee: Gene Syria who will be leaving the resort after 46 years and was recognized at the event and a new king and queen were crowned — each of whom have worked at the resort for 44 years — Dave Lacombe and Keiki Sierman.

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## Governor awards \$400K in grants to support businesses reopening after floods

Governor Phil Scott and the Vermont Department of Economic Development (DED) announced Aug. 24 that businesses and nonprofits that suffered physical damage from the July floods have been awarded \$400,000 in Business Emergency Gap Assistance Program (BEGAP) grants to date. The \$20 million BEGAP program is intended to support the reopening of businesses impacted by the floods.

"This first wave of payments to our impacted businesses to help them reopen and bring their employees back to work, but this is really just the start," said Scott. "The grant team will continue to work quickly to get checks out the door to those who were impacted. We know the need is great, and though these grants won't make any business whole again, we hope it will play a small part in helping them get back on their feet. I encourage any impacted businesses that haven't yet applied to do so."

To date, 505 preliminary applications have been submitted since Aug. 3. A total of 351 applications have been completed and successfully submitted. Among those:

- 70% are currently being reviewed or in the queue to be reviewed
- 30% are completed and approved for a BEGAP grant
- A total of \$397,136 has been paid out to date, with an average award amount of \$13,694
- Total damage reported within applications is \$134 million, with \$108 million in net damage (damage uncovered by insurance or other grants)

Reopening → 12



Courtesy state of Vermont

The state is now selling two versions of Vermont Strong license plates whose proceeds will benefit flood victims.

## Vermont Strong license plates benefit flood victims

Vermonters can now get "Vermont Strong" license plates are now available for purchase. All proceeds will support victims of the summer's severe flooding.

"Time and time again, Vermonters have shown how willing they are to step up, join together, help their neighbors and unite for their communities," said Governor Phil Scott. "This summer's flooding has been no exception. It's clear, We Are Vermont Strong, and Tough Too! I know many Vermonters will be excited to contribute to flood recovery efforts and proudly display the new plates."

There are two different license plate options available. One says, "We Are Vermont

"It's clear, We Are Vermont Strong, and Tough Too!" said Gov. Scott.

Strong '23" and the other adds the words, "Tough Too!" The license plates cost \$35 each and retailers may place bulk orders for resale.

The two license plates can also be purchased in-person at all Vermont Department of Motor Vehicle (DMV) locations starting Sept. 1. In addition to the two plate options, there will be a limited, online only deal, where one can get a "Tough Too!" plate and a

pair of Darn Tough "Vermont Strong" socks for \$70.

Online purchases can be

made at [Vermont.gov/vermontstrong23](http://Vermont.gov/vermontstrong23).

Half of the proceeds from the sales will support the Vermont Community Foundation, which is helping fill gaps in funding needed to address the most significant disaster relief needs of individual Vermonters.

The other half will support to the Agency of Commerce and Community Development's Business

Emergency Gap Assistance Program (BEGAP), which is supporting employers who experienced significant flood damage to reopen and reemploy Vermonters.

"We are very excited to bring back the Vermont Strong license plates that were so well received after Tropical Storm Irene," said DMV Commissioner Wanda Minoli. "The updated design reflects the community spirit of Vermont, and every sale will contribute financially to unmet needs of Vermonters, businesses, and farms that need vital support after the devastating flooding last month."

GetInternet.gov

## The ACP is connecting households with savings on internet service.

With the government's Affordable Connectivity Program (ACP) millions of households are already saving \$30 a month on internet service. To find out if you're eligible, visit [GetInternet.gov/Connect](http://GetInternet.gov/Connect). If you're approved, a participating provider can help you connect and the savings will be applied directly to your monthly bill.

**Sign up, connect and save at [GetInternet.gov/Connect](http://GetInternet.gov/Connect).**

To request a printed application, call the ACP Support Center at (877) 384-2575.



# Vermont's unemployment rate decreased to 1.8%

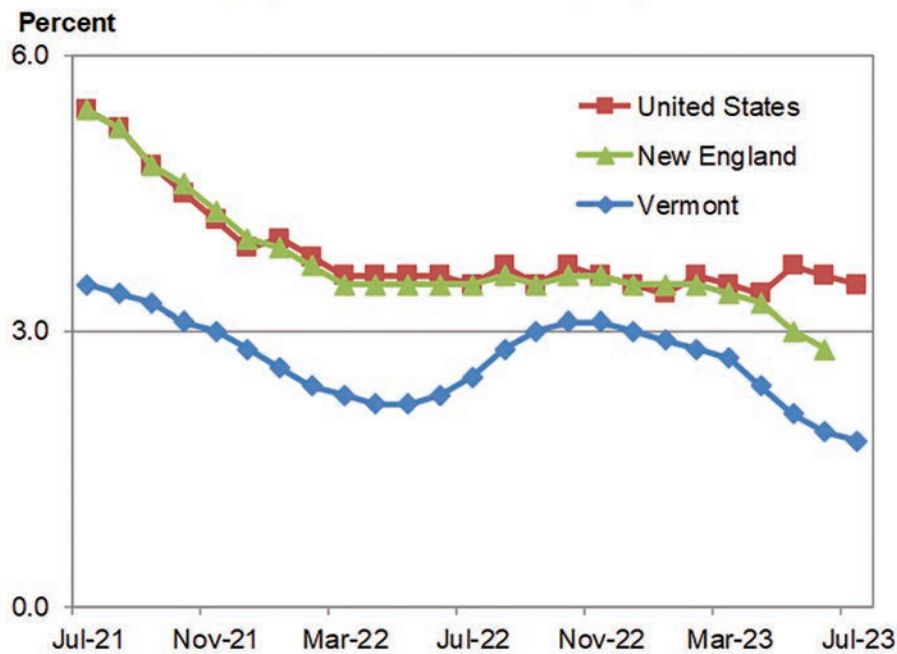
The Vermont Dept. of Labor released data on the Vermont economy on Aug. 18 for the time period covering July 2023. According to household data, the seasonally-adjusted statewide unemployment rate for July was 1.8%. This reflects a decrease of  $\frac{1}{10}$  of 1 percentage point from the prior month's revised estimate. The civilian labor force participation rate was 63.9% in July, an increase of  $\frac{1}{10}$  of 1 percentage point from the prior month's revised estimate.

"As Vermont continues with recovery efforts, the data released today adds some initial perspective to the overall magnitude of the disasters. The monthly numbers show a decrease of 1,700 jobs in July in the Accommodation & Food Services industry. The weekly reports showing unemployment insurance claims level activity also provide a partial picture of the economic disruption with claims levels 50% higher this summer when compared to last summer.

"Anyone, including self-employed individuals and independent contractors, who has seen their earnings impacted by the flood should file first for traditional unemployment insurance benefits before requesting Disaster Unemployment Assistance," said Michael Harrington, the commissioner.

The Vermont seasonally-adjusted unemployment rate declined to 1.8% in July. The comparable United States rate in July was 3.%, a decrease of  $\frac{1}{10}$  of 1 percentage point from the revised June estimate.

Chart 1. Unemployment Rate, seasonally adjusted



Courtesy Vt. Dept. of Labor

*Vermont has a lower unemployment rate than New England and the U.S. as a whole.*

The seasonally-adjusted Vermont data for July show the Vermont civilian labor force increased by 728 from the prior month's revised estimate (see Table 1). The number of employed persons increased by 1,157 and the number of unemployed persons decreased by 429. The changes to the number of employed persons, the number of unemployed persons and the unemployment rate were statistically significant in the

seasonally-adjusted series.

The July unemployment rates for Vermont's 17 labor market areas ranged from 1.5% in Burlington-South Burlington and White River Junction to 2.9% in Derby. For comparison, the July unadjusted unemployment rate for Vermont was 1.8%, a decrease of  $\frac{3}{10}$  of 1 percentage point from the revised unadjusted June level and a decrease of  $\frac{1}{10}$  of 1 percentage point from a

year ago.

### Seasonally-adjusted

The seasonally-adjusted data for July reported an increase of 2,800 jobs from the revised June data. There was an increase of 2,300 jobs between the preliminary and the revised June estimates due to the inclusion of more data. The seasonally-adjusted over-the-month changes in July were varied at the industry level. Those with a notable increase included: Local government (+4,100 jobs or +13.9%) and health care and social assistance (+400 jobs or +0.8%). Industries with a notable decrease included: accommodation and food services (-1,700 jobs or -5.6%) and other services (-300 jobs or -3.1%)

### Not-seasonally-adjusted

The preliminary "not-seasonally-adjusted" jobs estimates for July showed a decrease of 2,000 jobs when compared to the revised June numbers. As with the seasonally-adjusted data, this over-the-month change is from the revised June numbers which experienced an increase of 3,100 jobs from the preliminary estimates. The broader economic picture can be seen by focusing on the over-the-year changes in this data series. As detailed in the preliminary not-seasonally-adjusted July data, total private industries increased by 100 jobs (+0.0%) over the year and government (including public education) employment increased by 2,300 jobs (+4.6%) in the past year.

## Bobblehead of decorated Vermont skier Jessie Diggins unveiled

The National Bobblehead Hall of Fame and Museum in Wisconsin unveiled the first bobblehead of Olympic cross-country skier Jessie Diggins on Aug. 25.

Diggins, a Vermont native from Stratton, is the most decorated American cross-country skier of all time. The bobblehead is being released in conjunction with her 32nd birthday. The special edition bobblehead is being produced in conjunction with Diggins.

Decked in a blue ski suit with green bib No. 14, sports glasses, and a blue headband adorned with the U.S. flag, the Diggins bobblehead is holding her poles aloft in triumph as she crosses the finish line. The bobblehead base includes replicas of three medals and reads "HERE COMES

DIGGINS!"

Each bobblehead is individually numbered to 2,018 and they are only available through the National Bobblehead Hall of Fame and Museum's online store. The bobbleheads, which are expected to ship in December, are \$30 each plus a flat-rate shipping charge of \$8 per order.

A Minnesota native who was born in Saint Paul and grew up in Afton, Diggins began skiing at the age of 4 and has appeared in three Olympic Games. In her second appearance in 2018 in South Korea, Diggins and teammate Kikkan Randall won the United States' first-ever cross-country skiing gold medal at the Winter Olympic in the team sprint. In the thrilling final sprint, Diggins passed the previous two individual sprint classi-



Submitted

*Diggins has a bobblehead.*

cal gold medalists - Maiken Caspersen Falla of Norway before the last turn and then Stina Nilsson of Sweden on the last straightaway. It was the first American cross-country skiing medal since Bill Koch won silver in the men's 30K in 1976.

Bobblehead → 33

## Mosquitoes test positive for Eastern Equine Encephalitis (EEE)

Vermonters are urged to take steps to protect themselves against mosquito bites, as mosquitoes in Grand Isle and Franklin Counties have tested positive for Eastern equine encephalitis (EEE) — a serious and potentially fatal mosquito-transmitted infection. These are the first detections of EEE in mosquitoes in Vermont since 2015.

The Vermont Agency of Agriculture Food and Markets collects mosquitoes at locations throughout the state for testing at the Dept. of Health laboratory. So far this season more than 824 mosquito pools have been sampled. The positive EEE samples were collected on Aug. 8 from pools in Alburgh and Swanton. Earlier this month West Nile virus was detected among mosquitoes in Alburgh and Vergennes.

Eastern equine encephalitis (EEE) virus is spread through the bite of an infected mosquito. The risk of infection is highest from late summer into fall. It takes four to 10 days after being infected to develop symptoms. Most people infected with EEE will have no or mild symptoms, such as fever, chills, fatigue, joint and body aches. However, while rare, EEE can result in severe illness - including encephalitis, an inflammation of the brain. EEE is fatal in about one-third of people who develop severe EEE disease, and many who recover are left with disabilities. People with symptoms or who suspect exposure are encouraged to contact their health care provider as soon as they feel sick.

There have been no human cases of EEE in Vermont reported this year. The last confirmed cases were in 2012 and resulted in the death of two people. A 2010 study detected antibodies to EEE in deer and moose throughout the state, indicating the virus is widely present in the environment and in wildlife populations.

"EEE can be life-threatening. It's important that people take this seriously and take measures now to protect themselves and their families from getting mosquito bites," said Health

These are the first detections of EEE in mosquitoes in Vermont since 2015.

EEE mosquitoes → 33

## GUEST EDITORIAL

## National emphasis on 'know' over 'know-how' is detrimental

By Ken Cadow

*Editor's note: Ken Cadow of Norwich is co-principal of Oxbow High School in Bradford, a board member of Green Mountain Economic Development Corp., and author of a book, "Gather," that's coming out in October.*

When I tell people from away that I work in a school with around 400 kids, grades 7-12, it's inevitable: Depending on where they're from, it sounds so idyllic that they almost want to dismiss it as a possible job.

"That's smaller than my graduating class," many have said. "I'd bet my school had more staff than yours has students," one person told me.

Maybe they're correct, but why does it seem belittling? Why do urbanites get to choose the lenses through which we rural educators assess the significance of our work?

I can't help but feel puzzled, even offended. I've finally started tossing numbers back. How many square miles is your school's sending area? My district draws students from an area roughly 10 times the size of that quaint little island, Manhattan.

Maybe my repartee has become petulant. How many acres is your campus? You don't know? You don't know how big an acre is, I see. Well, the world can also be measured in acres.

How many of the students from your school know how to fix a small engine? Work a garden, tend a field, milk a cow, feed the world? Paddle a kayak, track a deer, fell a tree, tap a maple and boil sap down to syrup, drive a tractor, drive in the snow, drive in the mud, drive at all?

Wait; what did you say your test scores were? Because you folks sound like you need help.

Far too many of the metrics by which the education system defines and tests for success, and far too many of the methods it employs for delivery, are rooted in a bias that takes more of its cue from the leisure class than from the working class.

In other words, students can graduate top of their class simply by knowing stuff, without knowing how to apply what they've learned. The national educational system emphasizes "know" over "know-how" to an extreme that is detrimental to rural America.

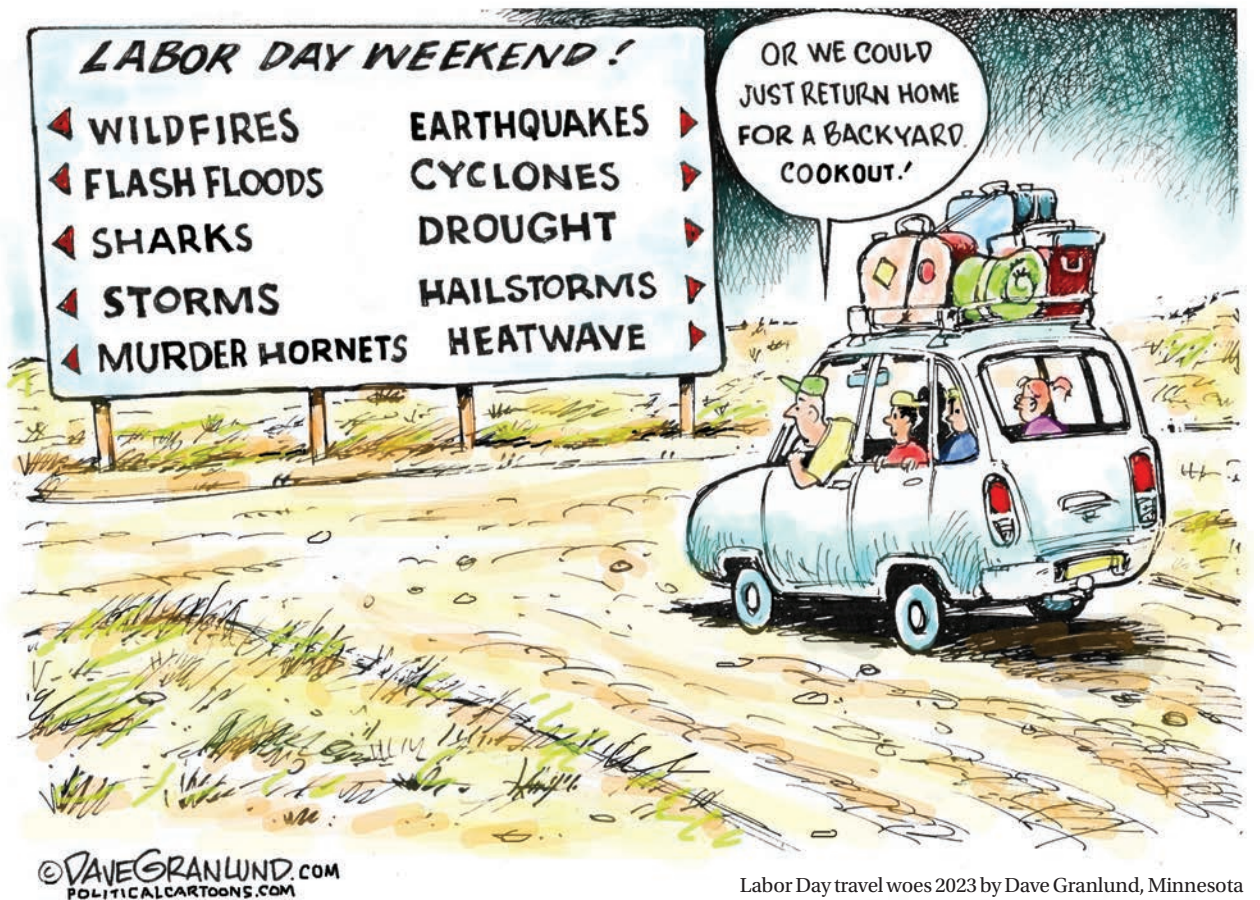
By some metrics, Vermont's rural/urban population ratio is the highest in the union. By others, we're a hair behind Maine. (Wait — what about Alaska? I'm talking about some metrics. But remember, too, a 50,000-square-mile patch of land with no one living in it does not contribute to a population count at all.)

The U.S. Census finds that our nation's rural population comprises only around 20% of the total. But we're a big country. Our rural population rivals that of the entire population of Italy. It is more than 10 times the size of Finland, whose education system we have studied to death. Our rural population alone would be in the world's 25 most populous countries.

What I'm saying is, we're big enough to deserve our own systemically considered benchmarks when determining what success means as we struggle to comply with America's Every Student Succeeds Act.

There is an undeniable correlation between the standardization of education in the United States and rural population drain. Yes, it's dangerous to think correlation means causation, but it's more dangerous to dismiss it as random coincidence.

Know how → 9



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Labor Day travel woes 2023 by Dave Granlund, Minnesota

## LETTERS

## Grandparents can help grandkids by speaking about fentanyl, drugs

Dear Editor,

Illegally made fentanyl has had a devastating impact on local communities across the state. Drug prevention and education remain crucial to reducing overdose deaths and preventing addiction. Regardless of age, anyone can learn about the risks and speak about them.

Grandparents can help their grandkids by speaking about fentanyl and other drugs. Resources like the Seniors' Guide to Fentanyl and local drug education play an essential role. It makes talking about the topic much more effortless.

There are practical approaches that anyone can use to speak to young people and pass on valuable information, such as keeping things age-appropriate and using language that is easy for a child or teen to understand. There are different ways to discuss the topic depending on their age.

When speaking to

teens or young adults, ask open-ended questions like: What do you know about fentanyl? Or What are your thoughts on drug use? Are you concerned about someone offering you drugs?

Drugs are easily purchased on social media platforms.

This can help start a conversation and fill the void with factual information about fentanyl and its risks.

Share personal experiences and examples of peer pressure and how it was managed. While the approaches to peer pressure are much different today because of social media, the practical methods of handling or avoiding it can still be applied.

Teens can often experience significant peer pressure online through their social media platforms. Social media also glorifies drug and alcohol use.

Please encourage them to speak to their parents or caregivers and help them create a trusting environ-

Drugs → 10

## How to estimate your Social Security income

Dear Editor,

While Social Security was never intended to be the only source of retirement income, it is a core part of Americans' retirement security and often the only long-term, inflation-proof source of income for many Americans. In fact, 38% of Vermont residents age 65 and older rely on the program for at least half of their income.

The amount of Social Security you will receive depends on a number of factors, such as your lifetime income history, the age at which you claim benefits and, in some cases, your marital status.

### Earnings history

Retirement benefits are based on your average monthly income from work where you paid Social Security payroll taxes. To calculate your benefits, the program looks at your 35 highest-earnings years, adjusted to reflect historical changes in U.S. wages.

### Claiming age

Your benefit calculation also depends on when you start collecting Social Security. You can start as early as

age 62, but you will receive a larger monthly payment the longer you wait. Delaying until age 70 will maximize your monthly payment.

### Marital status

If you are or were married, it could affect what type of benefit you receive. Spouses could be eligible for benefits based on their partner's income, rather than their own, if their spouse had considerably higher earnings. The same may go for divorced former spouses, if the marriage lasted at least 10 years. If your spouse (or ex-spouse) has died, you may be eligible for survivor benefits based on their earnings.

If you are looking for an estimate of your future monthly Social Security income, check out AARP's Social Security Calculator. This resource can help you decide when to claim and show you how to maximize your benefits based on your circumstances.

### When should I collect SS?

Generally, it is best to collect Social Security as late as possible. Your monthly

SS income → 10



## CAPITAL QUOTES

Former President Donald Trump was booked at the Fulton County jail in Georgia on Thursday, Aug. 24 on state charges that he conspired to overturn the results of the 2020 presidential election. Trump and his 18 co-defendants were given a deadline to turn themselves in by Friday, Aug. 25.

“Those people that have been so unfairly dragged into this, these are high-quality people who don’t even know why they were brought in. Those people have to be released. They have to be released from this horrible thing that they’re going through,”

said **Donald Trump** in an interview with Newsmax several hours after he was booked.

“How much money did it cost the American taxpayers? How much money did it cost the people of Atlanta in order to put all the police officers? For what? For this man to roll up like he’s, you know, Caesar coming through the gates of Rome after victory? He is an indicted defendant on 91 counts. He should not be given this sort of royal treatment,”

said **Michael Cohen**, a former attorney for Trump after hearing he arrived at jail with a 40-vehicle motorcade.

“This is how far they will go to try and INTIMIDATE you out of voting for the one candidate who will always put our country — and YOU — first. It’s truly sickening to see what has become of the freest nation on earth,”

said **Donald Trump, Jr.**

“The bottom line here is that President Trump both engaged in an insurrection and also gave aid and comfort to other individuals who were engaging in such actions, within the clear meaning of those terms as defined in Section Three of the 14th Amendment...Assuming that the public record to date is accurate, and we have no evidence to the contrary, Trump is no longer eligible to seek the office of the President of the United States, or of any other state of the Union.”

wrote **Lawrence Caplan**, a Florida attorney, in a filed challenge to federal court Thursday, Aug. 24, seeking to disqualify Trump from 2024 race.

## COMMENTARY

# The kids are not all right

By Steven Berbeco

*Editor’s note: Steven Berbeco is the director of United Way of Northwest Vermont’s Mental Health Initiative, a collective impact project launched in early 2022. He lives in Winooski with his family and serves on the Winooski School Board.*

Youth mental health has been a priority of our state government and many organizations. During the pandemic, when so many social structures became unsteady, Vermont prioritized child care and school-aged youth through generous financial assistance programs and significant and swift regulatory changes. As a result, we were able to keep many of our youngest Vermonters in some semblance of normalcy during the chaos of world-wide disruptions.

There are many hard-fought lessons from the Covid pandemic about the importance of early childhood education, after school programs, and of course our public and private schools. Yet, there haven’t been the sweeping, systems-wide changes to youth mental health that many anticipated in response to the elevated appreciation of youth-focused programs, organizations, and professionals. As we recover now from another natural disaster, the stakes are even higher.

Legislative testimony this past session lifted up several worrying trends among our youth: violent outbursts, sexualized behaviors, threats of harm to self or others, and more. As schools responded by hiring mental health professionals as full-time employees, there were several unintended

consequences for community mental health designated agencies like Howard Center and NCSS, including exacerbating the workforce shortage and potentially reducing designated agencies’ access to Medicaid dollars.

The news from the Vermont Dept. of Health’s monthly suicide report is also alarming. Tracking suicidal ideation and self-directed violence, the rate of emergency department visits for 15- to 24-year-olds

is higher than any other age group. Worse yet, the rate of suicide deaths for this age group has nearly doubled when compared to a three-year average. We are clearly heading in the wrong direction.

The mental health support that our youth need and deserve is more than the roughly

1,300 private therapists in Vermont can offer, and long wait times at designated agencies mean that many children can’t access the services they need, when they need them. The change that we need to undertake is across the mental health system of care, a shift in our thinking about our responsibility as neighbors, friends, colleagues, and family members.

The Mental Health Initiative, a program of United Way of Northwest Vermont, is leveraging the collective impact of more than a hundred volunteer participants to promote meaningful interventions that we can all have a hand in. We are increasing access to Mental Health First Aid and amplifying support for new mental health

Not alright → 12

We are clearly heading in the wrong direction.

← **Know how:** .....  
from page 8

For schools to be part of a solution to rural America’s woes, we have to consider how schools contribute to the problem and do something big about it. We need to be emboldened and supported. This isn’t going to happen if our rural educators are waiting for the latest hand-slap due to the publication of the last round of test scores or the latest audit for compliance in a leisure-based system.

To raise resourceful kids, we need to better embrace “know-how.” In rural, agricultural America, where basic technological, mechanical, nutritional, social and medical services are more likely to be a two-hour walk away than down the steps and around the corner, educators need permission, encouragement and training to make a dramatic shift in how we teach and what we’re expected to expect from our work, especially if we want our students to be recognized as the assets they are, in the place that they are.

Most Vermont schools wholeheartedly embrace place-, work-, community-, or project-based learning, and there are loads of excellent resources from our Agency of Education to support us. Alas, most of these programs fall under the “elective” category, meaning that they are outside of the foundational core. Kids who struggle may not even be able to enroll in peripheral classes where they see the most relevance and are most likely to succeed.

I am not saying that we need to start career and technical education in preschool, though I would suggest that the distinction we insist on making between career and technical education and laudable academics is arguably the biggest factor in the rift throughout the USA, but that’s a different topic and a rabbit hole in a quagmire — try to go down that and you’ll get seeped at from every side.

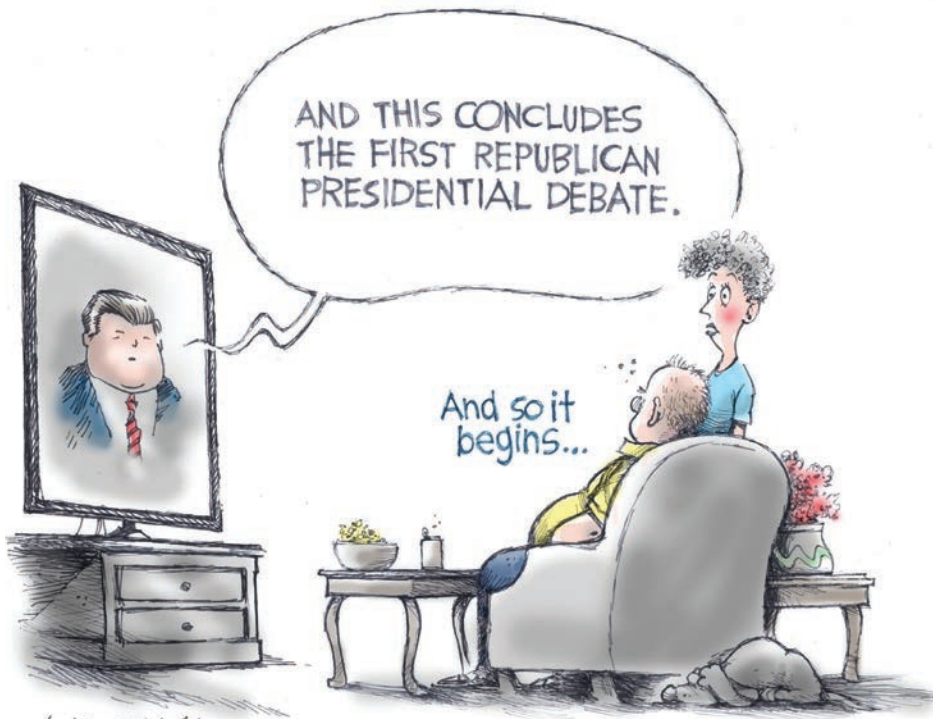
I am saying that those aspects we recognize and test for as foundational skills need a different bent in rural America. Our foundations are built in acres upon acres of dirt, fields and forests, and we need to boost those skills and value them accordingly.

**CARTOONS**

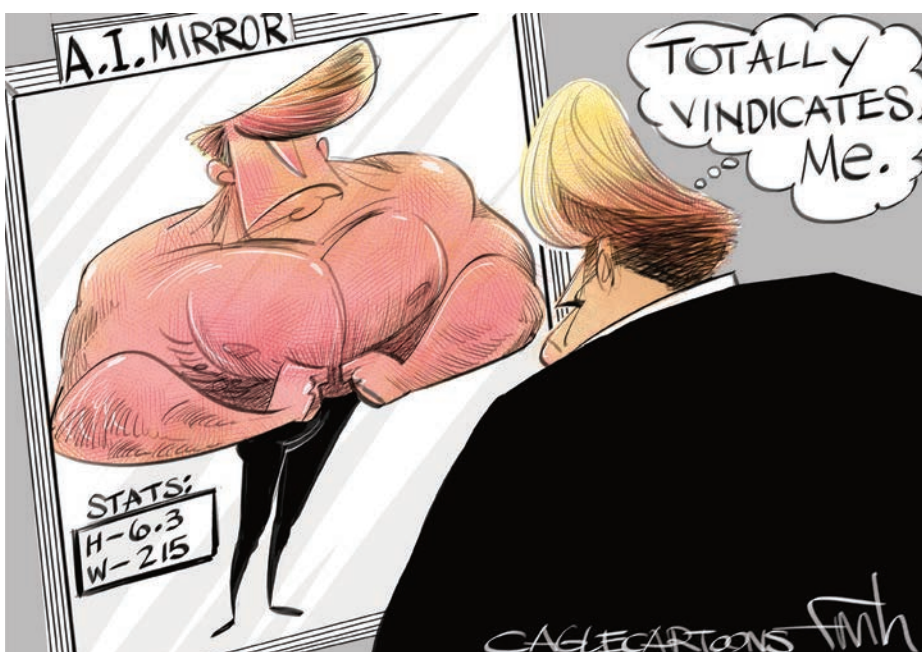


Happy Football Season to Those Who Celebrate

Happy Football Season by Rick McKee, CagleCartoons



The 2024 Campaign Begins by Dick Wright, PoliticalCartoons



A.I. Weight by Frank Hansen, PoliticalCartoons

**Drugs:**  
from page 8

ment with the people they live with. Get them to ask questions and voice their opinions, as this becomes the best way to share ideas and gain knowledge.

Illegally made fentanyl comes in many different forms. The powdered version looks like other drugs. It is commonly mixed in with cocaine, heroin, and methamphetamine. It's also made

into pills that mimic prescription pain medication.

These drugs are easily purchased on social media platforms, and drug dealers use code words and emojis to advertise products.

Young people are often targeted.

Since 2019 the number of opioid-related deaths has sharply increased in Vermont, reaching 37.6 deaths

per 100,000 in 2022. Rutland County reached 18.2 deaths that year.

Fentanyl-laced drugs are extremely dangerous. Yet, with adequate prevention and education, more people can be saved from overdose and be guided to treatment and support.

*Marie Garceau, advocate for substance use and addiction recovery*

**SS income:**  
from page 8

payments will be larger the longer you wait, up to age 70. Whenever you claim, your benefit amount will reflect past cost-of-living adjustments, so you don't risk losing ground to inflation by waiting to collect.

Ultimately, though, this is a question only you can

answer, based on your own situation: your age, health, monthly expenses and other sources of retirement income, such as pensions, annuities or savings.

For a tailored look at your prospective financial future, try the AARP Retirement Calculator. This tool can

help you determine how much money you'll need to live the retirement you want, based on information about your household status, savings, Social Security income and lifestyle expectations.

*Greg Marchildon, director of the Vermont AARP*

**HUD grants:**  
from page 1

Travis Samuels, the co-owner of Zion, said he plans to renovate part of the building into an industrial hemp processing facility and turn the rest into a rental space for other businesses, similar to a makerspace.

"The money is being used for planning toward some of the changes we have to do to the building, including some of the remediation," Samuels said.

Samuels bought the building last year from the Preservation Trust of Vermont after he and his business partner started growing hemp on a five-acre parcel in Fair Haven last year. He plans to help existing farmers diversify their products with hemp.

"It's a better crop for farmers to work with," he said.

Samuels anticipates his building renovation will cost a few million dollars. The HUD funding puts him a step closer toward achieving his goal.

"We were very excited. It's a big boost," he said. "We aren't millionaires"

Meanwhile, Ascend Housing Allies Inc. was awarded \$900,000 to rehabilitate 22 affordable rental housing units known as Hospital Heights Apartments on Mahoney Avenue in Rutland.

Gov. Phil Scott announced the projects awarded on Aug. 24.

Businesses and organizations were awarded a total of \$3.6 million in the state. The money is going toward economic development, public infrastructure needs and community facilities such as childcare and senior centers.

"This funding will lay the groundwork for stronger, more resilient neighborhoods throughout Vermont," said Scott in a press release.

U.S. Sens. Benie Sanders and Peter

Welch, and U.S. Rep. Becca Balint congratulated the recipients in a joint statement.

"At its core, this program is about transforming communities by creating opportunities for Vermonters," they said. "These grants sustain our sense of community and drive their local economies. They will play diverse and critical roles in our communities, from building new mixed-income housing to supporting housing for individuals in recovery from substance use disorders."

**The other projects include:**

- Town of Bennington - \$386,190 CDBG award to support the redevelopment of the former Bennington High School into a mixed-use facility with mixed-income housing and community facility space including offices, childcare, and a community center.
- Town of Bennington - \$500,000 RHP supplemental award to support the Gage Street Recovery Housing project for individuals in recovery from substance use disorders.
- Town of Brattleboro - \$450,000 CDBG award to support the infill development for the relocation of up to 26 mobile homes in the Tri-Park that are located within the floodplain.
- Town of Craftsbury - \$500,000 CDBG-CV supplemental award to support HVAC improvements at the Craftsbury Community Care Center.
- Town of Middlebury - \$1,250,000 CDBG award to support the construction of new multi-phased, mixed-income development that will include owner-occupied and rental housing units.



By Katy Savage

Lisa Ransom speaks to leaders sitting on the Odeon steps.

← **Historic preservation:** .....  
from page 3

modate 10 participants close-up or a couple dozen in the six levels of the amphitheater and many more spread out on the surrounding grass.

Ransom also plans to turn a former bakery on the site into a community kitchen for use by entrepreneurs, groups and nonprofits. She wants to focus on food, music, conservation, connection, and justice issues.

“You already have things going,” said Ben Doyle, the executive director of the Preservation Trust of Vermont, adding that he leads preservation retreats to think of reuses for churches.

Ransom said balancing the church’s religious ties with fundraising is a challenge. “Some people aren’t comfortable giving to a religious organization, but also some of my funders feel it’s an extra bit of security to have it be owned by the Episcopal church,” she told the group.

Last Sunday was Ransom’s first large event at the church, the Meadows & Mountains Festival, where over 300 people gathered and local musicians played at the odeon.

“It’s great to be able to share the story of this place with people who value the history and the beauty of it,” Ransom said in a phone interview after the event.

← **Labor Day:** .....  
from page 1

McGuire had suggested that there be a holiday “representative of the industrial Spirit — the great vital force of every nation.”

A second Labor Day celebration was held in 1883. In 1884, the Knights of Labor passed a resolution designating the first Monday of September as the time for an annual Labor Day.

McGuire had suggested this date because it came at “the most pleasant season of the year” and fell “nearly midway between the Fourth of July and Thanksgiving filling a gap” in the sequence of holidays.

In February 1887, Oregon became the first state to officially recognize the holiday. New Jersey followed in April and in May New York legalized the holiday. Thirty states celebrated Labor Day as a legal holiday by 1893. Today all the states recognize Labor Day.

Originally this holiday was tied to the militancy of the

Labor Movement. The 19th century Industrial Revolution brought about a large and very real “working class” of men and women running machines in plants and factories. As they grew in numbers, they began to organize and seek better working conditions and higher wages. They also sought to improve the status of working people and to remove the connotation of feudal service or slavery of one man subservient to another.

Labor Day confirmed a strong belief in the dignity of the working man and woman and recognized the contribution of their labor to the newly industrialized United States.

Today, the holiday is generally recognized as a family time or the unofficial end of summer, and although the celebration may have lost some of its original meaning, the day still stands as a reminder of the American belief in the importance and dignity of all work.

McGuire had suggested this date because it came at “the most pleasant season of the year” and fell “nearly midway between the Fourth of July and Thanksgiving filling a gap.”

Poet Walt Whitman spoke to the dignity of labor in his famous hymn of praise that celebrates the American worker.  
*I hear America Singing, the varied carols I hear,  
Those of mechanics, each one singing his as it should be blithe and strong,  
The Carpenter singing his as he measures his plank or beam,  
The mason . . .  
The boatman . . .  
The shoemaker . . .  
The wood-cutter’s song . . .  
The delicious singing of the mother, or of the young wife . . .  
Each singing what belongs to him or her and to none else,  
The day what belongs to the day—at night the party of young fellows, robust, friendly,  
Singing with open mouths their strong melodious songs.*



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surefoot.com

## ← Catalyst grants:

from page 1

total project cost as recommended by the TIF board when we received that designation," Davis said. "But this is very exciting, it's great news."

Killington was among 13 communities in Vermont selected to receive a combined \$10,833,903.42 from Northern Border Regional Commission (NBRC) Catalyst Program.

"These funds will make a significant difference in Vermont communities across the state, including supporting clean water initiatives, investing in our agricultural economy, infrastructure, environment and more," said Vermont Governor Phil Scott.

This year's funding to Vermont is nearly double that of prior year investments, due to increases in the overall funding for the next 10 years that was championed in the last U.S. Congress by Senator Patrick Leahy, Senator Bernie Sanders, and then-Congressman Welch.

In total \$43.6 million was delegated to 66 Catalyst Awards in the Commission's member states of Maine, New Hampshire, New York, and Vermont. NBRC announced its awardees on Wednesday, Aug. 23.

35 of the commission's awards are going to communities with less than 5,000 people.

These projects are matched by public and private investments, resulting in \$208.5 million in total investment across the four-state NBRC region, according to a news release from NBRC.

"The Catalyst Program is designed to stimulate economic growth and inspire partnerships that improve rural economic vitality ... With the addition of funds provided by the Bipartisan Infrastructure Law, the Commission increased the scale of investments in infrastructure projects and funded the largest awards in its history," NBRC stated. "These projects will unfold over the next three years."

In addition to programs that modernize and expand water and wastewater systems, awardees also received funding for projects aimed to revitalize transportation infrastructure; establish workforce development programs and facilities; grow outdoor recreation infrastructure and economies; and construct new childcare and healthcare facilities.

"Support from the Northern Border Regional Commission has long helped build vibrant economies and healthy

communities across our region — and this year's awards are no exception," said U.S. Sen. Peter Welch in a statement. The 2023 Catalyst Program grant round was highly competitive, with 187 applications received and more than \$151 million in funding requests, according to NBRC.

The slate of selected projects advance NBRC investment priorities to reach underserved communities and build a resilient region: 35 of the commission's awards are going to communities with less than 5,000 people, and 30 to communities and organizations who are receiving their first NBRC funding award.

The NBRC was created by Congress in 2008 with the goal of alleviating hardship in the most economically distressed communities.

"A hallmark of the NBRC is its ability to flexibly support a broad range of needs in rural communities in our region," said NBRC Federal Co-Chair Chris Saunders. "These awards include central components of infrastructure upon which successful economies are built, and range from pipes, roads and fiber lines, to childcare programs, outdoor recreation infrastructure, working waterfronts, and everything in between."

For more information and a list of all grantees, visit: [nbcrc.gov](http://nbcrc.gov).

## ← Not alright:

from page 8

positions that can provide more of the sub-acute and pre-crisis care we need, like mental health peer support specialists and behavioral technician specialists. More upstream care can mean fewer visits to the emergency department.

We are also working closely with community partners to support the purchase and use of "therapy pods" in schools. Many schools lack a quiet and private place for mental health professionals to meet with a student. By introducing a stand-alone pod in a school, students can better access the services they need, and providers don't have to scramble to find an empty classroom, auditorium, or hallway.

Our volunteer participants are developing tools for schools and other youth organizations to access suicide prevention resources. Vermont has many great training workshops for staff and students, and we are aiming to make it easier to access relevant services. We are also strengthening support for graduating high school students, so that they can have continuity of mental health services when moving on to college, trade school, professional life, or other post-secondary plans.

The recent flooding in Vermont affected us all, directly and indirectly, and the aftereffects of so much loss are slowly coming into focus. The Disaster Distress Helpline can be a good resource for disaster crisis counseling, just call or text: 1-800-985-5990.

## ← Reopening:

from page 6

"We are thrilled that money is starting to go out the door to those in need and I am grateful for the team we have working to approve these grants as quickly as possible," said Agency of Commerce and Community Development Secretary Lindsay Kurrle. "If you are applying for a BEGAP grant, take the time to submit a complete and thorough application to avoid delays. We know many business owners are still trying to get their documentation together. Our message to those people is that you haven't missed the window to access these grants. There is funding still available, and a complete application will get you the financial support you need faster."

Interested BEGAP applicants should visit the BEGAP program page and check out the FAQs.

To help business owners who are having trouble getting contractor estimates for repairs to their businesses, the Vermont Builders and Remodelers Association along with other contractor membership organizations collaborated with the Agency of Commerce and Community Develop-

ment (ACCD) to compile a list of general estimates for the purpose of supporting BEGAP grant applicants.

The list includes several types of repairs from installing drywall and flooring to plumbing and heating work. If necessary, the figures on this list can be used in lieu of an estimate from an actual contractor.

To aid in ensuring grant applications are reviewed, approved, and paid as quickly as possible DED has enlisted the help of more than a dozen state employees from other agencies. These extra employees are helping in processing applications, awarding grants, and distributing funds.

"As we have learned from prior disasters, including the Covid-19 pandemic, government works better when it works together," said Scott. "I'm grateful for this cross-agency collaboration and that my team is willing to do what it takes, including lending employees for emergency programs, to get support to Vermonters as quickly as we can."

"We know many business owners are still trying to get their documentation together ... you haven't missed the window to access these grants ... a complete application will get you the financial support you need faster," said Kurrle.

## ← Connolly Pond Dam:

from page 2

great to watch it all continue to stabilize and come back to life with pulses of the flow and sediment moving through the area," said Roy Schiff, project engineer.

The earth from the dam embankment will be used to fill and re-form the east and west valley walls, therefore no sediment is being hauled off site, which also saved on dam removal costs.

The landowner, Amy Leah de Camp-Thomas, shared, "What an incredibly beautiful place our old pond/dam has become. It is so clear that the work (from its start a few years ago through to the last day of construction a few days ago) was completed with thoughtfulness and care. We are absolutely in love with the

outcome."

Karina Dailey, restoration ecologist with VNRC, has managed the project in partnership with the landowners. The engineering firm was SLR Consulting of Waterbury, and the construction firm completing the removal was Birdseye Construction of Richmond.

Funding for design, permitting, and construction has been provided by Vermont Natural Resources Council, NEIWPC in partnership with the Lake Champlain Basin Program, the Vermont Dept. of Environmental Conservation through Watershed United Vermont, US Fish and Wildlife Service, and the Landowners.

## ← Hartland:

from page 4

pole and/or wire installations at the intersection. The board approved the proposal — if there are no petitions against, it will automatically become effective in 60 days. Any future utility lines within 600 feet of the intersection will have to be buried, according to the ordinance.

Dole reported that "change orders" incurring ex-contract costs have amounted to only \$51,500 so far, which he called "not bad" for a project the size of the \$1,500,000 intersection reconfiguration.

Omission of intersection lighting in project design continues to be an open issue, although Hobbie reported underground preparations for future installation of lighting have been completed, and Green Mountain Power will be providing proposals for prospective poles and lights, and the state has indicated any permit requests will be green-lighted to avoid big delays.

Dole said Nott's Excavating, the major reconfiguration contractors, expect to have the entire project, sans the lighting solution, completed in 2-3 weeks, right on schedule.

Omission of intersection lighting in project design continues to be an open issue...

**WORDPLAY**

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

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

- A-FRAME
- CAMPFIRE
- COWBOY CAMPING
- GROUND COVER
- PAD
- SNOWBIRD
- BILLY CAN
- CAMPGROUND
- DAYPACK
- GUYLINES
- POTABLE
- STAKES
- BLAZE
- CANOPY
- DOME
- HIKE
- SLEEPING BAG
- TENT
- CAMPER
- CARABINER
- FLY
- KINDLING
- SMORES
- TINDER

**SUDOKU**

Solutions →21

**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.

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

Level: Beginner

**CROSSWORD PUZZLE**

Solutions →21

- CLUES ACROSS**
1. Midway between east and southeast
  4. At right angles to a ship's length
  9. William Penn's business partner
  14. \_\_\_ de plume
  15. Accomplished soccer coach
  16. Bone cavities
  17. \_\_\_ juris: independent
  18. Popular Philly sandwich
  20. Northern Ireland county
  22. Performing artist
  23. S S S
  24. Lacks flavor
  28. Commercials
  29. Anno Domini (in the year of Our Lord)
  30. Qatar's capital
  31. Indigenous peoples of Alberta
  33. Popular footwear
  37. Indicates position
  38. Anglican cathedral
  39. Aircraft part
  41. Before
  42. Blood group
  43. Secretory organ
  44. Fencing swords
  46. The small projection of a mammary gland

49. Technological advancement
50. Male parent
51. Dissociable
55. More cold
58. Cape Verde Islands capital
59. Blood disorder
60. Creative
64. Sun up in New York
65. Made angry
66. Relieves
67. Brooklyn hoopster
68. Seasonings
69. Movable barriers
70. Attempt

**CLUES DOWN**

1. Occur as a result of
2. Spiritual essences
3. Representative
4. Entering
5. Nobel Prize-winning physicist
6. Midway between northeast and east
7. Consumed
8. Tablelands
9. Kids' craft accessory
10. Not known
11. Sound directed through two or more speakers
12. A major division of geological time
13. Wild ox
19. Shock treat-

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

- ment
- 34. "\_\_\_ but goodie"
- 52. Forays
- 21. Turner and Lasso are two
- 35. One hundredth of a liter
- 53. Biblical city
- 24. Genus of flowering plants
- 36. Shabbiness
- 54. Blatted
- 25. Relating to ductless glands
- 40. TV personality Roker
- 56. Northern sea duck
- 26. Stock certificate
- 41. Triangular upper part of a building
- 57. Shabby (slang)
- 27. Satisfies
- 45. Speed at which you move
- 59. Allege
- 31. Places to enjoy a rest
- 47. Offend
- 60. Tax collector
- 32. Edward \_\_\_, author and writer
- 48. A reference point to shoot at
- 61. Whereabouts unknown
- 62. Chinese philosophical principle
- 63. Indicates equal

*Guess Who?*

I am a comedic actress born in Massachusetts on August 28, 1961. I was a member of an improv group before becoming a star of TV and film. I'm known for roles in "Legally Blonde" and "The White Lotus."

*Answer: Jennifer Coolidge*

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**WEDNESDAY**

8/30

**THURSDAY**

8/31

**Try an e-bikes free in downtown Woodstock**

Aug. 30-31. The Upper Valley E-Bike Lending Library comes to Woodstock, hosted by Norman Williams Public Library, 10 The Green, Woodstock. Sustainable Woodstock offers two free 24-hour e-bike on loan so participants can take an e-bike home and try it out. There will also be a drop-in demo day on Saturday, Sept. 2, between 9:30 a.m.-5 p.m. and test ride a bike for those who cannot take a bike overnight. View the schedule, options and sign up for a slot at vitalcommunities.org/transportation/upper-valley-e-bike-lending-library. Need help? Contact Anna Guenther at anna@vitalcommunities.org or 802-291-9100 x 117, or visit normanwilliams.org with further questions.

**Early Literacy Playgroup with RCPCC**

10 a.m.-Noon. Fox Room, Rutland Free Library, 10 Court St, Rutland. For 2-to-5-year-olds. Join RCPCC's Miss Allie, a certified teacher, for a weekly FREE literacy-based playgroup at the Rutland Free Library's Fox Room. Light snacks will be provided, along with crafts, songs, games, and more! To register, please email allie.griffiths@rcpcc.org. Info: rutlandfree.org.

**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 year round. 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.

**Market on the Green**

3-6 p.m. Every Wednesday until October 16. On The Green, Woodstock. Free to browse. Produce, crafts, and music take over the town center. Info: woodstockvt.com.

**SVT group MTB ride**

6-8 p.m. Fairgrounds Trailhead, 131 Town Farm Road, Poultney. Join SVT for our weekly summer group MTB rides which will take place every other Wednesday through September. Info: slatevalleytrails.org.

**Music at the Riverbend final show: Java Sparrow**

6-8 p.m. Free. Original tunes inspired by the greats of the '60s and '70s on the pleasant grounds behind the Brandon Inn next to the 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](http://odysseyeventsvt.com).

**Try an e-bikes free in downtown Woodstock**

Aug. 30-31. The Upper Valley E-Bike Lending Library comes to Woodstock, hosted by Norman Williams Public Library, 10 The Green, Woodstock. Sustainable Woodstock offers two free 24-hour e-bike on loan so participants can take an e-bike home and try it out. There will also be a drop-in demo day on Saturday, Sept. 2, between 9:30 a.m.-5 p.m. and test ride a bike for those who cannot take a bike overnight. View the schedule, options and sign up for a slot at vitalcommunities.org/transportation/upper-valley-e-bike-lending-library. Need help? Contact Anna Guenther at anna@vitalcommunities.org or 802-291-9100 x 117, or visit normanwilliams.org with further questions.

**Blood Drive**

9 a.m.-2 p.m. Next Stage community room, 15 Kimball Hill, Putney. Info: nextstagearts.org. To make appointment, visit: [redcrossblood.org](http://redcrossblood.org).

**Storytime! at Rutland Free Library**

10-11 a.m. each week in the 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.

**Ukulele 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](http://chaffeeartcenter.square.site) or call 802-775-0356.

**Farmers' Market Fair Haven**

3-6 p.m. Village Green, Fair Haven. The Fair Haven market boasts a variety of seasonal produce, flowers and herbs, dairy, maple products, tasty foods prepared by local chefs, fun crafts, and much more. Info: vtfarmersmarket.org. Last day is Oct. 26.

**Slate Valley Trails Analog x SVT gravel rides**

6 p.m. Free. Analog Cycles, 188 Main St. #1, Poultney. See membership inclusion for details. Join SVT for our weekly summer group MTB rides. Info: [slatevalleytrails.org](http://slatevalleytrails.org).

**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](http://odysseyeventsvt.com).

**Music on the Green with the**

**Mount Holly Folk Club**  
6:30-7:30 p.m. Village Baptist Church Green, 7 Maple Hill Road, Belmont. Free. On Thursday nights throughout the summer, Mount Holly residents and guests enjoy live music. Info: mhcavt.org.

**FRIDAY**

9/1

**Steve Earle: 'Alone Again Tour'**

7:30 p.m. Paramount Theatre, 30 Center St., Rutland. \$45-\$65 plus taxes and fees. Steve Earle was recently inducted into the Nashville Songwriters Hall of Fame. Info: [paramountvt.org](http://paramountvt.org).

**Distance Days and the 87th Annual 100 Mile Ride**

5 a.m. 5491 South Road, S. Woodstock. Prices vary. Distance Days is a 3-day celebration of equestrian trail riding. Competitive and pleasure riding are offered all 3 days with a variety of distances to choose from. The feature event of the weekend is the historic 87th annual 100 Mile Ride. Info: [gmhainc.org](http://gmhainc.org).

**Brandon Farmers' Market**

9:30 a.m.-2:30 p.m. Fridays through Oct. 27. Central Park, Brandon. Free. Locally made produce, goods, and crafts. Info: [brandonfarmersmarketvt.com/about](http://brandonfarmersmarketvt.com/about).

**Story Time at the Library**

10:30-11:30 a.m. Sherburne Library, 2998 River Road, Killington. Free. Info: [sherburnelibrary.org](http://sherburnelibrary.org).

**Shrewsbury Concert Series: Spintuition**

6-8 p.m. Community Meeting House, 88 Lottery Road, Shrewsbury. Spintuition is a young trio in the Celtic tradition. Concert will be held inside if raining. Info: [shrewsburyvt.org](http://shrewsburyvt.org).

**Jackson Gore Summer Music Series: Better Days Band**

6-9 p.m. Jackson Gore Courtyard, Okemo Mountain, Ludlow. Free. Join us on the lawn at the Jackson Gore Courtyard for classic rock, R&B, blues and music to dance to. Food and beverage will be offered at the venue. Info: [Okemo.com](http://Okemo.com). This will be the final concert.

**Friday Night Live featuring headliner "The Dave Matthews Tribute Band"**

Venue begins at 5 p.m. with the band taking stage at 8 p.m. Center St. and Merchants row, Downtown Rutland. Free. This 5-piece ensemble strives to pay homage to their famous counterparts by matching the excitement, energy, intensity and intimacy of a DMB live show. Info: [downtownrutland.com/fridaynightlive](http://downtownrutland.com/fridaynightlive).

**SATURDAY**

9/2

**Distance Days and the 87th Annual 100 Mile Ride**

5 a.m. 5491 South Road, S. Woodstock. Prices vary. Distance Days is a 3-day celebration of equestrian trail riding. Competitive and pleasure riding are offered all 3 days with a variety of distances to choose from. The feature event of the weekend is the historic 87th annual 100 Mile Ride. Info: [gmhainc.org](http://gmhainc.org).

**Septemberfest! Art, Craft, and Food Fair**

All day. Downtown Poultney. Stroll along Poultney's broad Main Street and throughout the village and browse the exhibits and sales of fine artwork and quality crafts. Also, visit the new Slate Quarry Park, Stone Valley Arts, the Poultney Museum of History and Art, Historical Society exhibits, and Stone Valley Arts. Info: [poultneyareachamber](http://poultneyareachamber).

**5-Alarm 5K Road Race**

9 a.m. Sign-up begins at 7:30 a.m. Ludlow Community Center, 211 Main St., Ludlow. Sponsored by the Ludlow Fire Dept. Entry fees: ages 11 & under FREE; ages 12-18, \$20-\$25; 19-plus, \$25-\$30. Pre-register and get a t-shirt. Awards will be in various age groups by gender. Info: [yourplaceinvermont.com/event/5-alarm-5k](http://yourplaceinvermont.com/event/5-alarm-5k).

**E-bike Demo Day in downtown Woodstock**

Sept. 2, 9:30 a.m.-5 p.m. Drop-in, free. Norman Williams Public Library, 10 The Green, Woodstock. Come by and test ride an e-bike, free! Contact Anna Guenther at anna@vitalcommunities.org or 802-291-9100 x 117, or visit normanwilliams.org with further questions.

**Wellwood Orchards Harvest Festival**

10 a.m.-3 p.m. Wellwood Orchards, 529 Wellwood Orchard Road, Springfield. Free admission and parking. Live music (with Bill Brink & others), food vendors, artisans, face painting, full country store for gift items, baked goods, handmade canned items, their famous cider donuts, and a fun petting zoo (\$1 each) plus free wagon rides into the orchard, but sorry, no pick-your-own this year thanks to the May freeze. No cars allowed in the orchard; no dogs allowed. Info: [yourplaceinvermont.com/event/harvest-festival](http://yourplaceinvermont.com/event/harvest-festival).



**5 ALARM 5K ROAD RACE**

SATURDAY, SEPT. 2

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

**'Soldiers Atop the Mount'**

10 a.m.-5 p.m. Mount Independence State Historic Site, 472 Mt. Independence Road, Orwell. \$9. Reenactors commemorate the 1776-1777 fort at Mount Independence during this living history weekend. Saturday's popular interactive Baldwin Trail Walkabout, 10:30 to 1:30, features experts at trail stations bringing the site's history to life. Military tacticals, annual reading of Declaration of Independence, and camp life and skill demonstrations. Call 802-948-2000 for details. Info: [historicsites.vermont.gov/event-locations/mount-independence](http://historicsites.vermont.gov/event-locations/mount-independence).

**Sport of Kings Day**

10 a.m.-5 p.m. VINS Nature Center, 149 Natures Way, Quechee. Cost included with admission. Celebrate the sport of kings—falconry. Experience the history, language, and traditions of this 3,000-year-old practice of hunting, alongside a trained raptor. Join our flighted raptor programs, practice your archery skills, meet a falconer, and enjoy a picnic lunch with local band, As the Crow Flies. Costumes are encouraged.

**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 year round. The market brings together as many as 60 vendors. For more info visit: [vtfarmersmarket.org](http://vtfarmersmarket.org).

**The Art of the Creative Process art show**

11 a.m.-2 p.m. Stone Valley Arts, 145 E. Main St., Poultney. The artistic creations of five Vermont artists and the unique lighting designs in metal from Hubbardton Forge, join together in this show to demonstrate how much variety there is in the creative process, and how important those processes are to the final outcomes. Info: [Stonevalleyarts.org](http://Stonevalleyarts.org).

**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](http://rutlandrailway.org).

**'Shakespeare Alive! A Bard-Based Variety Show'**

Noon-1 p.m. Calvin Coolidge Historic Site, 3780 Route 100A, Plymouth. Free, donations appreciated. Standup Shakespeare, a troupe of professional actors and singers from New York City, will share their talent, passion and creativity to amuse and amaze with the best of Shakespeare's canon as well as Bard-based skits and songs. Info: [tinyurl.com/2p995u9f](http://tinyurl.com/2p995u9f).

**Kids D&D**

Noon-4 p.m. Small Meeting Room, Rutland Free Library, 10 Court St., Rutland. Open seats for some Dungeons and Dragons fun. Info: [rutlandfree.org](http://rutlandfree.org).

**FRIDAY NIGHT LIVE**

FRIDAY, SEPT. 1



**Plymouth Folk and Blues Festival**

2-5 p.m. President Calvin Coolidge Historic Site, 3780 VT-100A, Plymouth. Vermont musical talent and internationally known musicians team up for the 18th annual Plymouth Folk and Blues Fest. This lively two-day, outdoor festival will feature the music of Dana and Susan Robinson, Jesse Terry, Danielle Miraglia, Krishna Guthrie, The Kennedys, and The Art of DonnCherie. Free. Donations are appreciated. Non-perishable food donations in support of the Vermont Food Bank are also welcomed. Info: [historicsites.vermont.gov/calvin-coolidge](http://historicsites.vermont.gov/calvin-coolidge).

**Cooler in the Mountains**

**Concert Series: Cousin**

**Curtiss**  
3-5:30 p.m. Snowshed Lodge Base area, Killington Ski Resort. Free. Expect high energy rootstomp. Info: [killington.com](http://killington.com). This is the final concert.

**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](mailto: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](http://pondhillranch.com). Last rodeo is Saturday, Sept. 2.

**SUNDAY**

9/3

**Distance Days and the 87th Annual 100 Mile Ride**

5 a.m. 5491 South Road, S. Woodstock. Prices vary. Distance Days is a 3-day celebration of equestrian trail riding. Competitive and pleasure riding are offered all 3 days with a variety of distances to choose from. The feature event of the weekend is the historic 87th annual 100 Mile Ride. Info: [gmhainc.org](http://gmhainc.org).

**Soldiers Atop the Mount**

10 a.m.-3:30 p.m. Mount Independence State Historic Site, 472 Mt. Independence Road, Orwell. \$9. Reenactors honor the 1776-1777 history of Mount Independence during this living history weekend. Saturday's popular interactive Baldwin Trail Walkabout, 10:30 to 1:30, features experts at trail stations bringing the site's history to life. Military tactical, annual reading of Declaration of Independence, and camp life and skill demonstrations. Call (802) 948-2000 for details. Info: [historicsites.vermont.gov/event-locations/mount-independence](http://historicsites.vermont.gov/event-locations/mount-independence).

**The Art of the Creative Process**

**art show**

11 a.m.-2 p.m. Stone Valley Arts, 145 E. Main St., Poultney. The artistic creations of five Vermont artists and the unique lighting designs in metal from Hubbardton Forge, join together in this show to demonstrate how much variety there is in the creative process, and how important those processes are to the final outcomes. Info: [Stonevalleyarts.org](http://Stonevalleyarts.org).

**Plymouth Folk and Blues Festival**

2-5 p.m. President Calvin Coolidge Historic Site, 3780 VT-100A, Plymouth. Vermont musical talent and internationally known musicians team up for the 18th annual Plymouth Folk and Blues Fest. This lively two-day, outdoor festival will feature the music of Dana and Susan Robinson, Jesse Terry, Danielle Miraglia, Krishna Guthrie, The Kennedys, and The Art of DonnCherie. Free. Donations are appreciated. Non-perishable food donations in support of the Vermont Food Bank are also welcomed. Info: [historicsites.vermont.gov/calvin-coolidge](http://historicsites.vermont.gov/calvin-coolidge).



**MONDAY**

9/4

**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. For more info and membership details visit [slatevalleytrails.org](http://slatevalleytrails.org).

**TUESDAY**

9/5

**Stories on a String**

10-10:30 a.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Join Ms. Helen of Green Mountain Music for interactive storytelling and songs for all ages! No registration is required, free to all. Geared for ages 2 and up. If the weather is nice, find us on the back lawn (behind the Children's Room, adjacent to the Grace Church parking lot). Info: [rutlandfree.org](http://rutlandfree.org).

**Slate Valley Trails Women's Mountain Bike Group Rides**

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

**George Thorogood & The Destroyers**

7:30 p.m. Paramount Theatre, 30 Center St., Rutland. \$79-\$99 + tax/fees. With five decades, 15 million albums and more than 8,000 performances under their belt, the band will perform hits such as 'No Particular Place To Go', 'Madison Blues' and 'One Bourbon, One Scotch, One Beer.' Contact: [boxoffice@paramountvt.org](mailto:boxoffice@paramountvt.org). This is all I could find about getting tix.

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## Vermont Arts Council will hold a free performance of 'Shakespeare Alive!' at Calvin Coolidge Presidential Foundation, Saturday

Saturday, Sept. 2 from noon - 1 p.m.—PLYMOUTH—The 2023 annual “Shakespeare Alive! A Bard-Based Variety Show” returns to Calvin Coolidge Presidential Foundation for an all-new free performance this Saturday at noon.

The performance is a mélange of bard-based entertainment for all ages. The Stand-Up Shakespeare troupe is a cast of professional actors and singers hailing from New York City. They will share their talent, passion and creativity to entertain the audience with the best of Shakespeare’s canon as well as Bard-based skits and songs.

Stand Up Shakespeare is a collective of New York City-based actors who have become a veritable Vermont institution over a 23-year period.

The beloved troupe travels to Killington and Plymouth each Labor Day weekend to present a new one-hour show made up of romance, tragedy, history and comedy, all based on the works of William Shakespeare.

For more info, visit: [vermontartscouncil.org](http://vermontartscouncil.org).



Courtesy of Vermont Arts Council  
Actors caught in a live moment during a performance of “Shakespeare Alive! A Bard-Based Variety Show” returns to Calvin Coolidge Presidential Foundation for an all-new free performance on Saturday at noon.

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# [MUSIC Scene]

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

## WED AUG 30

**BRANDON**  
6 p.m. Brandon Inn (Lawn Behind It) – Concert with Java Sparrowz

**LUDLOW**  
6 p.m. Off the Rails – Tony Lee Thomas

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

**QUECHEE**  
6 p.m. Public House Pub – Chris P

**RUTLAND**  
5:30 p.m. Strangefellows – Duane Carleton

**WOODSTOCK**  
5:30 p.m. Mon Vert Café – Nick Bredice

## THURS AUG 31

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

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

**BRIDGEWATER CORNERS**  
5:30 p.m. Long Trail Brewery – Tad Davis

**KILLINGTON**  
5 p.m. Hops on the Hill – Nick Bredice

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

6 p.m. Rivershed – Chris Pallutto

6 p.m. The Foundry – Liz Reedy

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

**LUDLOW**  
6 p.m. Coleman Brook Tavern at Okemo – Sammy B

6 p.m. Off the Rails – Zach Yachaitis

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

**QUECHEE**  
6:30 p.m. Public House Pub – Name That Tune Bingo with DJ Dave

**RUTLAND**  
6 p.m. Strangefellows Pub – Trivia Night

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

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

## FRI SEPT 1

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

6 p.m. The Dog – Aaron Audet

**CASTLETON**  
6 p.m. Castleton Pizza Place and Deli - Name That Tune Bingo with DJ Dave

**KILLINGTON**  
6 p.m. Rivershed Killington – April Cushman

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

6 p.m. The Foundry – Live Music

7:30 p.m. McGrath's Irish Pub – Tom O'Carroll

8 p.m. Jax Food & Games – Live Music

**LUDLOW**  
6 p.m. Calcuttas – James Joel

6 p.m. Jackson Gore Courtyard – Summer Music Series with Better Days Band

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

**POULTNEY**  
6 p.m. The Poultney Pub – Mean Waltons

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

**SHREWSBURY**  
6 p.m. Meeting House – Spintuition

## SAT SEPT 2

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

6 p.m. Lake House Pub & Grille – James Joel

**BRIDGEWATER**  
8 p.m. Woolen Mill Comedy Club – Comedy Night with Shivani Dave

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

3 p.m. Snowshed Lodge Base Area – Cooler in the Mountains Concert Series with Cousin Curtiss with special guest opener Scott Forrest

6 p.m. Rivershed Killington – April Cushman

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

6 p.m. The Foundry – Liz Reedy

7:30 p.m. McGrath's Irish Pub – Tom O'Carroll

8 p.m. Jax Food & Games – Live Music

**LUDLOW**  
6 p.m. Calcuttas – Red Daisy Revival

8:30 p.m. Off the Rails – Bear Mountain Boys

**PLYMOUTH NOTCH**  
2 p.m. President Calvin Coolidge State Historic Site – Plymouth Folk & Blues Festival with Dana and Susan Robinson

3 p.m. President Calvin Coolidge State Historic Site – Plymouth Folk & Blues Festival with Jesse Terry

4 p.m. President Calvin Coolidge State Historic Site – Plymouth Folk & Blues Festival with Danielle Miraglia

**POULTNEY**  
6 p.m. The Poultney Pub – Jim Gilmour & Deserie Valloreo

**QUECHEE**  
5:30 p.m. Public House Pub – Eric King

**RUTLAND**  
8 p.m. Centert Street Alley – Karaoke 101 hosted by Tenacious T

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

## SUN SEPT 3

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

**CHESTER**  
11 a.m. Southern Pie Café – Nick Bredice

**KILLINGTON**  
12 p.m. Rivershed – Brunch with Morgan Clark

5 p.m. The Foundry – Summit Pond Jazz

6 p.m. Liquid Art – Tee Boneicus Jones

6 p.m. Rivershed – Trivia Night

**KILLINGTON cont.**  
6 p.m. Still on the Mountain – Tony Grassi

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

**LUDLOW**  
5:30 p.m. Calcuttas Par Bar – Nick Bredice

**PLYMOUTH NOTCH**  
2 p.m. President Calvin Coolidge State Historic Site – Plymouth Folk & Blues Festival with Krishna Guthrie

3 p.m. President Calvin Coolidge State Historic Site – Plymouth Folk & Blues Festival with The Kennedys

4 p.m. President Calvin Coolidge State Historic Site – Plymouth Folk & Blues Festival with The Art of Donncherie

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

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

## MON SEPT 4

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

6 p.m. Rivershed Killington – Morgan Clark

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 SEPT 5

**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 Yachaitis

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

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

## Sherburne Memorial Library The Vermont Fairy Tale Festival is back!

September 16th 10-4

Free admission with a non perishable item for the food bank or humane society.

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Tues. and Thurs. 11:30-5:30  
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## The Plymouth Folk & Blues Festival happening Labor Day Weekend

Saturday and Sunday, Sept. 2-3—PLYMOUTH—During Labor Day Weekend the Calvin Coolidge State Historic Site in Plymouth Notch, comes alive with the 18th

Plymouth Folk and Blues Festival on Saturday, Sept. 2 and Sunday, Sept. 3, 2 p.m. to 5 p.m. both days.

Stars from Vermont and internation-

ally known musicians team up for a lively two-day festival of folk and blues music performed in the pure country air of historic Plymouth Notch, birthplace of

Calvin Coolidge, the 30th U.S. president. All concerts are free, and donations are appreciated. We are also taking food donations of non-perishables for the Vermont Food Bank.

**Dana and Susan Robinson: Saturday 2-3 p.m.** This Americana roots and folk duo from Cabot, Vermont, blend old songs and new with a driving guitar, banjo groove and harmony vocals. Their latest album, "The Town That Music Saved" has been awarded a Times-Argus "Tammie" for Best Vermont Album of the Year, 2019. They've been featured in Ken Burns's "The National Parks, America's Best Idea" and "The Dust Bowl." Seven Days writes, "Dana is a master storyteller, spinning his yarns with the precise skill of an artisan loom weaver. A native of the Pacific Northwest, Dana relocated to New England, where he discovered both a thriving songwriters scene and the deep well of traditional mountain music. Susan grew up with her dad's jazz big band rehearsing in the basement in Manchester, Vermont, and learned classical piano as a child. As an adult she turned to oboe and Scottish fiddle. After Susan and Dana met in 2002, she took up old-time banjo and learned from the banjo-greats in and around Asheville, North



**Jesse Terry: Saturday 3-4 p.m.**

Carolina. Since 2003 Dana and Susan have performed hundreds of concerts across the United States, Great Britain and Canada. With his down-to-earth appeal and sharp songwriting ability, Jesse Terry plants himself firmly among the most promising singer-songwriters of his generation. Michael McCall of Nashville Scene lauded Terry for offering "a sophisticated melodic touch to his tender musings about love and finding his place in the world." Indeed, while the sounds of popular music become increasingly inflated, Terry wades into the fray with graceful, understated arrangements that embrace his ambitious songs. The stage has been Jesse's home for a decade. He plays around 150 shows a year, from Bonnaroo to the Philadelphia Folk Festival, the 30A Songwriters Festival to AmericanaFest. This after earning a degree from Berklee College of Music, netting a five-year staff writer gig on Nashville's Music Row penning material for major TV networks, and winning many prestigious songwriting awards.

**Danielle Miraglia: Saturday 4-5 p.m.** Danielle Miraglia comes armed with a strong, steady thumb on an old Gibson and an infectious stomp-box rhythm with tunes ranging from heart-felt to socially conscious that will move both your heart and hips. Her latest "Bright Shining Stars" debuted at #15 on the Billboard Blues Charts. Cascade Blues Association calls it "... tough as rawhide, but smooth as blended whiskey." It includes originals as well as a collection of songs she's been covering at live shows over the years, paying homage to influences like Big Bill Broonzy, Bob Dylan, Janis Joplin and more, plus the title track "Bright Shining Stars," written by her husband, Tom Bianchi. Danielle has toured and played major venues across the United States and beyond, shining in both the folk and blues circuits. She has opened for Buddy Guy, George Thorogood, Joan Osborne, John Oates, Colin Hay, John Mayall, Johnny Winter, Bettye Lavette, John Hammond Jr., Sonny Landreth, Robert Cray, Rodney Crowell and performed side stages at events with The Black Crowes, Mary J Blige, The Indigo Girls and many more.



**Krishna Guthrie: Sunday 2-3 p.m.** The Guthrie family story is woven into the fabric of American music. While Krishna Guthrie incorporates elements of his lineage, from the folk roots of his great-grandfather Woody, to the masterful storytelling of his grandfather Arlo, he's not afraid of adding influences from his own generation as he carves his own initials in the family tree. At a young age, Krishna began touring internationally with his family as well as playing in local bands when off the road. Becoming skilled at several instruments, he also started writing his own songs. In the winter of 2013/14 Guthrie found himself playing regular gigs with a band in Vermont, and he decided to make Vermont his home. Krishna started paying his dues, without fanfare, in local bars and restaurants around the Rutland area, determined to make a name for himself. While never leaving behind the roots of his family's music, Krishna turns it up a notch, infusing rock, blues and modern influences.

**The Kennedys: Sunday 3-4 p.m.** In a career that now spans two decades, New York duo Maura and Pete Kennedy have traversed a broad musical landscape, surveying power pop, acoustic songwriting, organic rock rooted in their early days in Austin, and a Byrds-inspired jangle that drew the attention of McGuinn, Steve Earle, and most notably Nanci Griffith. At well over a million miles of roadwork, including two stints as members of Nanci Griffith's Blue Moon Orchestra, Pete and Maura Kennedy show no signs of slowing down, either on tour or in the creative realm. The Kennedys' live sets seamlessly weave their influences over the last two decades: Buddy Holly style roots, the tuneful cadences of the Everly Brothers, and the ringing 12-string jangle of the early Byrds, interspersed with darker moments that recall British folk rock à la Fairport Convention.



**The Art of DonnCherie: Sunday 4-5 p.m.** The Art of DonnCherie, a Burlington, Vermont, singer-songwriter, has been described as "honey-covered-rawness," she is dark, ominous, playful and a little naughty, her music influenced by blues, folk, soul and country music, and does not ask you to pick a genre. Her music is as eclectic as her many interests, with powerful lyrics and rhythmic melodies. An unrefined and soulful singer, she has a unique vocal style that is both fresh and familiar at the same time. She brings so much heart to the lyrics and life to the story she's bringing you. DonnCherie's songs take you on a journey with a musical conversation that moves your soul and allows you to see a little of yourself in each line.



Submitted

One of the most acclaimed singer-songwriters of his generation will bring his guitar chops and masterful storytelling to the Paramount on Thursday.

## Acclaimed singer-songwriter and Townes Van Zandt protégé, Steve Earle will perform at the Paramount Theatre this Thursday

Thursday, Aug 31 at 7:30 p.m.—RUTLAND—Steve Earle is one of the most acclaimed singer-songwriters of his generation. A protege of legendary songwriters Townes Van Zandt and Guy Clark, he quickly became a master storyteller in his own right, with his songs being recorded by Johnny Cash, Waylon Jennings, Joan Baez, Emmylou Harris, The Pretenders, and countless others.

1986 saw the release of his record, “Guitar Town,” which shot to number one on the country charts and is now regarded as a classic of the Americana genre.

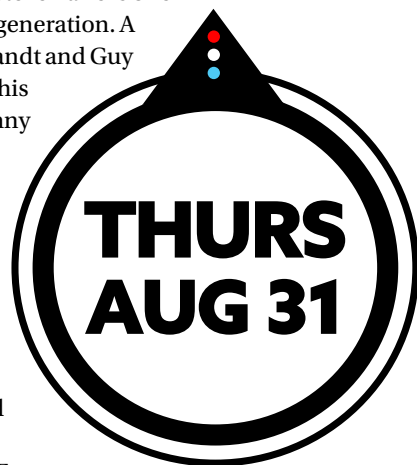
Subsequent releases like “The Revolution Starts...Now” (2004), “Washington Square Serenade” (2007), and “Townes” (2009) received consecutive Grammy awards.

Restlessly creative across artistic disciplines, Earle has published both a novel and collection of short stories; produced albums for other artists such as Joan Baez and Lucinda Williams; and acted in films, television (including David Simon’s acclaimed “The Wire”), and on the stage. In 2009, Earle appeared in the off-Broadway play “Samara,” for which he also wrote a score that The New York Times described as “exquisitely subliminal.”

Earle wrote music for and appeared in Coal Country, a riveting Public Theater play that dives into the most-deadly mining disaster in U.S. history, for which he was nominated for a Drama Desk Award.

Mr. Earle was recently inducted into the Nashville Songwriters Hall of Fame.

Tickets range from \$45-\$65 plus taxes and fees. For more information, visit: [paramountvt.org](http://paramountvt.org).



He also wrote a score that The New York Times described as “exquisitely subliminal.”

## Vermont bear hunting begins in September

Friday, Sept. 1 — STATEWIDE — Bear hunting season starts in September and the Vermont Fish & Wildlife Dept. (VT-F&W) reminds hunters to review the bear hunting regulations.

Vermont has two bear hunting seasons. The early season, which requires a special bear tag, starts Sept. 1, and continues through Nov. 10 with one exception. Nonresident hunters using dogs cannot start bear hunting until Sept. 15. The late bear season is Nov. 11-19. A hunter may only take one bear during the year.

In addition to a hunting license, a bear hunter using a bow or crossbow must have a prior or current bow license or a certificate proving completion of a bow hunter education course.

The hunter must field dress the bear before taking it to a reporting station. It is also legal to skin the bear and cut it up in order to carry it out of the woods. The bear must be reported within 48 hours, but Fish and Wildlife urges doing so ASAP to cool the meat. The hunter must also collect and submit a pre-molar tooth from the bear at the time the bear is reported or within 30 days. The tooth provides important data on the age structure and size of the bear population.

Upon the request of a game warden, a person harvesting a bear is required to

return to the kill site with a game warden.

“Bears will be feeding along power lines and in forest openings and old fields where berries and apples can be found as well as in forested beech and oak stands,” said Vermont’s Director of Wildlife Mark Scott. “They also are likely to be feeding on standing corn.”

Scott said Vermont’s regulated legal bear hunting seasons help manage the state’s population and that bears are now abundant statewide except in Grand Isle County.

Scott said with bears being so abundant, this is a great opportunity for hunters who have never hunted bear to do so this year. Properly prepared bear meat is highly nutritious, Scott added.

The key to successfully securing good meat is to skin the bear as soon as possible and process it immediately if you do not have access to a large cooler.

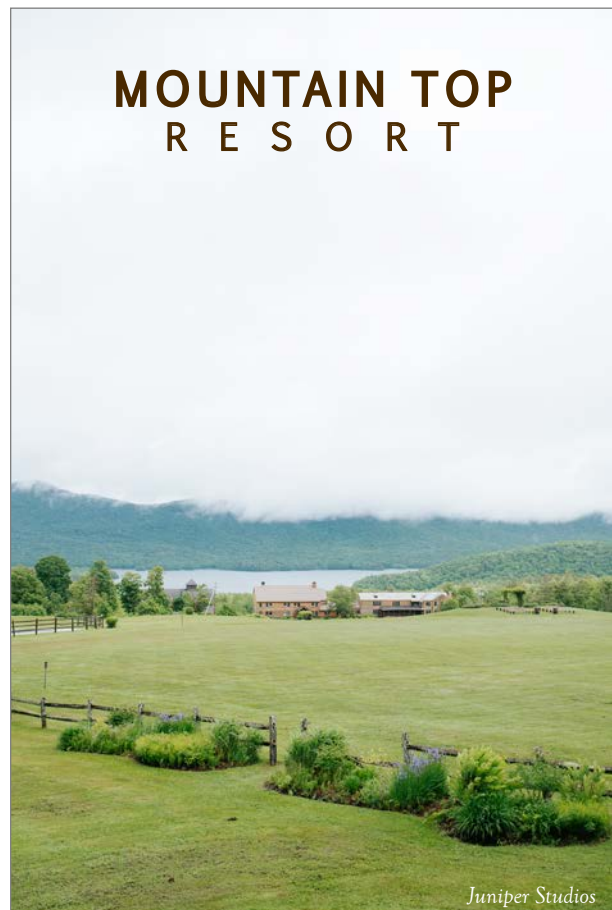
Scott recommends that hunters refrain from shooting a bear with cubs as well as bears observed in groups as they are usually made up of sows with cubs. “Black bear cubs are dependent on their mother through the following spring. It is important to maintain these family groups,” he added.

Vermont Fish & Wildlife urges hunters to download and read the 2023 Black Bear Hunting Guide at: [vtfishandwildlife.com](http://vtfishandwildlife.com).



Submitted

Bear hunting season starts in September and the Vermont Fish & Wildlife Dept. (VT-F&W) reminds hunters to review the bear hunting regulations. Vermont has two bear hunting seasons. The early season, which requires a special bear tag, starts Sept. 1, and continues through Nov. 10



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## Sustainable Woodstock holds e-bike loan event at Norman Williams Public Library in Woodstock



Courtesy Norman Williams Public Library

The Upper Valley E-Bike Lending Library gives participants an opportunity to try out an e-bike for an overnight. The lending event will be held at the Norman Williams Public Library from Aug. 30 to Sept. 2.

Wednesday-Saturday, Aug. 30-Sept. 2—WOODSTOCK—Sustainable Woodstock will host two overnight 24-hour e-bike loans so participants can take an e-bike home and try it out. Test one out on a scenic route or commuting to work, the grocery store, etc. The Upper Valley E-Bike Lending Library is sponsoring the event.

There are four styles of e-bikes available. Checkout slots are limited, so sign up at Vital Communities as soon as possible.

If you don't want a bike for a full 24 hours or have no place to store it overnight, Sustainable Woodstock will also host a drop-in demo day on Saturday, Sept. 2, for anyone to come by between 9:30 a.m.-5 p.m. and test ride a bike.

Learn how you can save money, improve your health, reduce greenhouse gas emissions, relieve traffic, and free up parking congestion. Try one and discover the possibilities of using an e-bike.

The NWPL is happy to support Sustainable Woodstock's e-bike lending program again this year.

For questions or further information, email: [programs@sustainablewoodstock.org](mailto:programs@sustainablewoodstock.org).

## 'The Dave Matthews Tribute Band' headlines Friday Night Live this Friday on Center Street and Merchants Row, in Downtown Rutland

Sept. 1 at 5 p.m.—RUTLAND—Friday Night Live, Rutland's community gathering and live concert series

returns to Center St. and Merchants Row on Friday with activities, giveaways, shopping, visiting vendors, food trucks, and of course the free, live outdoor musical performance featuring headliner, "The Dave Matthews Tribute Band," taking the stage at 8 p.m.

Their name says it all: for nearly 20 years, "The Dave Matthews Tribute Band," has been performing sold out shows around the world; playing over 1,500 dates in 46 states and 8 countries. Many go to their live shows with reservations, high expectations, and the burning question, "Do these guys sound like the real Dave Matthews Band?" Almost always the answer is, "Yes!"

Since 2004, The DMTB is the only nationally touring tribute to the Dave Matthews Band. This 5-piece ensemble strives to pay homage to their famous counterparts by matching the excitement, energy, intensity and intimacy of a DMB live show.

While most fans never witnessed the real band before they became the platinum-selling artists they are today, The Dave Matthews Tribute Band prides itself on giving audiences this opportunity at intimate venues around the world.

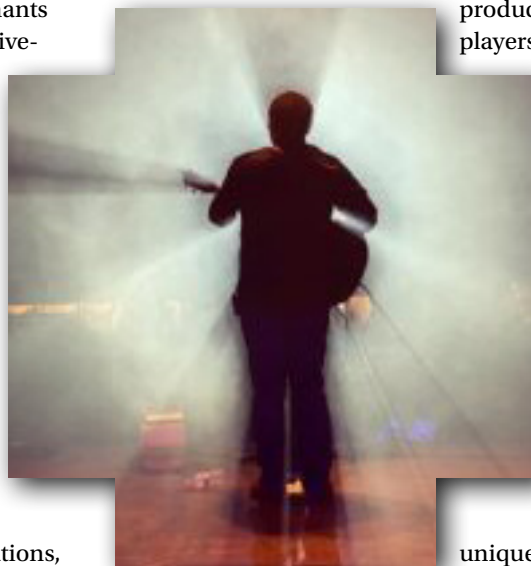
As Rick Grant of Entertaining U in Jacksonville, FL wrote, "The Dave Matthews Tribute Band turned out to exceed its billing as a quality improvisational band that uses Dave Matthews material as themes to improvise.

Clearly, this distinguishes them from the other so-called tribute bands. The band is exceptionally tight and produces a solid groove over which the players improvise with hot chops."

Beyond mastering the DMB sound and the relentless touring, what separates The Dave Matthews Tribute Band from other cover bands is their passion, love, and respect for DMB and their music. That is what makes you come out of one of their shows saying, "Yeah, they really do sound like the real Dave Matthews Band."

Friday Night Live's fun and casual series draws the community together as Downtown Rutland transforms into a unique, amphitheater-like concert venue with great acoustics.

For more information, visit [downtownrutland.com/fridaynightlive](http://downtownrutland.com/fridaynightlive).



Courtesy of "The Dave Matthews Tribute Band"

The Dave Matthews Tribute Band prides itself on giving audiences the opportunity to witness an authentic Dave Matthews Band experience around the world.

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Submitted  
Poultney's village area will be alive with the sights and sounds of exhibits and sales of fine artwork and quality crafts and foods at this Saturday's September Festival in Poultney.

## SeptemberFest celebrates the beginning of fall with arts, crafts and food fair in Poultney on Saturday

Saturday, Sept. 2—POULTNEY—An Art, Craft, and food fair, is on tap for Saturday, Labor Day weekend. Stroll along Poultney's broad Main Street and throughout the village and browse the exhibits and sales of fine artwork and quality crafts. Also, visit the new Slate Quarry Park, Stone Valley Arts, the Poultney Museum of History and Art, Historical Society exhibits, Stone Valley Arts, and various artist locations.

The Poultney Area Chamber of Commerce is celebrating the artists, artisans, and quality food producers that constitute an important part of the

area's economy. The individuality and dedication of these people, driven to create, is what helps to make this part of Vermont special.

You'll meet the actual folks who create the designs, and can talk with them about ideas, creations, and more, artists like Edna Blankley with her handmade blankets and Christmas items, and Lette's Creations, specializing in crocheted toys, jewelry, and dragon sculpture. Munch on the vegan baked goods provided by Inspired Cookies.

The fair would not be complete

without Jen's Jewels, homemade jewelry using natural stone, and wrought iron art. Vermont Fire Rocks shines with candle-like lamps made from stone. And spice up your life with Simply Garlic, producing garlic, salsa, hot sauce, and garlic stuffed olives among other creations.

The Poultney Area Chamber will also be set up with information about the Poultney area, events and dates, maps and attractions, and souvenir Christmas ornaments.

For more information, visit: [poultneyareachamber.com](http://poultneyareachamber.com).

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## SUDOKU

PUZZLES—from page 13

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# SIX TIPS FOR SIDEKICKS

Frontline workers in the waste and recycling industry are essential to ensuring the health and safety of our communities. Like every hero, frontline champions need great sidekicks! Here's how you can help keep everyone safe!

**1** Bag your trash and tie your bags tightly.

**2** Keep your recyclables loose - don't bag them.

**3** When in doubt, throw it out.

**4** Masks, gloves or batteries don't belong in recycling.

**5** Slow down to get around.

**6** Make your bins accessible and safe.

For more tips and resources visit [casella.com/RecycleBetter](https://casella.com/RecycleBetter)

# Romance the raptors at Sport of Kings Day at VIN

Saturday, Sept. 2 at 10 a.m.—QUECHEE—Lords and ladies all are invited to celebrate the falconry, the “sport of kings,” at VINS Nature Center in Quechee from 10 a.m.-5 p.m. Experience the history, language, and traditions of this 3,000-year-old practice of hunting alongside a trained raptor. Join us for our flighted raptor programs, practice your archery skills and settle in for a picnic lunch with local band, “As The Crow Flies,” playing nearby. You’ll even meet a modern-day falconer from New England Falconry. Costumes are encouraged.

**Event schedule:**

- 10 a.m. - 2 p.m.: Meet a Falconer Anastasia Mickiewicz from New England Falconry. Learn about falconry as practiced in our modern age, and meet a licensed Vermont falconer of New England Falconry.
- 10 a.m. - 4 p.m.: Crafts Fit for a King. What is a lord without a crown? Take a seat and craft your very own crown inspired by nature.
- 10:30 a.m., 12:30 p.m., 3:30 p.m.: Live Trebuchet Demonstrations. Take part in a medieval siege and watch our 7-foot tall trebuchet in action.
- 10 a.m. - 5 p.m. Medicinal Plants of the Meadow - with self-guided signs. Wildflowers are not only beautiful—they’re useful, too! Learn about the ways plants were used throughout history with this self-guided tour through the meadow.
- 11 a.m. - 11:30 a.m.: The Sport of Kings - Falconry. Meet these most-renowned hunters from the sky in our program featuring birds of prey in flight!
- 11 a.m., noon, 1 p.m., 2 p.m.: Archery Demonstration. Try your hand at this vital skill of survival and defense with our master archers. (Meet on the hour at Nature Store, limited 12 archery spots, first come first serve.)
- Noon - 1 p.m.: Troubadour Hour: Grab a table and have your lunch as local band As the Crow Flies, provides musical entertainment.
- 2 p.m. - 2:30 p.m.: Scales and Serpents. Come wonder at the scaly creatures that live around us, and learn about their habits.
- 3 p.m. - 3:30 p.m.: The Sport of Kings - Falconry. Meet these most-renowned hunters from the sky in our program featuring birds of prey in flight!
- 3:50 p.m.: Hawk on the Walk. Join a VINS educator and our Harris’ hawk as he flies among the trees of the Forest Canopy Walk.

For more information, contact us at 802-359-5000 or [info@vinsweb.org](mailto:info@vinsweb.org).



Courtesy of VINS Nature Center

Sport of Kings Day will allow participants to experience the history, language, and traditions of this 3000-year-old practice of hunting alongside a trained raptor at VINS Nature Center.

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## 'Soldiers Atop the Mount' brings Revolutionary War history alive

Saturday and Sunday, Sept. 2-3 at 10 a.m.—ORWELL—Reenactors honor the 1776-1777 history of Mount Independence during this living history weekend.

Saturday's popular handicapped-accessible Baldwin Trail walk, 10:30 a.m.-1:30 p.m., features experts at trail stations bringing the site's history to life. Military tactical, annual reading of Declaration of Independence, and camp life and skill demonstrations.

The Mount Independence State Historic Site is one of the nation's most significant Revolutionary War sites, offering six miles of trails along the remains of the fortification. Mount Independence documents the critical efforts to defend northern New York, New England, and the cause of American liberty.

From July 1776 to July 1777, the fate of the newly independent United States of America rested on this rocky peninsula on the east side of Lake Champlain, located in Orwell. This strong defensive position was first called East Point or Rattlesnake Hill but was renamed Mount Independence after the Declaration of Independence was read to the soldiers assembled here. Lieut. Col. Jeduthan Baldwin of Massachusetts, chief engineer of the American Northern Army, with assistance from Polish freedom fighter Thaddeus Kosciuszko, designed the sophisticated defensive system at Mount Independence. By late October 1776, three brigades had completed encamp-

ments, the large shore battery and horse-shoe-shaped battery, and a picket fort in the center of the Mount. The sight of the fortified Mount Independence, Fort Ticonderoga, and 12,000 assembled troops prompted British General Guy Carleton and his fleet to an attempted invasion, retreating to Canada for the winter. The American soldiers strategically retreated in July 1777 as the German and British troops occupied the area. The American retreat before the invading army resulted in an unplanned but pivotal rear-guard action at Hubbardton, which paved the way for American victories at Bennington and Satatoga.

Transformed through farming and overgrowth for over a century, the former defense was preserved in 1911 when Stephen Pell of Fort Ticonderoga purchased the northern 113 acres of Mount Independence. In 1961, the state of Vermont began buying parcels of the southern section. Today, history and nature unite at Mount Independence in telling the gripping story of this significant Revolutionary War: although no structures remain, the plan and features of the fort have been identified and studied by archaeologists. The visitor center contains many authentic artifacts. "Soldiers Atop the Mount" includes a reading of the Declaration of Independence as read to the troops 247 years ago. Admission is \$9.

For more information, visit: [historicsites.vermont.gov/mount-independence](https://historicsites.vermont.gov/mount-independence).



Courtesy Vermont State Historic Sites  
Reenactors in full regalia honor the 1776-1777 story of Mount Independence during Living History Weekend.



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SEPTEMBER 2 & 3, 2023

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SATURDAY, SEPTEMBER 2, 2023

2-3 PM / DANA AND SUSAN ROBINSON  
3-4 PM / JESSE TERRY  
4-5 PM / DANIELLE MIRAGLIA

SUNDAY, SEPTEMBER 3, 2023

2-3 PM / KRISHNA GUTHRIE  
3-4 PM / THE KENNEDYS  
4-5 PM / THE ART OF DONNCHERIE

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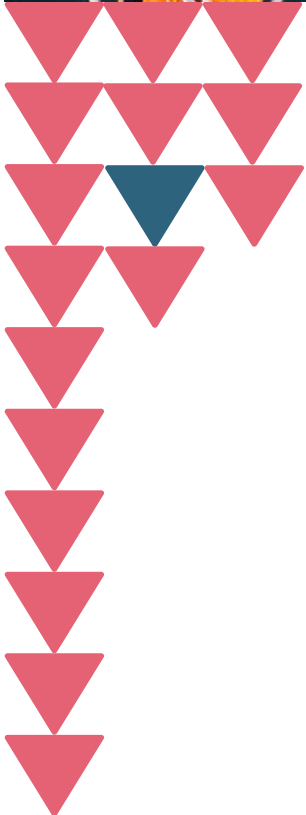
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# SASKADENA SIX

# George Thorogood visits Rutland to rock the Paramount this week

Tuesday, Sept. 5 at 7:30 p.m.—RUTLAND—George Thorogood brings a history of blues-based rock-and-roll to Rutland's Paramount Theatre this Tuesday at 7:30 p.m.

Looking back on the genesis of the now famous band, it all started in Delaware. On the evening of December 1, 1973 at the University of Delaware's Lane Hall, a guitarist, a drummer, and their rhythm guitarist set up on the small bandstand. Though the three-piece band had barely rehearsed, guitarist George Thorogood and drummer Jeff Simon had been bashing out covers of songs they loved — including "No Particular Place To Go," "Madison Blues" and "One Bourbon, One Scotch, One Beer" — in suburban Wilmington basements since they were teens. The Lane Hall audience was wary at first. "Then it was like somebody flipped a switch," Simon recalls. "Everybody hit the dance floor all at once."

"We had the place rockin'," Thorogood said.

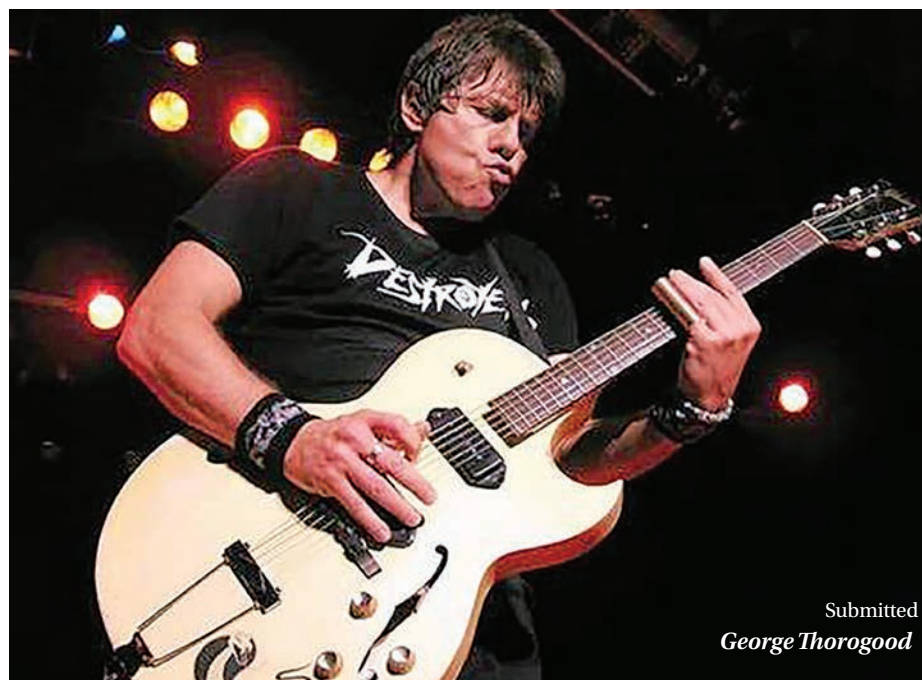
"From that very first show, Jeff and I knew we were onto something."

Five decades, 15 million albums and more than 8,000 performances later, few bands can still rock the house like George Thorogood & Destroyers. And for Thorogood, Simon, and long-time Destroyers Bill Blough, Jim Suhler and Buddy Leach, their Bad All Over The World — 50 Years of Rock Tour will be a celebration like no other.

But when asked to pick a career highlight, maybe one night over the past half century that changed everything for George Thorogood & The Destroyers, he shakes his head, flashes a huge grin and heads off to soundcheck. "My highlight is when I step on that bandstand," Thorogood said. "The promoters invited us, the fans came to hear us, and we're ready to rock. Every night I play for people can be the biggest night of my life."

Tickets range from \$79-\$99 + tax/fees.

For more info, visit: [paramountvt.org](http://paramountvt.org).



Submitted  
George Thorogood

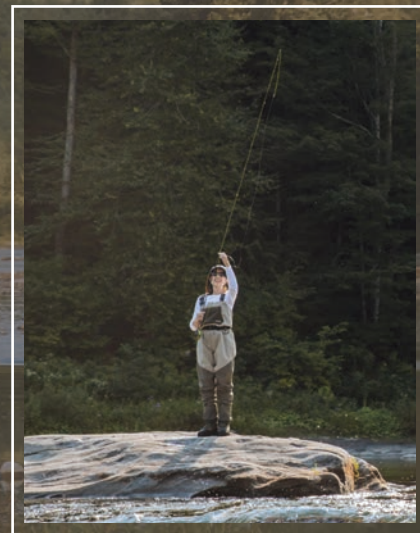


George Thorogood and The Destroyers



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# Rutland County Humane Society



## PUPPIES

These babies are 11 weeks old and looking for loving homes! We are not sure of their mix but they are so cute. We have 5 males left, all handsome brindles of various shades. For the month of August we are taking \$100 off all large breed dogs and puppies. Adult cats are \$25 off and kittens are \$50 off. So if you are thinking about adding a pet to your home now is the time!

This pet is available for adoption at

### Springfield Humane Society

401 Skitchewaug Trail, Springfield, VT • (802) 885-3997

\*Open by appointment only. spfldhumane.org



## SALLY

I'm a 10-year-old female. I came to Lucy Mackenzie as a stray. Since I've been here, I've been working on my physique and trimming some pounds. I'm a quirky gal, you could say...a bit of a comedian, as well. I'm always cracking my human friends up around here with my eyes and behaviors. I might get along with some dogs (we'd have to meet first, of course!) and with older, dog-savvy kids. We're not sure how I will get along with cats, so that's a bit of an unknown. I'm an older lady who's looking for a home in which to spend my golden years and to have a lot of fun and love.

This pet is available for adoption at

### Lucy Mackenzie Humane Society

4832 VT-44, Windsor, VT • (802) 484-5829

\*(By appointment only at this time.) Tues. - Sat. 12-4 p.m. & Thurs. 12-7 p.m. • lucymac.org

## Catamount Pet Supply Company, inc.

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Grooming by appointment | 802-773-7636



Gus—2-Year-Old. Neutered male. Siberian Husky Mix. Gus has the most adorable floppy ears so get ready to smile!



Lana—3-Year-Old. Female. St. Bernard. She's a very sweet lady who loves to go for walks and get petted.



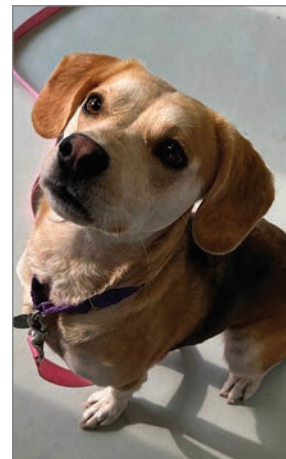
Stella—2-Year-Old. Spayed female. Mixed breed. She is a sweet girl who loves to be with her humans.



Kevin—2-Year-Old. Neutered male. Mixed breed. Kevin is an adorable fella who is a total sweetheart.



Doug—3-Year-Old. Neutered male. Mixed breed. Doug is a sweet, playful and cuddly dog that is good while riding in the car and gets along well with other dogs.



Daisy—2-Year-Old. Spayed female. Mixed breed. This little lady has her nose to the ground in search of her family.



## TEDDY

Teddy—2-Year-Old. Neutered Male. Siberian Husky Mix. Teddy is adorable and a real sweetheart.

All of these pets are available for adoption at

### Rutland County Humane Society

765 Stevens Road, Pittsford, VT • (802) 483-6700

Tues. - Sat. 11 a.m. - 4 p.m.

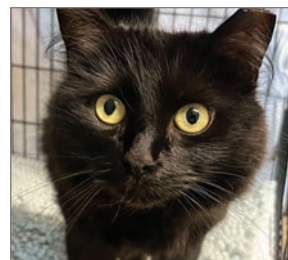
Closed Sun. & Mon. • www.rchsvt.org

## Tips to help your pets when your kids go back to school

Kids aren't the only ones who might be sad to say goodbye to summer and hello to school! Your pets may have a hard time adjusting, too, so here are some helpful tips from the Rutland County Humane Society (RCHS) to make the transition easier. Pets usually thrive on routine, so you'll want to adjust your walking/feeding time to match up with the new school schedule. Increase your pet's exercise time to help ease any anxiety your pet may have during the change. Smart toys, like dispensing food toys or advanced puzzles, help entertain your pet while you're away and prevent boredom. If your dog loves to get out of the house, consider bringing him on your daily trips to and from school. Another great option, if you're away a long time, is doggie day care or hiring a dog walker to help burn off extra energy. But always remember, at the end of the day, spending a little quality one on one time with your pet will make them the happiest, even if it's just lounging on the couch before bed.



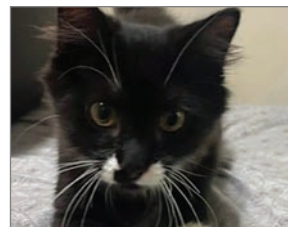
Esme—3-Year-Old. Spayed female. Domestic shorthair. Grey tiger. She is a very sweet girl who has lots of love to give.



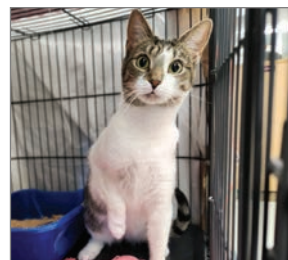
Jinx—1-Year-Old. Spayed female. Domestic longhair. Black. She loves attention and will rub her head up against the cage until she gets it!



Lizzy—5-Year-Old. Spayed female. Domestic shorthair. Dilute torti. Lizzy is looking for a home where she can be active and play and snuggle, of course.



Bomo—1-week-old. Neutered male. Domestic mediumhair. Not only are kittens adorable, but they are great entertainers.



Edith—2-Year-Old. Spayed female. Domestic shorthair. Brown tabby. Edith is a sweet girl that would love to be your only child!

# Cosmic Catalogue



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 **Aries**  
March 21 - April 20

Kenny Rogers knew when to hold, fold and run. Do you? This week, as things get stirred up in a key relationship now, you may need to approach things differently. If you've been too bold and direct, then turn it down a bit. If you've been compromising a little bit too much of late, then you may need to think about what you want a little bit more. Maybe you need to keep things just how they are and see how things shake out.

 **Leo**  
July 21 - August 20

Circumstances around the entanglements you share with other people are highlighted this week. These entanglements could be financial, emotional or both. It could be with your most intimate partner, like a spouse or your relationship to money in general. At some level, it's time for you to repay what you owe. If you've played your cards fairly and not cut corners with others, then this week may reveal that it will be you who will be repaid.

 **Sagittarius**  
November 21 - December 20

As life at home begins to get stirred up this week, you'll finally be able to see a situation for what it really is. Good, bad and indifferent, the clarity this week brings will help you make choices about your career and life direction too. It's not always easy to balance everything and having it all isn't always practical – at least not all at once. However, you'll be able to make some non-negotiable choices this week. Lean into good friends also!

 **Taurus**  
April 21 - May 20

This week's Full Moon will show you who your real friends are. As life continues to stir things up on the home front, you'll be glad for those who truly show up for you. We all need rocks in our life and those we can depend on when we need it, especially when we need a shoulder to cry on. It's funny how life happens sometimes because those you expect to be there for you aren't and those you wouldn't expect are.

 **Virgo**  
August 21 - September 20

No matter which way I tell you this, it's not looking like an easy week. That being said, that which you've been confused about is likely to become clear. For the most part, it's a relationship situation that is under the spotlight. While you might be tempted to weigh up the pros and cons of a situation, the cosmos is asking you to get clear about how you *feel*. The mind can play tricks on you, but your gut feelings are always right.

 **Capricorn**  
December 21 - January 20

Action planet Mars arrives in your career zone this week and will remain until the Equinox. So for the next six weeks, you're invited to hone your most important career and life direction goals. Desires from the past may resurface, especially those that have been forgotten or mislaid. In order to reach these goals, don't discount the small actions you can do each day, as these have a tendency to add up and overflow and *viola*, dreams manifest!

 **Gemini**  
May 21 - June 20

A reality check is possible in terms of your career and major life direction this week. A Full Moon with Saturn will help you see things clearly. Clarity is generally seen as a good thing, and for the most part, it is. The problem in some situations though, is that something once seen, can't be unseen. With your patron planet Mercury in reverse right now, this week could reveal the solution to a problem you've not been able to solve or may not even see.

 **Libra**  
September 21 - October 20

You're at that point now where you realize something's gotta give. You can't keep expecting things to be one-sided and hoping that one day you'll be the victor. You're about fairness and the reality is, life just isn't fair most of the time. It's time to roll up your proverbial sleeves and go into battle for yourself. Fight for what is true for you. It's generally not your style to do this, but it's also time to admit, enough is enough.

 **Aquarius**  
January 21 - February 20

A combination of cash and confidence will become illuminated this week. If things have been stalled, delayed or you've felt the weight of responsibility with finances, the week may help you to see a situation from a new perspective. If things have felt tough, it's hard to see the light. If a relationship is also a part of the issue, it may be their ideas and perspectives you need to see. Try working against the problem, instead of each other.

 **Cancer**  
June 21 - July 20

Life at home could begin to feel a little bit unsettled this week. Maybe you're feeling a little extra sensitive or less able to go with the flow as much as usual. Instead of getting reactionary, try and be the gentle observer of your thoughts and feelings. When you do, you'll gain greater clarity around what you need to feel more meaning and purpose in your life. It could be time for you to set some new and clear boundaries.

 **Scorpio**  
October 21 - November 20

If there was ever a time for you to go into hibernation, this is it! Now that Mars, your ruling star, is in your most private sector, you might opt to shut yourself away from distractions and do something you either want or need to do. A Full Moon invites you to explore your creative and playful side. Consider eliminating distractions so you can focus on what really brings you a sense of joy, pleasure and happiness.

 **Pisces**  
February 21 - March 20

A Full Moon in your sign this week is going to help you to see a situation for what is really is, rather than what you hoped it might be. While that may feel like a bit of a buzzkill, you'll actually be better off for having a sense of reality. It's a relationship setting that is causing the most chaos and confusion now. Some time and space alone can help you figure out a solution – one way or another.

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**Empowering you to lead a divinely inspired life.**

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

## Choose your battles

Recently, I wrote about the idea of the more things change, the more they stay the same.

The way this week begins, will be the way September ends. Other than the regular pace of the Sun and the Moon, nothing changes.

Don't be fooled though. Things that have been stirred up, reassessed and rethought, will reach a tipping point. Think of all the times in your life you said "yes" when you should have said "no." How about all those times when you betrayed yourself for what you wanted now, instead of what you wanted most? What about those times you accepted the choices and decisions of someone else,

because you were keeping the peace or simply choosing to avoid conflict?

We've all done it at one point or another in our lives. It's normal. It's also normal to reach the end of the line. To say "no more." In some circumstances, some kind of peace deal will be reached and the bridge of connection rebuilt. In others, the goals posts, once moved, can't be moved back.

This week, if you feel anger, resentment or even your ability to go with the flow dwindle, acknowledge that. Battles can't be avoided, you just have to choose them wisely.



Cosmic Catalogue  
By Cassandra Tyndall

## As Free As A Horse

Horses,  
They gallop around,  
As free as the breeze,  
Prancing and dancing,  
Under the trees,  
Eating the grass,  
Smelling the flowers,  
As free as the leaves,  
They let their heart guide them,  
In a world of their own,  
Their imagination flowing,  
Helping them along,  
You know that you too,  
Can be free,  
Letting your heart guide you,  
Through the flowers and trees,  
Prancing along the river with only happiness,  
Yes,  
You could be that,  
So very free,  
But you have to have the key,  
The key to it all is one special thing,  
Kindness,  
You must be kind to others,



Poetry Is Power  
By Bree Sarandrea

But that is not all,  
You have to be kind to yourself as well,  
To animals,  
And even to trees,  
Now that is the key,  
The key to being as free as a horse  
Just you see.

## Language arts

I didn't want to do it. But I needed to do it. For both of us.

Our marriage of 42 years is solid as a rock—and scrappy. We are a great team, achieving a high level of DIY with everything we do. But harmonious, not so much. I'm a scrapper. He's internal.

We argue, make up, and move on. Quitting is not an option.

But now, in our 60s, arguing feels more draining. Tiring. It robs us of the precious energy and time we need to do the things we want to do.

Rather than tell my husband that we needed to both change to get along better, I

know how unmotivating it is to be told you need to change. It sets the stage for resistance.

No one wants to be told what to do.

Marriage, of course, is a two-way street. But hoping and expecting my husband to change his ways was more likely to bring resentment and disappointment, than change. And before asking someone else to change, it seemed the best place to start—was within.

I believe deeply that for every problem or need that I have, I am outfitted with the tools to fix that problem or meet that need. 100% of the time,  
Funologist → 36



The Funologist  
By Sandra Dee Owens

## Chrysalis Surprise: A Parasitoid Wasp

A caterpillar eats and eats, becomes a chrysalis, and after a period of metamorphosis emerges as a beautiful butterfly! Except, sometimes... it doesn't quite work that way.

Occasionally, while sitting on my deck, I spot smallish, orange butterflies landing on our hop plants. Their upper wings, about 2 inches across, are bright orange with dark blotches and eyespots, but camouflage brown on their underside. These are eastern comma butterflies (*Polytonia comma*), named for a silvery marking on the hind wing. If I look closely after one has flapped away, I can find one or two tiny, peridot eggs that it left behind on a hop leaf.

I first encountered the eastern comma as a caterpillar two summers after we planted the hops. The caterpillars I saw were mostly dark-bodied—although there is color variation among this species—and had pale, irregular stripes. The caterpillars also sport spiky, branching spines, which help to deter predators. That summer, I found caterpillars on nearly every leaf I checked, from tiny, newly hatched ones to later-instar caterpillars ready to pupate. I brought a few of them inside and kept them in jars to watch them grow, regularly supplying them with fresh hop leaves.

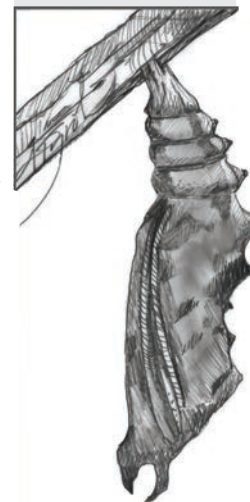
By late August, I had time-lapse videos of several caterpillars shedding their skins to become inconspicuous brown chrysalises. They hung from sticks I'd placed in the jars. By September, I was finding similar chrysalises all over the deck, hanging from railings and planters. I waited patiently, watching the chrysalises and checking the jars on the living room windowsill daily. After about a week, butterflies emerged from some of the jarred chrysalises. One chrysalis, however, unexpectedly produced a black wasp with dark wings.

The wasp was an ichneumonid, a member of a large family of parasitoid wasps. Parasitoids have a lifestyle halfway between a parasite and a predator. A female parasitoid wasp lays its eggs within the early life stages of another insect, such as the eggs or caterpillars of butterflies. The parasitoid's eggs quietly hatch into larvae that develop within the caterpillar as it gets fatter and fatter, but eventually the ichneumonids go through their own metamorphosis, almost always consuming and killing the host caterpillar by the time they're done.

Ichneumonid wasps are many and diverse, so I contacted Sloan Tomlinson, a parasitoid wasp expert, to learn more.



The Outside Story  
By Rachel Sargent Mirus



While these insects come in a huge range of sizes and shapes, they tend to be slender and generically wasp-shaped, with an abdomen longer than the combined length of their head and thorax. Many are between a 10th of an inch to 1 1/2 inch in length and have understated colors, so they can be easy to overlook. The smallest known adult insect is a parasitoid wasp, from the "fairy wasp" family Mymaridae, and is smaller than some bacteria. Even though humans pay them little attention, parasitoid wasps can be a boon to gardeners, since they often prey on plant pests. For example, the voracious tomato and tobacco hornworms are hosts to the North American parasitoid wasp *Cotesia congregata* (family Braconidae), which kills these destructive caterpillars. Tomlinson was confident the wasp I found

belonged to the Ichneumonini tribe, a difficult group to identify because there are so many of them and they often look similar. It was most likely in the genus *Coelichneumon* or the genus *Pterocormus*. The second group includes known parasitoids of *Polytonia* butterflies. I noticed that the empty chrysalises that had produced butterflies were different from the one that produced the wasp. When a butterfly emerged from a chrysalis, the chrysalis opened neatly along a hidden seam, and the remnants were delicate, skin-thin, and translucent. The chrysalis that had produced a wasp had been sawn off in a complete circle around the "head" and was thick and tough.

I toured my deck, collecting the empty shells into two piles: delicate versus tough-skinned. Of these two-dozen chrysalises, most were thick and had their heads sawed off, presumably yielding more parasitoid wasps. I made a rough calculation that suggested at least two thirds of the chrysalises had ended with the emergence of wasps instead of butterflies.

I've always enjoyed collecting chrysalises, wondering about the mysterious processes happening inside, and waiting for the occupants to come out. How much more mysterious when the options include a parasitoid wasp?

Rachel Sargent Mirus lives in Duxbury, Vermont. Illustration by Adelaide Murphy Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of the New Hampshire Charitable Foundation: nhcf.org.

## Mazel Tov!

This past Sunday, my wife and I decided to do some errands together. So, after breakfast we each knocked out a few household chores before finally jumping in my truck to head out.

We were about a mile down the road when I realized that I had forgotten my cellphone. My first instinct was to head back but given that my wife had been impatient about getting the day started, I blew it off and traveled onward.

I remember thinking that I should be able to handle an afternoon without technology. In fact, I sort of scolded myself for even sensing discomfort from not having my phone within reach.

Over the next two hours, we went in and out of several stores, most of which were of interest to my wife. On occasions like those, I frequently find a place to sit down to people-watch, which is exactly what I did. However, after a couple reaches into my pocket for my missing phone, I began to get agitated.

I realized that not having my phone readily available was causing me a bit of stress. I wanted to call my son, but I couldn't. I wanted to see what the weather would be like later that day, but I couldn't. I wanted to listen to a podcast from a creator that I follow, but I couldn't. And I wanted to check my work email for a follow-up correspondence that was due, but I couldn't.

I took a deep breath and told myself to calm down. All those questions would get answered later. And anyone that I needed to get ahold of or who needed to get ahold of me wouldn't be troubled by a couple hours delay.

I like my cell phone; I use it extensively for my work and personal life. It allows me to function in a modern marketing environment while at the office, while also feeding my need to answer questions and amuse my interests during other times.

I don't have any games on my phone, but I have plenty of apps that keep me engaged. I like my Doppler radar app to follow storms and the PGA golf app to keep pace with tournaments. I rely on my news aggregate apps to keep me informed and my music apps to keep happy. My phone functions as my wallet, my communication device, my camera, my voice-recorder, my note-taker, my calendar, and my timepiece, among other things.

Overall, my phone is an immense accompaniment to my life in, what I consider, a healthy and functional way (at least that's how I'm justifying it at the moment). However, it was not lost on me how much discomfort I was feeling being without it.

I reprimanded myself again for the feelings of loss and then proceeded to walk back to

my truck to take a nap while my wife got a manicure. I jumped in the truck, cracked the windows, tilted the seat back, pulled my baseball hat over my eyes, and got comfortable.

In this scenario, I normally could fall asleep within five minutes, but it wasn't happening. My agitation was palpable. Every time I tried to turn my brain off, a question would arise that I knew my phone could help me answer. This went on for 20 minutes

before I finally gave up.

I then walked into the nail salon and spotted my wife getting attended to in the back. She motioned to me, so I walked over and sat down in the empty chair next to her.

I realized that after countless years of my wife getting her nails done, this was the first time I had ever really been inside a salon. I was full of questions about the apparatuses and processes and began peppering my wife for answers.

It didn't take long for her to get irritated with me, and since she still had 20 minutes left

in her treatment, she subtly told me to go find something else to do. I begrudgingly left and wandered around outside.

Once we got home, I located my phone, opened it up, and scanned it diligently for information. Surprisingly, no one called or texted, no emails had come in, no storms had formed, and no news events had shaken the world. In short, that phone would have made little difference in my life whether I had it or not. Next weekend, I think I'll try leaving it at home again.

In this week's feature, "You Are So Not Invited to My Bat Mitzvah," we get an inside look at a slice of society who arguably has the hardest time separating from their phones: middle-school girls.

Starring a slew of Sandler family thespians, including Adam Sandler, his wife, and two daughters, "You Are So Not Invited to My Bat Mitzvah," delves into the world of the coming-of-age celebrations that defines many Jewish children's lives.

You'd think with so much nepotism in the pot that this film would tank, but honestly, it's an adorable tryst with enough youthful and adult comedy to keep the story interesting and fresh. It's not for everyone (Sandler films never are), but this one has enough appeal and humor to make it worth checking out.

A festive "B" for "You Are So Not Invited to My Bat Mitzvah," now available for streaming on Netflix.

Got a question or comment for Dom? You can email him at [moviediary@att.net](mailto:moviediary@att.net).



The Movie Diary  
By Dom Cioffi



## Roof racks are the key to many adventures

My fingers move of their own accord, tightening the straps while I press the lever open. I pull just a little bit more before letting the strap fall and wrapping a backup knot. I let both straps fall into the car and shut the door, hopefully keeping the straps from flapping around and breaking the window. I lift up on my canoe from the middle, checking the tightness and then walk around the back, checking it again. It barely wiggles and I know I've got it down.

The boat launch parking lot is filled with others performing their own versions of this ritual. Kayaks, paddle boards, and canoe all being lifted onto the tops of cars and strapped down in whatever fashion the owner has designed for themselves. My system comes from years of boat maneu-



Livin' the Dream  
By Merisa Sherman

vering, a few years of D1 level rowing and an apparently good overhead lift.

I had a girlfriend who used a bathmat on the rear of her car to slide it down into the hooks. Others use the team approach; having two people struggle to get the kayak up makes it just a little more fun. The paddle boarders have the simple task

of rolling the float down the length of the vehicle. Still others have the boat assist rack system which is

Your rack is your personality, your uniqueness, your identity.

stunning to see in action.

But it all works. Somehow.

Instead of being trapped by storing our boats on one lake, we can go anywhere. We are free to paddle wherever and whenever we choose, either solo or with friends

Livin' the Dream → 32

## Killington is for the birds—Hawks, crows, turkeys and hummingbirds

### Wildlife sightings and signs part 3

Indigenous cultures throughout the world see animals as messengers from the Great Spirit. Each creature is a teacher of how we can heal and tap into our personal power. At a yard sale, I happened upon the book and deck of "Medicine Cards" by Native Americans Jamie Sams and David Carson. Their insights opened my eyes to the mysteries of the divine nature of creatures as a blessing in our lives. Animals may appear in dreams, meditations, or cross our path in the physical sense. They have the ability, if we are open, to influence and guide us through their sightings and signs.

A powerful messenger we've hosted on occasion is the majestic raptor, the hawk. When we heard high pitched cries, we scanned the treetops and spotted two chicks clinging to a dead tree. Their mother joined them several times, feeding them whatever she'd found. Hawks often feed on other birds, but our chipmunks disappeared that summer. A VINS (Vermont Institute of Natural Science) instructor said we were most fortunate to have hawks nesting in our yard. They may have been Cooper's Hawks, but there are 7-9 hawk species in Vermont.

Hawk is considered a Divine Messenger. Hawk teaches us to raise our awareness, observe and pay attention to signs. Hawk inspires us to visualize life from a higher

perspective.

Perhaps our most frequent visitor is Crow who shows up most days in our backyard. But ever since the coyote's arrival, crows haven't been present—except for one incidence when I heard a huge ruckus, as if Mother Nature were screaming "bloody murder." Crows were dive bombing from trees in the woods. I suspect they attacked and scared off the coyote.

Since crows remember friends and foes and pass on their grudges for generations, I hope they'll continue to run off the coyote. (I wouldn't want to be their enemy.)

Crows are curious and highly intelligent, with a large fore-brain similar to humans' pre-frontal cortex which provides both species with high level cognitive skills. This fascinates me because after my bike injury I received speech therapy. It included practicing "executive skills" like problem-solving and decision-making, two human- and crow-shared abilities. "The more we learn about crow brains, the more humanlike they seem" is an informative article from DiscoverMagazine.com.

Crows often live in extended family groups. Older siblings stick around, help find food and protect the nest. Sometimes a family with one hungry chick wakes me



Mountain Meditation  
By Margeurite Jill Dye

Mountain Meditations → 33

← **Living the Dream:**  
from page 31



By Merisa Sherman

*You can learn a lot about someone based on their roof rack! What kind of adventures are they prepared for today? In Killington there's a need for a roof rack four-seasons and sometimes toys have to compete for the space... but it's important to always be prepared for spontaneous fun!*

because the roof rack has given us the freedom to travel — safely.

I remember stuffing foam blocks underneath the gunwales when I was much younger and hoping that one didn't fly out on the highway (it usually did). It was nuts and not

One thing is for certain — Roof Racks mean freedom. The freedom to join your friends wherever they might be paddling or biking or skiing that day. Freedom to be the adventurer you want to be.

something that seemed very sturdy at all. It was not uncommon to find the bow bouncing around in the wind until you added the third and fourth straps at the ends. What chaos!

Nowadays, it's rare to find a Vermont car without a roof rack, no matter the season. The day I got my storage box for the roof was one of the greatest moments in my ski career. You could load it up with whatever skis you wanted to bring — bring four pairs with you everywhere, who cares! As long as you brought along a de-icer for the lock, you could travel with a full box of skis and make the

final decision when you got to the mountain.

On my car, I have super long crossbars with tennis balls on the ends. I am every dog's favorite car in the parking lot. But it keeps me from cutting my head open as I duck around the vehicle and my canoe. (I don't need a vanity plate, I have balls!) But the long bars enable me to live out of my car about as well as a camper. I can put the canoe and a box on my roof filled with all my gear and then sleep in the wagon. It's a lot cheaper

than a Mercedes Sprinter van — and I can actually reach my canoe.

When I got a new box for my car last winter, someone said they didn't know it was me and then they saw the balls. In fact, I can recognize most of my friends' cars by their roof rack, no matter the season. Whether they're a road biker or a downhiller, paddler or skier, even when the racks are empty you can tell. When someone around here asks what you do, most of us could just point to the racks on our car to answer the question. Your rack is your personality, your uniqueness, your identity.

My roof rack lets me be the person that I am — and keeps my car just a little bit less moist. Of course, storing all the pieces when they are not actually on your car is a bit of a pain, but that's what outbuildings are for, right? The more toys you have, the more ways you need to transport them.

But that's life in Vermont. Waving at a stranger as they pass you on the road because you think their canoe is sexy and you should be friends. Avoiding a scene from a Warren Miller film as you flag down the guy with the open ski rack. Or getting home to realize you left the key in the box with the ribbon hanging down making you a candidate for Jerry of the Day.

One thing is for certain — roof racks mean freedom. The freedom to join your friends wherever they might be paddling or biking or skiing that day. Freedom to be the adventurer you want to be, not just what you are limited to. This is my ode to my roof rack, my crossbars, my tennis balls, my ticket to adventure. I couldn't be who I was without you.

What's on your car?

*Merisa Sherman is a long time Killington resident, bartender, local Realtor and KMS Coach. Share your favorite aspects of Vermont at female-skibum@gmail.com.*

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## Killington Kayak trail is restored after landslide

*A landslide in July obstructed a portion of the Ottauquechee River on the Flats of Killington used as the Kayak Trail. Debris was removed a few weeks later and the "trail" has reopened.*

Photos by Pete Timpone

### ← Meditation:

from page 31



*This hawk mural in downtown Rutland was painted by Kathryn Wieggers.*

up outside our window. If I move the curtain they fly away, but if I "caw" back, they're curious and remain. Although I'm a novice in the crow language, they are forgiving and know I'm not threatening.

Crow represents a door to the spirit realm. Crow Medicine asks us to stand in our truth and live in harmony with universal laws. Crow calls us to know our mission in life and let personal integrity be our guide.

Sometimes turkeys gobble and wobble across our grassy hill out back. They travel and graze in extended family groups. When threatened or startled, they fly up and perch like strange blobs in trees in our woods. Turkey Medicine is virtuous and generous.

Turkey sacrifices itself for the flock. Turkey is known as the "give away eagle." Turkey, like life, is a sacred gift.

Each summer day red-throated hummingbirds hover at our two feeders and potted flowers that inspired many of my mother's poems. She loved watching them sip, hover and dart, flapping their wings 70 times a second. I am amazed how hummingbirds protect their offspring and mates at the feeders.

When others approach, they dart like dive bombers towards one another 'til the boldest claims the feeder.

Native American Hummingbird Medicine offers laughter, playfulness, relaxation, and joy. The tiny creatures add magic to our lives. Hummingbirds are quick and resilient. They have a lightness of being. Although they are tiny,

Photographed by Marguerite Jill Dye

they are strong and independent, capable of traveling great distances.

My mother sends us signs from the other side through hummingbirds, sunsets and butterflies—all passions she enjoyed in life. She also uses the number 11, which shows up again and again. How would you choose to communicate with loved ones from the other side?

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

### ← EEE mosquitos:

from page 7

Commissioner Mark Levine. "These results are site specific, but we know from experience that West Nile virus and EEE can potentially be found in many places around Vermont."

There is no specific treatment or human vaccine for EEE. The best way to protect yourself and family is to prevent mosquito bites. The Health Department offers these simple and effective tips:

- 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, which can also protect you from tick bites.
- Get rid of standing water in places like gutters, tires, play pools, flowerpots and bird baths. Mosquitoes

breed in water that has been standing for more than four days.

- Cover strollers and outdoor playpens with mosquito netting.
- Fix holes in screens and make sure they are tightly attached to doors, windows.

Horse owners should consult with their veterinarians and make sure their animals are up to date on vaccinations for EEE, West Nile and other viruses spread by infect-

ed insects or ticks. Horses cannot spread EEE or West Nile viruses to humans or other horses, but the viruses can cause neurologic disease and death in unvaccinated animals. In 2012, two unvaccinated horses died from the virus.

Agriculture officials said that the wet weather and statewide flooding have led to larger than usual mosquito populations. Vermonters are asked to remove standing water where possible to help limit places where mosquito

larvae can hatch and grow into adults. You can eliminate mosquito breeding sites by emptying standing water from flowerpots, buckets, barrels and other containers. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their side when not being used.

For more information about EEE, visit [HealthVermont.gov/Eastern-Equine-Encephalitis](http://HealthVermont.gov/Eastern-Equine-Encephalitis) or [HealthVermont.gov/Prevent-Mosquito-Bites](http://HealthVermont.gov/Prevent-Mosquito-Bites).

### ← Bobblehead:

from page 7

Diggins competed in all six women's cross-country skiing events and finished in the top 10 in all of them. At the end of the Games, she was the flag bearer for the United States in the closing ceremony. As Diggins approached the finish line, announcer Chad Salmela jubilantly called out "Here comes Diggins!" at the end of the stunning victory. Diggins now resides in Vermont, where she trains.

At the 2022 Winter Olympics in Beijing, Diggins won the silver medal in the 30K freestyle and the bronze medal in the individual sprint to become the first American to win an individual Olympic medal in a cross-country sprint. Diggins left Beijing as the most decorated American cross-country skier of all time. She also finished in the top 10 in all six women's cross-country skiing events for the second straight Olympics.

Diggins made her Olympics debut in 2014 in Sochi and had a best finish of eighth in the 15K skiathlon.

Diggins has also experienced considerable success outside the Winter Olympics. At the FIS Nordic World Ski Championships 2023 in Slovenia, Diggins and teammate Julie Kern won bronze in the team sprint. Two days later, Diggins won gold in the 10K Freestyle, which was the first top medal for an American in an individual event at any cross-country skiing world championship. In 2021, Diggins clinched the top spot in the women's overall standings for the 2020-21 FIS Cross-Country World Cup, becoming the first American to do so. In 2022, she broke the American record for World Cup cross-country ski wins with her 14th such win.

"We are excited to unveil the first bobblehead of Jessie Diggins!" National Bobblehead Hall of Fame and Museum co-founder and CEO Phil Sklar said. "Jessie's world-class performances have made the country very proud, and we think fans of Jessie and skiing will love this limited edition bobblehead."



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**INN AT LONG TRAIL** full time office position. Hours & wage negotiable Resume required- email to karen@innatlongtrail.com. Or call 802-775-7181.

## For Sale

**FLEA MARKET SATURDAY-** Beginning May 6 from 8 a.m to 2 p.m. Miller Place and Cold River Road. Vintage, folk art, tools and more.

**HALE HOLLOW PERENNIALS.** \$4 Perennials; Open through May 1st - August 31st. Daily 9-5. Closed Mondays. 100 Varieties, Wintered over. 189 Richmond Hill Rd. Bridgewater Corners. Ethan Earle (802)770-9445.

**SNOW TIRES NOKIAN** Hakapelitta R. 175/65 R14 on Toyota rims. 2 tires. 1000 miles. Almost brand new. Please contact Mike at 802-422-4884.

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**NEW STORAGE CONTAINERS** available for rent. 8' X 20' with 24 hour surveillance \$100.00 per month Paquette Property Management. 125 Valley View Drive, Mendon, VT. (802) 855-8398.

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**SEASONAL RENTALS AVAILABLE.** Nov. 1-May 1. 4-BEDROOM, 2-BATH. Duplex with side-by-side units, 1.5 miles from Skyship. Can be rented separately (\$18,000) or together to sleep 18. Hot tub, generator, fireplace, flat driveway. Beautiful mountain views. Pets considered. Not a full-time rental. Call 516-993-3991 or 516-993-3799.

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**Funologist:**  
from page 30

when I take complete ownership of my problems, I find a solution.

There is no need to involve anyone else. I am the creator of my own reality.

**Win-win**

The first thing I recognized as I assessed my own behaviors and practices was that coffee was a stimulant that caused me to be less patient. A stimulant I didn't need, as I am blessed with plenty of natural energy. So, slowly, I made the shift from regular to decaf coffee. Not only did I feel a mild increase in patience, I felt better physically.

A win-win for both of us.

Once I noticed this positive improvement, I wanted more. I kept thinking of ways to improve our communication that did not require expecting, or even asking my husband to do anything. I stayed focused on my own personal growth.

**The noticer**

In the evenings, I began to sit across from my husband at the dinner table and observe him in a way I never had before. With the same mindfulness and life coaching skills I use to help others — I wanted to use them to help myself.

Instead of sitting across from him and jabbering away about my things — I sat, listened, and noticed.

I mindfully breathed slower, relaxing my forehead, jaw, ears, brain, neck, shoulders, arms, and back. I smiled but did not speak. I was in learning mode.

I noticed he needed to eat for a few minutes before he felt comfortable talking.

So I slowed down with him and held that quiet space for him to settle into his meal — without words. It felt like a tiny, invisible gift to him. And it felt good to do it.

I was speaking his language.

As a motivational storyteller, my entire body joins in when I talk. Emotion and passion are woven into my stories. They are full of imagery that he and others enjoy. The spoken word is my birth language. But it is not his.

His birth language is thought. He is the thinker, I am the doer.

You get good at what you practice.

Though I am learning to speak his language, it does not come naturally to me. But the more I practice it, the easier it gets.

When I need my husband to help me but he is busy thinking and doing his own thing, I shift my mind to dude mode.

I think about what it is I need. The facts, the correct descriptions of things instead of my go-to terminology of "that thingee." I remove extra words, emotion, and storytelling, then, I go to him and say, "Okay, let's talk man to man"...and using as few words as possible, I get to the point.

He smiles and answers easily. I thank him, we hug and I go back to minding my own business, with the information I need. No shouting, no arm waving. It is helpful and harmonious.

And he goes back to building the garage we are three

years into. Together, we built our timber frame house (a life-long pursuit), and are rebuilding the garage we moved into with our young daughters 38 years ago. I work near him on my own landscaping projects, but am not waiting around, impatiently. I step in, help, step out. We move through life at different speeds.

This is a system that works for us.

My husband carries piles of information in his head. Big, heavy piles of everything he's ever known. His brain is so full that it's harder for him to easily make changes.

I, on the other hand, like to keep my mind free of big, heavy thoughts. It's uncomfortable.

So I keep the important thoughts and let go of the ones that no longer serve me, or anyone else.

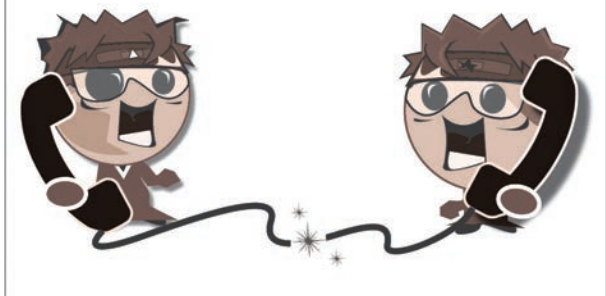
This frees my mind to add in changes when I need them.

Like learning a new language.

For more information about Sandra; visit: [sandradeeowens.com](http://sandradeeowens.com).

As a motivational storyteller, my entire body joins in when I talk. Emotion and passion are woven into my stories. They are full of imagery that he and others enjoy. The spoken word is my birth language.

"The number you have reached...."



Cartoon by Pat Wise



# SALES FOR SEPTEMBER 2023



Items on sale Sept. 1-30, 2023

 <b>TITO'S HANDMADE VODKA</b> 1.75L SALE PRICE <b>\$38<sup>99</sup></b> SAVE \$4.00	 <b>BARR HILL GIN</b> 750ML SALE PRICE <b>\$33<sup>99</sup></b> SAVE \$4.00	 <b>SVEDKA VODKA</b> 1.75L SALE PRICE <b>\$18<sup>99</sup></b> SAVE \$8.00	 <b>FIREBALL CINNAMON WHISKY</b> 750ML SALE PRICE <b>\$12<sup>99</sup></b> SAVE \$3.00	 <b>JACK DANIEL'S OLD #7 BLACK</b> 1.75L SALE PRICE <b>\$44<sup>99</sup></b> SAVE \$3.00
 <b>PINNACLE VODKA</b> 1.75L SALE PRICE <b>\$21<sup>99</sup></b> SAVE \$3.00	 <b>CASAMIGOS BLANCO TEQUILA</b> 750ML SALE PRICE <b>\$52<sup>99</sup></b> SAVE \$6.00	 <b>TANQUERAY GIN</b> 750ML SALE PRICE <b>\$20<sup>99</sup></b> SAVE \$4.00	 <b>JAMESON IRISH WHISKEY</b> 1.75L SALE PRICE <b>\$53<sup>99</sup></b> SAVE \$6.00	 <b>CROWN ROYAL</b> 750ML SALE PRICE <b>\$27<sup>99</sup></b> SAVE \$3.00
 <b>ABSOLUT VODKA</b> 1.75L SALE PRICE <b>\$36<sup>99</sup></b> SAVE \$6.00	 <b>APEROL APERTIVO</b> 750ML SALE PRICE <b>\$26<sup>99</sup></b> SAVE \$4.00	 <b>CANADIAN HUNTER</b> 1.75L SALE PRICE <b>\$13<sup>99</sup></b> SAVE \$3.00	 <b>MAKER'S MARK BOURBON WHISKEY</b> 1.75L SALE PRICE <b>\$54<sup>99</sup></b> SAVE \$3.00	 <b>HENDRICK'S GIN</b> 750ML SALE PRICE <b>\$35<sup>99</sup></b> SAVE \$5.00

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Courtesy Vermont Adaptive

Volunteers access a section of trail and discuss how to make it more accessible to adaptive riders so that all can enjoy the state's wonderful network of mountain biking trails.

## MTB advocacy, accessibility program continues at Vermont Adaptive

Vermont is known as one of the mountain biking capitals in the country. Vermont Adaptive Ski and Sports, in conjunction with the Vermont Mountain Bike Association (VMBA) and Kelly Brush Foundation (KBF), continues to lead the way toward creating a more unified mountain bike community where all abilities have access to trails and terrain.

For the fourth season, the nationally -recognized non-profit continues with its mountain bike trail advocacy and accessibility program to ensure existing trails are adjusted and new trails are built with adaptive and modified mountain bike equipment in mind so that anyone can have access to trail networks regardless of their ability.

Vermont Adaptive was one of the first organizations to offer a MTB in the East, launching its program in 2017. Today, Vermont Adaptive owns a fleet of more than 40 mountain bikes including 30 two-wheeled mountain bikes, and more than 10 three- and four- wheeled adaptive mountain bikes. The organization also is the only adaptive program in New England to offer multiple Bowhead bikes for participant use.

"With the advances in mountain bike equipment for those in the adaptive mountain biking (aMTB) community, more and more athletes are able to access trail networks like never before," said Felicia Fowler, program manager at Vermont Adaptive. "These adjustments to existing trails are fairly simple but are an important improvement to create access for these bikes. We work with experienced adaptive riders to determine what's needed. Is it a wider trail? A rebuild of a bridge? Changing the angle of a berm? Small tweaks go a long way by simply analyzing gentle grades, more room for turning radius and wider trails. We walk and ride through existing trails to access, then provide recommendations to trail builders to improve the terrain. It's a win-win for everybody."

What softly began in late summer/fall of 2020 with trail assessments at Slate Valley Trails and Stowe Trail Partnership's Cady Hill Trails has developed into a full assessment program led by VMBA and supported in part with grant funding from KBF. It is an ongoing effort to expand aMTB opportunities and infrastructure on multiple trail networks in Vermont. Vermont Adaptive programmers and athletes are part of the assessment and provide critical details and information for what is needed for trail work and adjustments.

"Stowe Trails Partnership works hard to increase opportunities for recreation on our trails," said Carolyn Lawrence, executive director. "We specifically wanted to make Cady Hill rideable for those who use adaptive mountain bikes, and the Trail Assessment from Vermont Adaptive and KBF was essential to this work. Representatives from both organizations joined us on the trails and pointed out big and small changes we could make to make the trails both passable and enjoyable for adaptive riders. We are thrilled to have implemented the changes to allow more people to enjoy the trails and all they have to offer."

Assessments and ongoing trail work continue at VMBA Chapters and with other groups including Slate Valley Trails, Millstone Trails Association, Pine Hill Park, Killington Mountain Bike Club, Ridgeline Outdoor Collective, Kingdom Trails, Brewster River Mountain Bike Club, Addison County Bike Club, Fellowship of the Wheel, Stowe Trails Partnership, and Mad River Riders.

"VMBA has taken the lead on Accessible Trails Advocacy so now it's a collaborative effort where we review trails with KBF for accessibility throughout the state, which in turn will become a guide on the VMBA website for adaptive mountain bikers," said Jeff Alexander, director of strategic partnerships at Vermont Adaptive. "In addition, the Community Builders partnership with VMBA helps raise money and adds support to the organization. The funds from Vermont Adaptive "Add-ons" are split in half, with half going toward maintaining our massive fleet of bikes and the other half is to add to the KBF grant funding to VMBA Chapters to implement trail upgrades. It's great for everyone."

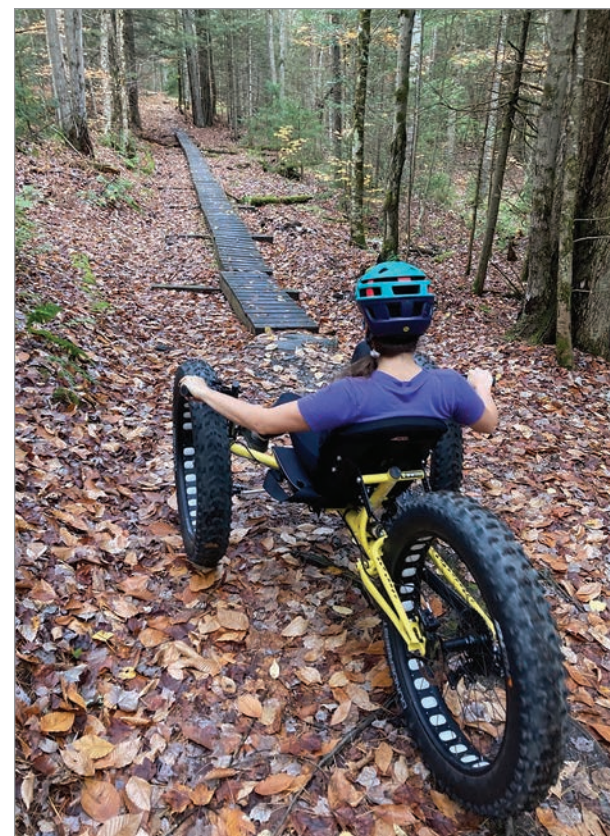
The organization offers and provides programs to anyone with a disability, regardless of ability to pay. Programs are offered throughout the state on a daily basis, from the Northeast Kingdom, Catamount Outdoor Family Center and Blueberry Lake/Mad River Valley, to Killington Resort, Castleton & Lamoille Valley Rail Trails, multiple VMBA Days in locations like Stratton Mountain, Burke Mountain, Bolton Valley and other VMBA trail networks. Other partners include Velomont Trail, Vermont Huts Association and the U.S. Forest Service.

"Addison County Bike Club did an assessment on July 27 with VMBA and Vermont Adaptive, and we got the report the next day," said George Lawrence, president of the club.

"The opportunity to go into the woods is so important, the Japanese have a term for it: forest bathing or *shinrin-yoku*. Addison County Bike Club believes everyone should be able to forest bathe while on wheels, so we are working to improve access in Battell Woods near downtown Middlebury. The support from Vermont Adaptive and VMBA has been great."

Vermont Adaptive also is the producer of the FOX US Open of Mountain Biking Adaptive Downhill Race at Killington Resort for the third year. This is the only adaptive downhill race held east of the Mississippi River. The event is Sunday, Sept. 24. Athletes and volunteers are needed.

For more information about the Adaptive Mountain Bike Program, where to join programs or how to volunteer, visit [vermontadaptive.org](http://vermontadaptive.org).



Courtesy Vermont Adaptive



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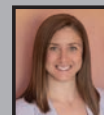
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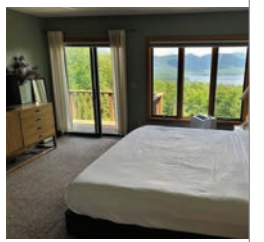


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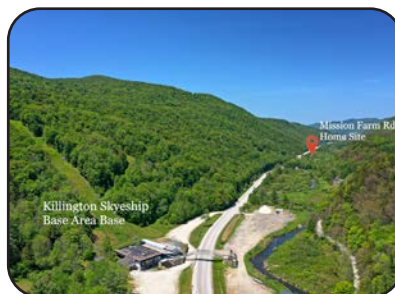
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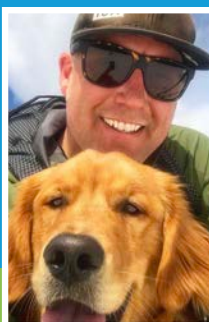
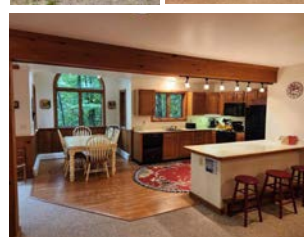
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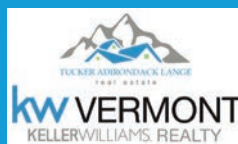


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