

HONEY FESTIVAL RETURNS

The Vermont Golden Honey Festival is coming to Proctorsville Saturday with a farmers' market, craft fair and a celebration of all things honey.

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MOOS AND BREWS COMES TO WOODSTOCK

Woodstock is hosting an evening of Vermont craft brews and spirits on Friday, Sept. 8. Moos and Brews brings together the farm with the flavors of local breweries and distilleries.

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46 YEARS AT THE BEAST

Gene Syria retired Aug. 31 after 46 years of working at Killington Resort. He was its longest-serving employee.

Page 3

Rutland city to reduce traffic lanes on Routes 4 and 7

Staff report

After years of discussion, Rutland City officials are reducing traffic lanes on Route 4 and Route 7 in 2024.

The Board of Highway Commissioners voted 2-1 on Aug. 28 to reduce the lanes from four to two with a center turn lane.

Mayor Michael Doenges and Board of Aldermen President Michael Talbott approved the vote while Public Works Commissioner Robert Protivansky voted against the change.

The lanes were reduced for about three weeks as a trial back in 2014 when the state resurfaced Woodstock Avenue, but the concept was tossed out after locals complained.

"Somewhat of a controversy happened," VTrans Project Manager Brandon Kipp said. "I think there was a lack of public communication about it. VTrans learned a few things because of the things that happened in 2014."

The state has since reduced traffic lanes in other towns, including Berlin and Williston.

"I think the public messaging was better in those cases," Kipp said.

The roads in Rutland are due to be resurfaced again in 2024, bringing the topic back under discussion. Kipp said the proposed redesign in Rutland better organizes traffic and reduces speed.

"It reduces the conflict points and it's safer," Kipp said. "The existing configuration increases the amount of conflict points."

The move has been popular among cyclists, who say it will make the roads safer, but some say it will create traffic jams.

But Kipp said the state did traffic projections out to 20 years and found few issues.

"Our data is more geared toward the peak hour. It tells you the worst story," Kipp said. "The Stratton Road intersection is by far the most heavily impacted."

Most of the Route 4 reconfiguration will take place between East Street and Hillside Road, while Stratton Road to Gleason Road will stay the same. The Route 7 reconfiguration will start north of Kendall Avenue.



By Merisa Sherman

Hidden in plain sight

A chairlift seat hangs on a stand along the River Road Loop Trail — a 4-mile loop trail that encompasses portions of River Road and Thundering Brook Road in Killington. The seat is nearly hidden by lush forest growth.

Vermont has had rainiest summer in 75 years

Woodstock reported highest summer rainfall in the state at 26.9 inches June-August

By Erin Petenko/VTDigger

Central Vermont has received upward of 20 inches of rain from June to August, putting it on track to have the rainiest summer since the National Weather Service (NWS) began collecting data in the region.

Woodstock reported 26.9 inches of rain from June 1 to Aug. 30, according to the weather service. A good chunk of that total came from the mid-July storms that flooded the region and set a one-day rainfall

total record on July 10. But the rest of the summer has been rainier than normal, too.

"June was a fairly typical summer as far as precipitation goes, but July was what kicked us well over normal

in most places," said Conor Lahiff, a meteorologist for the weather service. "And then that pattern has continued into August as well."

Other regions of the state also

Rainiest summer → 5

Poll: 13% of Vermonters reported flood damage to homes, businesses

72% approve of Gov. Scott's handling of the natural disaster

By Lola Duffort/VTDigger

About one-third of Vermonters were directly impacted by July's historic flooding events, and 13% experienced damage to their home or place of work. That's according to a new poll released Tuesday by the University of New Hampshire Survey Center.

The poll, which collected responses online from 471 randomly selected Vermonters between Aug. 17-21, had a margin of error of plus or minus 4.5%. It found that 22% of respondents said they were unable to get to their home or business because of flooded or damaged roads, and 14%

lost power or utility access; 1% said their home or place of work was destroyed.

Impacts varied dramatically by region. Seventy-one percent of central Vermont residents re-

71% of central Vermont residents responded that they experienced a direct impact.

sponded that they experienced a direct impact, while 38% of southern Vermont residents, 35% of northern Vermont residents, and 13% of Chittenden County residents said they were affected.

Among those who reported their town or city was significantly affected, 18% said it had com-
Poll → 10

Deadline to apply for FEMA assistance extended to Oct. 12

Vermont residents affected by July's severe storms, flooding, mudslides and landslides now have until Oct. 12, 2023 to apply for FEMA assistance.

"This does not mean you should delay applying — the sooner you apply, the sooner FEMA can process your claim," a news release stated.

Those with storm-caused expenses and live or own a business in Caledonia, Chittenden, Lamoille, Orange, Orleans, Rutland, Washington, Windham or Windsor County, FEMA assistance can provide grants and U.S. Small Business Administration (SBA) loans for temporary housing, home repairs and other disaster-related needs.

To apply, visit DisasterAssistance.gov, download the FEMA app or call the FEMA Helpline at 800-621-3362.

Rutland proposes state-funded transitional housing to ease homelessness

By Tiffany Tan/VTDigger

Since June, Rutland's mayor Mike Doenges has been speaking with state officials about a plan to ease homelessness. He's seeking millions in state funding to construct up to 50 transitional homes in the city within the next five years.

The single-story housing units would be built in one, to-be-determined Rutland location, where residents could get comprehensive support services, according to the plan summary from Mayor Mike Doenges. It says the project aims to promote stability, independence and connectivity for unhoused people with critical needs, such as physical and mental health issues, substance use disorder and those recently released from prison.

"The focus is on the most vulnerable population," Doenges said in an interview at his office last week,

pointing to diagrams of his proposed housing campus. "Give them the next step up."

Doenges pitched the housing idea to the Vermont Department for Children and Families on June 1, after it solicited proposals for community projects that would tackle the problem of homelessness.

The mayor estimated the Rutland housing campus would cost \$16 million for the first five years: \$11.3 million to build the homes, and the rest to operate the program.

He hopes the state will shoulder that cost.

In May, Vermont lawmakers allocated \$12.5 million for plans to transition people out of the state's emergency housing program at motels. Chris Winters, commissioner of the Department for Children and Families, said the agency plans to lean on that pot of

money to fund the homelessness-related community projects.

But Rutland has plenty of competition for that money, as Vermont tries to figure out how to solve a chronic homelessness problem. The project is among 31 community proposals the department is pursuing out of 59 it received, according to a July report.

The Department for Children and Families has been talking with the Rutland city government about the housing and shelter component of Doenges' proposal, said Sarah Phillips, director of the department's office of economic opportunity. She said the project is "in the very early stages of development," and the department is working to provide funding for planning and coordination.

"We were glad to see Mayor Doenges' leadership in proposing concepts

Transitional housing → 6

State, school district respond to lawsuit from former snowboard coach

By Katy Savage

State officials and a local school district are trying to get a lawsuit brought by a former Woodstock Union High School snowboard coach dismissed after the coach said he was wrongfully terminated for making transphobic remarks.

Heather Bouchey, the interim secretary of the Agency of Education, Jay Nichols, the executive director of the Vermont Principals' Association and Mountain Views Superintendent Sherry Sousa filed motions to dismiss the lawsuit on Aug. 31 and Sept. 1 after snowboard coach David Bloch said in a July 17 court filing his due process rights and his First Amendment rights were violated when he was fired.

Attorney Pietro Lynn, who represents Sousa, argued Sept. 1 that Bloch's remarks were not protected under the First Amendment because they were made "part-and-parcel of his coaching duties."

"Schools ... have the ability to regulate employee speech which has the purpose or effect of disrupting student's access to education or school programming," Lynn wrote.

Bloch founded the snowboarding program at Woodstock Union High School in 2011. He earned a \$4,071 stipend for coaching the 2020-2021 season, court documents show. Under Bloch's leadership the team won three state championships and students consistently placed in the top three in statewide competitions.

Bloch was fired in February, just after returning home from a competition where another team had a transgender student who identified as a girl. During downtime at a ski lodge, Bloch overheard a conversation between two of his athletes seated at a table together. A male student on his team said it was unfair that transgender girls compete in sports against female athletes. A female athlete accused the student of being transphobic. Bloch, who was sitting at the table with them, told the students there were skeletal and biological differences between males and females, which give males an advantage in sports.

Bloch, a Catholic, said no other students overheard their conversation.

"The conversation was respectful among all parties and lasted no more than three minutes," Bloch's attorneys wrote in his complaint. "It took place entirely outside the presence of the transgender identifying snowboarder."

The next day, Sousa received a complaint, then fired Bloch and barred him from future consideration for coaching positions.

Lynn argued in the Sept. 1 court document that Bloch was fired for creating an "offensive environment," not for his views on trans athletes.

While Bloch's attorneys said the discussion happened discreetly, Lynn said the discussion caused a disruption.

"It was reasonable given his reaction to being confronted with the complaint that he would continue to cause such disruption going forward," Lynn wrote.

Bloch's attorneys also asked the court for an injunction to the statewide harassment policy and Vermont Principals' Association harassment policy.

Coach lawsuit → 6



Submitted

RNESU welcomes 49 new employees

Rutland Northeast Supervisory Union (RNEsu) has 49 new employees who will be working throughout the district.

Neshobe Elementary

John Aprilliano-Intervention Specialist
 Carol Buzby-L/T Teacher: Elementary
 Brittney Clodgo-Paraeducator
 Anna Cook-Teacher: Elementary
 Elizabeth Corey-Teacher: Grade 4
 Thomas Darling-Teacher: Elementary
 Leah Davis-Teacher: Grade 2
 Bianca Madrigal-Paraeducator
 Jamie Mahoney-Teacher: Special Services
 Georgianna Nop-Teacher: Elementary

Otter Creek Academy (Leicester, Whiting, Sudbury)

Jasmyn Carapezza-Paraeducator
 Heather Dazzi-Paraeducator

Barstow Elementary

Olivia Bowen-Elementary Teacher
 Mary Hitchcock-Teacher: PreK/EEE
 Samantha Raymond-Paraeducator
 Deborah Poljacik-Paraeducator

Lothrop Elementary

Jonathan Davis-Custodian
 Natalie Gilliard-Teacher: Special Services
 Erica Williams Harryman-Principal

Otter Valley Union Middle/High School

Alexandria Brace-Teacher: Special Services
 Zachary Brooks-Teacher: HS Social Studies
 Erin Cameron-Teacher: Special Services
 Courtney Currier-Teacher: Special Services
 Joel Jones-Associate Principal
 Emerson Doty-Teacher: HS Language Arts
 Crystal Eastman-Floating Substitute
 Jeremy Everett-Teacher: HS Science
 William Gunger-Teacher: HS Social Studies
 Cassandra Hayes-Teacher: Special Services
 Debra Karpak-L/T Teacher: Health
 Larissa McDonough-Social Emotional Learning Professional
 Mary Richards-Teacher: HS ELA
 Katie St. Raymond-Teacher: HS Alternative Learning
 Christina Sweet-Teacher: MS Health
 Katie Walleth-School Counselor
 Cameron Wescott-Teacher: Choral/Vocal Music

RNESU - District wide

Stacey Farrington-Home School Coordinator
 Laura Jakubowski-Assistant Director of Finance
 Aili Jones-School Psychologist
 Taylor Lanpher-School Based Mental Health Coordinator
 George Smith-Bus Driver
 Megan Sheldrick-Paraeducator

Killington holds retirement party for Gene Syria

By Brooke Geery

Killington Resort's longest-tenured team member is calling it a career after 46 years working at The Beast. Gene Syria first took a seasonal job working on the old Killington Gondola in 1977 on the referral of a friend, but he recalls getting the job initially wasn't quite that simple.

His interview was set to be held in the Northbrook area, at the end of a road he described as a "Jeep road, at best." But on the first day he drove out to meet the supervisor, the guy was nowhere to be found. When he finally got in contact, he was given an apology and rescheduled for the next day. This time, he opted to walk rather than drive, but his interviewer was again absent when he arrived. They say third time's a charm, and Gene, once again stood up and walking back to the main road on that third attempt, was greeted midway by the man barreling towards him in a truck, who said, "I don't care who you are, you're hired."

Gene quickly moved up the ranks and was promoted to foreman within his first season. He remembers those early years fondly. "I worked here 15 years and nobody knew who I was," he laughs. "We were our own little entity out there. Nobody bothered us, nobody came knocking. We were the black dogs of Killington for a long time."

Gene and his crew were the go-to guys for jobs no one else would do.

"I'd bring 15 guys and you got a ditch that was 4 feet deep and three quarters full of water. They'd say get in and we'd all get in the ditch and hand lower a piece of pipe in."

As his career progressed, he was promoted to Killington's lift maintenance manager. In that role, he oversaw the installation of over a dozen ski lifts including Superstar Express, K-1 Gondo-

la, Skye Peak Express, Snowdon 6, North Ridge Quad, not to mention numerous retro-fits, upgrades and overhauls.

Over his time at Killington, he's pretty much seen it all.

"I've seen every owner; I've seen every change of upper management. I've been here that long. I know the people who started this place."

When he first started, there was no Bear Mountain. He recalls how that project went.

"The top of Bear, you can see is sort of bald now. That's only because it caught fire. When we were up there cutting trails, we had big burn piles and it went underground and every

now and then it would just pop up 100 feet away. That whole top of the mountain burnt. That's why it is the way it is now."

Through his career, he said, he never got bored and never stopped learning.

"There was a time where I was told what to do and how to do it. Now every day is different. The variety of things that we do is vast. And it's transformed into new things."

Gene will be remembered fondly

by all who've gotten the chance to work with him.

"Gene remains one of the most positive and inspiring people to work with," Director of Mountain Operations Tait Germon says. "There's no challenge that seems to put him off his game: wind blowing 65 miles an hour from the southwest? 'We'll deal with it.' Gear box blown? 'We'll get it fixed.' Electrical components melted... 'um, we may have a problem...' And always: 'We'll unload the people, then let us take a look and figure it out...' and, by gosh, they mostly do!"

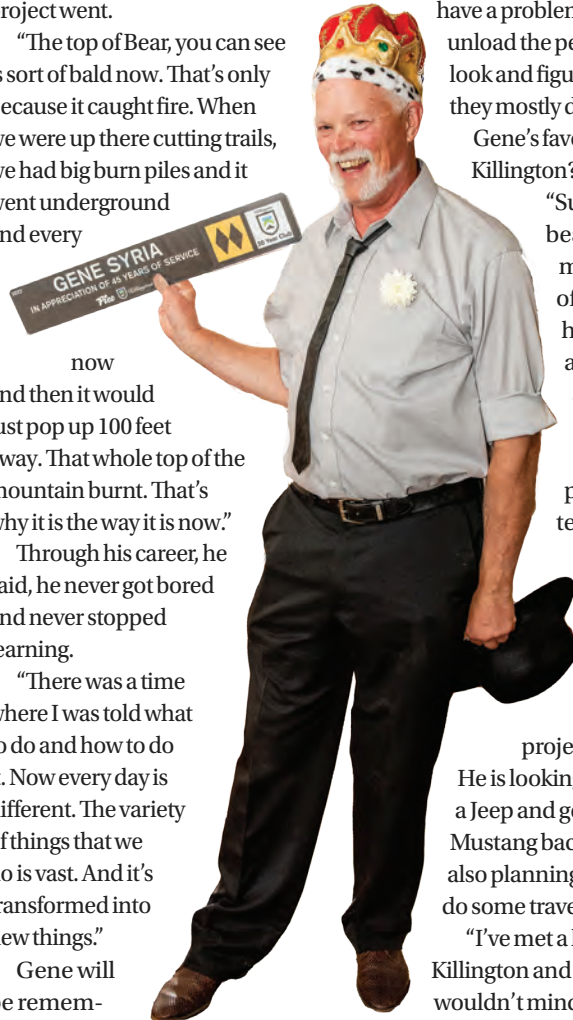
Gene's favorite part of working at Killington?

"Sunrises, they're beautiful. Top of the mountain at the break of dawn. It's gorgeous," he says. "The people aren't bad. I've met a lot of really nice people and worked with a lot of intelligent people. I like teaching, telling them how things go and why they go that way."

When his retirement becomes official on Aug. 31 Gene has plenty of passion projects already lined up.

He is looking forward to restoring a Jeep and getting his son's 1969 Mustang back up and running. He's also planning to ride his Harley and do some traveling.

"I've met a lot of people through Killington and there's places I wouldn't mind going. I plan on making a trip to Jamaica."



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MOUNTAIN TIMES

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← **Rainiest summer:**
from page 1

reported at least 26 inches of rain so far this summer, including: Worcester (26.3), Plainfield (26.1), and Peru (26).

It is important to note that NSW only reports data from a couple dozen locations throughout the state.

Lahiff said... the pattern might finally break and bring drier, warmer weather.

In Rutland County, there is just one location in Rutland, which reported 17.3 inches this summer. In Windsor County, North Hartland reported 21.6 inches and Springfield 17.4.

Looking ahead, Lahiff said the weather service was reporting signs that the pattern might finally break and bring drier, warmer weather to Vermont. Little rain is on the forecast with higher than average temperatures continuing this week.

Summer rainfall totals in central Vermont, 1948-2023

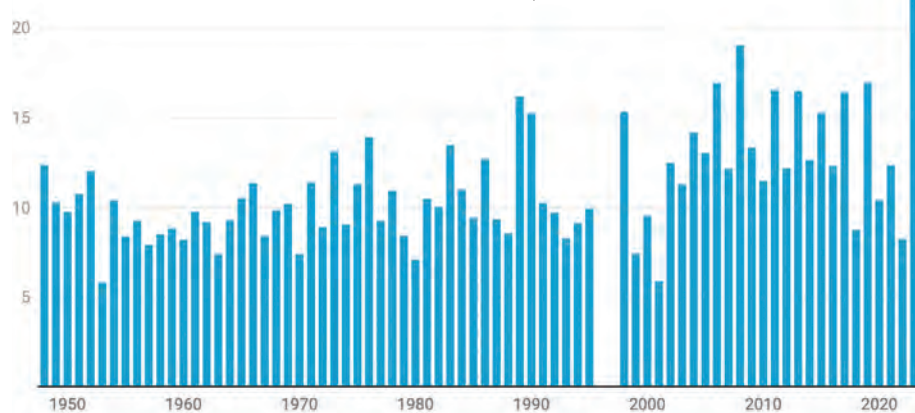


Chart by Erin Petenko/VTD with data from NWS

Chart shows summer rainfall totals measured at the Barre/Montpelier airport over 75 years.

Summer rainfall by month as compared to the 30-year average

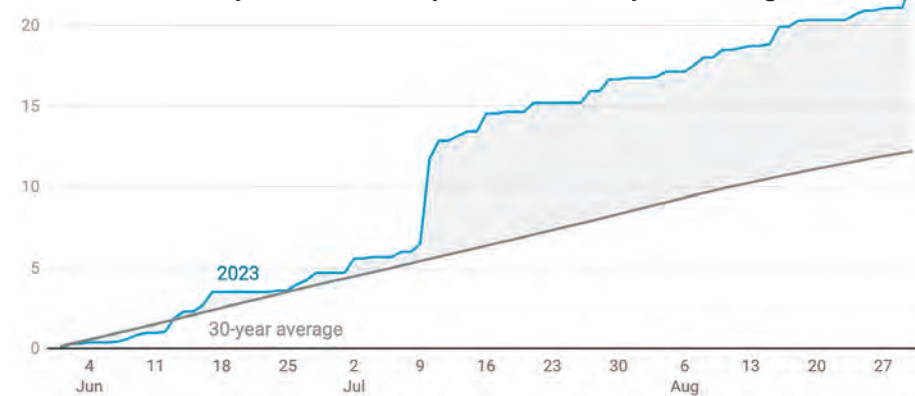


Chart by Erin Petenko/VTD with data from NWS

Chart shows this summer's rainfall closely matched the 30-year average until July 7; after which point the rainfall sustained significantly higher than average tallies through August.

Police investigate Rutland City shooting

Police are investigating a shooting that left one man dead on Cherry Street in Rutland City on Saturday, Sept. 2.

Police said Santonio Miller, 35, of Albany, New York, was found dead with multiple gunshot wounds in the apartment at 50 Cherry Street.

Police said the incident was isolated and there was no current threat to the public.

The Rutland City Police and Vermont State Police are still investigating Miller's death and the circumstances that led to it. Anyone with information is asked to call 802-773-5894.

Man arrested for spray painting Woodstock Inn

A Woodstock resident was arrested for vandalizing the Woodstock Inn on Sunday, Sept. 3.

Police said Connor Hersey, 30, spray painted the inn's brick wall and threatened an employee who discovered the vandalism. He then took off on a bicycle.

Hersey returned to the inn the next morning where police arrested him for unlawful mischief and criminal threatening.

Hersey was lodged at Southern State Correctional Facility in Springfield and due to appear in Vermont Superior Court in Windsor on Tuesday, Sept. 5.

For more info, visit: vermontjudiciary.org.

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← Coach lawsuit:

from page 2

Sousa's attorney argued Bloch violated the policy in court documents, while Vermont Attorney General Charity Clark said Sousa's interpretation of the policy was "seemingly incorrect" in an Aug. 31 court filing, in which she asked for Bouchey, the interim education secretary, to be dismissed. Clark said Bouchey "played no role" in Bloch's termination.

"The harassment policy did not mandate Plaintiff's termination. And Defendant Sousa's decision was never substantiated," Clark wrote.

Clark said the harassment policy blocks harassment and bias-based harassment that negatively affects student health and performance.

"Plaintiff alleges that he had a private, non-disrup-

tive conversation, which if true, does not fall 'within the ambit' of the harassment policy, because it did not have the objective purpose or effect of disrupting student access to education," Clark wrote.

A court hearing was scheduled for Sept. 25 prior to the motions to dismiss. A judge has yet to rule on the motions.

← Transitional housing:

from page 2

to expand housing and shelter in Rutland, which is clearly needed," Phillips said in a written statement on Wednesday, Aug. 30. "We look forward to continuing to work with the City and Mayor as the project evolves."

As of Aug. 28, according to DCF data, 929 households in Vermont were placed in a motel through a continuation of the state's pandemic-era emergency housing program. A quarter of the total beneficiaries, or 236 households, were in Rutland County.

That's a big drop from the 484 Rutland households that held motel vouchers on May 31, a day before the state started tightening the eligibility criteria for temporary emergency housing. The program had been expanded during the Covid-19 pandemic, using an infusion of federal dollars that are no longer available.

Still, Rutland County remains the area with the largest proportion of people in the program, which was costing the state \$8 million a month as of May.

Up to 50 transitional homes

The Rutland proposal involves creating a local housing campus with up to five neighborhoods, each with 10 one-story prefabricated homes, according to Doenges' June 1 memo to the Dept. for Children and Families.

One neighborhood would be created each year, with a dedicated house for staff that would double as space for support services and meetings.

Support for residents would include health care services and case management, in areas such as finding jobs and obtaining treatment. To promote substance use recovery, drugs and alcohol wouldn't be allowed in the community.

Doenges envisions the first 10 housing units being ready for occupancy in the summer of 2024 — if the land can be acquired in September and a design for the campus started.

He emphasized that the transitional housing units are meant to be short term, an opportunity for residents to develop stability and self-sufficiency. "Give them a place that's not a short-term hotel to live while they're getting the skills that they need," Doenges said.

State Sen. Brian Collamore, R-Rutland, lauded Doenges for offering an idea to help solve the homelessness problem in the county and the state. Collamore, who is in his fifth term as a state legislator, said getting state dollars to pay for the project would be the challenge, but he hopes other lawmakers will recognize the huge need in Rutland County.

"My view is, if there will be funding available, I think Rutland County should be at the top of the list," Collamore said.

Collamore and Rep. Robin Chesnut-Tangerman, D-Middletown Springs, were among the Rutland-area legislators who listened to Doenges discuss the housing proposal at a presentation in July.

Chesnut-Tangerman, vice chair of the House Committee on General and Housing, supports the plan, noting that it would house families in one unit rather than as part of a congregate setting. He also believes the comprehensive support services will benefit residents long term. He said area legislators advised Doenges to remain transparent with the public and fellow officials about the progress of the housing project. "No surprises here," Chesnut-Tangerman said the mayor was told. "Build support as you go."

Doenges said the city government's role is to help bring together the project components: funding, location, contractors, service providers and housing staff.

He said he has found a couple of potential sites whose landowners are open to selling. And local groups could help implement the vision, such as the Housing Trust of Rutland County, Rutland Housing Authority, Homeless Prevention Center, the social service organization BROCC Community Action and Rutland Mental Health Services.

"There are many moving pieces," Doenges said. "I'm acting as the coordinator."

929 households in Vermont were placed in a motel through a continuation of the state's pandemic-era emergency housing program. A quarter of the total beneficiaries, or 236 households, were in Rutland County.

Free lunchtime workshops to strengthen Killington-Rutland nonprofit boards

Killington-Rutland community members seeking to explore the roles, responsibilities and rewards of nonprofit board membership are invited to participate in the 2023 Board Development Leadership Program. The program comprises five free 90-minute workshops, held on consecutive Wednesdays Sept. 27 through Oct. 25.



For the Greater Good
By Liz DiMarco Weinmann

Over the course of the weekly sessions, which will be held from 11:30 a.m.-1 p.m. at the Hub CoWorks in downtown Rutland, up to 20 participants — current as well as prospective board members — will learn from local experts in nonprofit leadership regarding five vital areas of nonprofit governance, entailing: 1) roles and responsibilities of nonprofit board members; 2) organizational oversight and strategic planning; 3) nonprofit finance and budgeting; 4) legal issues involved in running a nonprofit; and 5) nonprofit fundraising and organizational development.

The program, which will include lunch from popular Rutland spots, is being offered for free, thanks to generous sponsors and volunteers.

Chuck Sharp, vice president and relationship manager for M&T's business banking division, said, "We support United Way of Rutland County and recognize the crucial need for volunteers to serve on nonprofit boards throughout the county and have a significant impact.

"Volunteer leadership is what drives the organizations that support our friends and neighbors in Rutland County," Sharp added.

Traci Moore, senior director of development & community relations at Rutland Regional Medical Center, also cited the positive impact that board leadership training will have on the region's nonprofits. "Non-profit organizations and community boards play an essential role in helping to create thriving communities," said Moore. "This important initiative aimed at training volunteer leaders and strengthening local boards will help meet the needs of the Rutland County region in so many beneficial ways."

According to the Vermont Secretary of State's office, the Rutland County area is home to about 1,500 nonprofits, with the largest number (525) in the health care and social services sector. This is followed by the education sector (287), and the arts,

culture, and recreation sector (226). These nonprofits are registered with the state, are required to file annual reports, and they are also subject to state and federal regulations.

To that point, limits in nonprofits' staff time and other resources makes the need for nonprofit board members crucial to accomplishing their missions. Board members with experience expertise in business, finance, fundraising, law, marketing, and communications complement staff skills. Plus, nonprofit board members with a network of contacts can provide connections to potential donors and volunteers.

"Community leaders also serve as role models for other volunteers and staff" said Sharp, who has served on nonprofit boards in Vermont and was an early champion of the board development leadership program.

Moore noted, "Nonprofit board members help to strengthen a culture of engagement, as they inspire others to contribute to their communities as well."

Following is the complete program schedule, and the list of experts leading each session Wednesdays 11:30 a.m.-1 p.m., at The Hub CoWorks, 67 Merchants Row, Rutland.

Sept. 27

Session 1: Introduction, what is the role of a board member and what is a non-profit. Led by Avaloy Lanning, MSW, executive director, NewStory Center, Rutland.

Oct. 4

Session 2: Organizational oversight and strategic planning. Led by Liz DiMarco Weinmann, MBA; founder and owner, Liz DiMarco Weinmann Consulting L3C.

Oct. 11

Session 3: Finances and budgets. Led by Caitlin Perry, vice president, wealth management at UBS, and board chair, Boys & Girls Club of Rutland County.

Oct. 18

Session 4: Liability and legal matters affecting nonprofits. Led by Matthew D. Getty, Esq., McCann Morgan & Getty PLLC

Oct. 25

Session 5: Organizational development and fundraising. Led by Jamie Bentley, community impact coordinator, RRMC; and Traci Moore, senior director of development & community relations, RRMC.

For more information or to register, visit: Tinyurl.com/NonprofitDevelopment or email info@uwrutlandcounty.org. The organizers ask agencies to send no more than three people to the training. Space is limited and the series will fill up quickly.

Liz DiMarco Weinmann, MBA, is principal and owner of Liz DiMarco Weinmann Consulting, L3C, based in Rutland, serving charitable and educational institutions: lizdimarcoweinmann.com.

Vermont ranked 4th best state for business growth

New research has revealed the best states for business growth and Vermont came in fourth nationwide.

Business consulting firm Venture Smarter analyzed data from the U.S. Bureau of Labor Statistics to discover the business growth rate in each state based on the number of establishments in December 2021 compared to December 2022.

Top of the list is Georgia, with a business growth rate of 13.50%. In December 2022, there were 397,515 business establishments compared to 350,189 in December 2021. Corporate income tax is set at a reasonable rate of 5.75% in Georgia, with the state also offering job tax credit to reduce corporate tax liability for eligible businesses.

In second place is Virginia, with a growth rate of 10.50%. The state offers many small business incentive programs, including the Virginia Enterprise Zone, which includes a tax exemption for rehabilitated structures and tax credits for creating employment.

Arizona is in third place with a business growth rate of 10.40%. The state

has the 14th lowest corporate income tax rate in America at 4.9%.

Montana and Vermont are in joint fourth place, with both states seeing a business growth rate of 10.20%; Starting an LLC in Montana requires an initial filing fee of just \$35, which is significantly lower than in other states, such as California, with a cost of \$500. As well as this, Vermont citizens can take advantage of several business incentives, such as flexible profit distribution, which allows companies registered as LLCs to choose various ways to distribute profits.

1. Georgia—13.50%
2. Virginia —10.50%
3. Arizona —10.40%
4. Montana & Vermont —10.20%
5. Michigan —9.80%
6. South Carolina —9.60%
7. North Carolina —9.20%
8. Colorado & Hawaii —9.10%
9. Idaho —8.90%
10. Utah —8.40%

On the opposite end of the scale, Washington has the worst business growth rate of -16.80%. The state

had 284,440 establishments in December 2022, which decreased by 47,644 in December 2022; Washington was the only state to witness a decrease of establishments.

A spokesperson from Venture Smarter has commented: "With the key benefits of starting a business in the states mentioned, it will be fascinating to witness the business growth rate over time and see how many more entrepreneurs thrive with the available support."

"However, regardless of your state, it's vital to research the fees you will be expected to pay as they can vary significantly across states - not to mention, there are many incentives to take advantage of if you are eligible that can make the process of starting a business smoother and cheaper."

This information was provided by Venture Smarter, a team of expert consultants with years of experience who can offer advice and help accelerate your business growth.

For more information, visit: venturesmarter.com.

AOT releases weekly road construction report

Vermont Agency of Transportation's weekly report lists planned construction activities that will have traffic impacts on state highways and interstates throughout Vermont for the week of Sept. 4-8. Most crews will be off for Labor Day on Monday and resume work on Tuesday, Sept. 5.

Here are the local roadways affected:

I-89 White River Junction - 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.

Hartland - The Hartland 3 Corners intersection reconfiguration project continues with the contractor preparing and pouring concrete sidewalks and paving the parking lot off Quechee Road, with work resuming on Tuesday, Sept. 5, and continuing through the rest of the week. Motorists should expect flagged traffic at the U.S. 5/VT 12/Quechee Road intersection.

Killington - A bridge replacement project is underway on U.S. 4 east of the Skyeship 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.

Starting mid-week, the Phase 2 detour will open and traffic will be shifted to the north side of U.S. 4. Motorists should expect intermittent short stoppages along U.S. 4.

Ludlow - A bridge replacement project is underway along VT 100, 3.4 miles north of the intersection with VT 103. Motorists can expect single-lane closures facilitated by flaggers during working hours Tuesday to Friday from 7 a.m. to 5 p.m. Motorists should travel with caution.

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.

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.

Quechee - A major rehabilitation of the Quechee Gorge Bridge continues. Motorists can expect lane closures with flaggers from 8 a.m. to 5 p.m. The hiking trail under the bridge is fully closed until November 2025. Hikers will need to exit the trail at the bridge underpass and use the visitor center trail to bypass the construction zone.

For more information visit: vtrans.vermont.gov.

Vermont Citizen Bonds on sale

Up to \$53.5 million of Vermont bonds went on sale Aug. 24 for the first time in two years.

Vermont residents and businesses will be given first priority to the bonds. Maturities will range from one to 10 years, with proceeds going toward previously issued state debt. Bonds may be purchased in \$1,000 increments and must be transacted through a registered broker or dealer. The Treasurer's Office does not sell the bonds.

Morgan Stanley will serve as senior managing underwriter for the bond sale and Raymond James and UBS will serve as co-managers. Seven additional firms will participate in the selling group, including Academy Securities, Blaylock Van, Drexel Hamilton, Mesirov Financial, Oppen-

heimer, Rockfleet, and Stifel.

In connection with the offering, the state of Vermont's credit ratings were recently reaffirmed by S&P Global Ratings (AA+), Fitch Ratings (AA+), and Moody's (Aa1) — Aa1 and AA+ are the second highest ratings that an entity can receive. The issued reports affirm Vermont's strong financial health and ability to pay off debt.

Vermont and Massachusetts are the highest rated states in New England.

"Vermont's strong credit rating will ensure lower borrowing costs for our state, thus reducing costs to Vermont taxpayers," said Vermont Treasurer Mike Pieciak. "Thanks to the collaborative work of Governor Scott and the Legislature

Bond sale → 10

Up to \$53.5 million of Vermont bonds went on sale Aug. 24 for the first time in two years.

State unveils comprehensive suicide prevention platform

The Vermont Department of Mental Health (DMH) is proud to unveil the Suicide Prevention Platform to address the urgent issue of suicide prevention in Vermont. The Platform, created in collaboration with the Center for Health and Learning, will be available to the public as an accessible tool containing resources and information on suicide prevention initiatives distilled into one comprehensive document.

"We have witnessed substantial growth in suicide prevention initiatives and resources since 2015. The release of the Suicide Prevention Platform is a testament to our commitment to progress and highlights the vast array of available support for those in need," added Chris Allen, director of suicide prevention.

The significance of this collaboration lies in the dire need to combat the alarming increase in suicide deaths in

Vermont. According to data from 2021, Vermont reported the highest number of suicide-related fatalities ever recorded in the state. With the suicide rate per 100,000 significantly higher at 20.3, compared to the U.S. rate of 14, it is clear that action is required to address this crisis.

"The need for this updated resource platform cannot be overstated. The suicide prevention landscape has evolved dramatically since its last update in

Suicide prevention → 10

GUEST EDITORIAL

We need more housing and tens of thousands of new Vermonters

By Ali Jalili

Editor's note: Ali Jalili, Burlington, is a retired Foreign Service officer who served with the State Department all over the world, primarily as an economic officer.

Vermont needs more people, especially young people and families who want to make Vermont a permanent home where they will work and contribute to a vibrant economy and society.

If you disagree with that, I would welcome hearing your alternative vision.

From my perspective, a Vermont that is not growing will face a doom loop, to borrow a trending phrase. This would be a vicious cycle of slower or negative economic growth, declining tax revenues, deteriorating public services, the exit of the most industrious individuals and businesses who leave to seek their fortunes elsewhere, and an overall deterioration of quality of life for those who remain.

Unfortunately, despite widespread thinking that we have had a recent massive influx of new residents to the state, according to a recent piece by the Vermont Chamber of Commerce, we had a net gain of only 92 people from 2021 to 2022. That is dismal.

We need to attract thousands of new Vermonters every year for decades to really improve our economic and demographic fortunes. For those who worry about "overcrowding" or "overdevelopment," fear not. You just need to take a plane ride over Vermont or a boat ride on Lake Champlain to see that Vermont barely has a visible human presence.

Even if we could magically add a net 10,000 new residents a year for 20 years, we would have still barely moved the needle; we would barely even then merit the one congressional district we get regardless of population size.

Having a small population has real costs. State government and other institutions providing public services have minimum overhead costs. A government bureaucracy providing services for 850,000 people costs only marginally more than one providing services for 650,000 because the leadership and offices and systems are already in place.

However, those extra 200,000 people, representing, say, 70,000 households, would add hundreds of millions of dollars in tax revenues to state and local governments. They would also help fill the thousands of job vacancies we have.

This could trigger what we could call a flywheel — a virtuous cycle of higher tax revenues, lower taxes, improved services, higher economic growth, industrious people and businesses seeking to come to Vermont, and an improvement in the quality of life for everyone.

All of which brings me to housing. There is no way to get more people to move to Vermont when there is nowhere for them to live.

We have made substantive progress on this front with the statewide reforms in the recent HOME Act. This is all great news, but cannot lead to complacency. We need to keep the momentum going with continued efforts to facilitate even denser construction in our cities. For example, the rezoning

Our housing market is artificially constrained by policy.

Housing growth → 8



Polar Bear Fashion by Gary McCoy, Shiloh, IL

LETTERS

Trapping and nuisance animals

Dear Editor,

We have all experienced nuisance animals such as hearing about skunks under porches, raccoons in the attic, foxes killing chickens, fisher preying on cats, coyotes attacking dogs and livestock, and volumes could be written about beaver complaints.

But, have you ever wondered why? Why do these animals cause us trouble instead of living out in the woods where they belong?

One big reason is lack of habitat. All animals need a habitat that suits their particular needs. A beaver's habit can be as small as the pond he has built while a coyote's habitat is measured in square miles. All animals need enough territory in their habitat to find food, shelter and a safe place to raise their young.

Given a suitable habitat, one thing all animals have in common is they raise young. During the spring and summer when living is easy and resources are plentiful, life is good. When fall comes, however: All the young are unceremoniously

kicked out and driven off to find their own way.

Here is where the problem begins. Everywhere these dispersing animals go they are attacked and driven away by the animals that already live there. Unlike a Disney movie or the dog park, the animals in the woods do not all frolic and play together as friends. The exact opposite is true. Every animal in the wild protects its territory fiercely. If they lose it, they die.

Imagine coming home from work and finding a stranger living in your house, eating your food, and sleeping in your bed. How would you feel? That is how an animal feels when they encounter one of their own kind in their territory. This is why these dispersing animals wind up in marginal habitats close to people. They have no choice, there is no place else.

That is why people have recurring problems year after year, which is why the beavers seem to keep plugging the culvert and

Trapping → 10

← Housing growth: from page 8

plans, such as Burlington South End, while very welcome, clings to outdated height limits and even squeezed those further in its final version, limiting most development to six stories. Why? In Vermont's largest city, we can easily live with 10-, 12-, or even 20-story buildings. If not in Burlington, then where? If we don't build up, we have to build out. Would you rather have dense, walkable downtowns or sprawl?

Finally, at the confluence of housing and bringing in thousands of new Vermonters is the unique role played by our colleges and universities. They are among the most important engines of economic and population growth for the state. Yet, many people in our community are opposed to capitalizing on this ready source of young new Vermonters, fearing the impact of "too many" students.

Expanding student enrollment should be celebrated, welcomed, and encouraged, but in the debate over the South End rezoning, dorms were almost nixed over concerns about expanded enrollment at Champlain College. Similar concerns were raised when the Burlington City Council tabled UVM's proposal to build more housing on its Trinity Campus.

I appreciate that growing enrollment without expanding housing would create untenable stress for the housing market. But that is because our housing market is artificially constrained by policy. Let UVM and Champlain expand their student populations as much as they want while also doing everything possible to make it profitable and easy for developers to build as much housing as needed for them and for the rest of us.

That's the recipe for a vibrant and growing economy and society — grow, build, grow.

We had a net gain of only 92 people from 2021 to 2022.

CAPITAL QUOTES

Sen. Mitch McConnell froze for more than 30 seconds while answering questions from reporters in Covington, Kentucky, on Wednesday, Aug. 30. It was the second time the senator froze in public, leading to calls for term limits for the nation's aging leaders.

“This is not just a Republican or Democrat problem, this is a congressional problem, and they’ve got to know when to leave. It’s time to pass this down to a new generation of conservative leaders that want to take our country to a better place. We need people at the top of their game... We have too many issues on the table that need to be dealt with. We can’t continue to have these people who think they know better than the American people,”

said Republican presidential candidate **Nikki Haley**.

“Both political parties are pulling their punches. Democrats have been quiet about McConnell because they know their own party is run by someone who has the same challenges McConnell has,”

said **Frank Luntz**, a political consultant who has worked on many Republican campaigns.

“It’s like both parties are being led by decrepit leaders. Frankly, if there were people in the wings who could step forward, there would have been an effort. But in the Democratic party, if Biden’s not the candidate, it’s a free-for-all and in the Senate, if McConnell’s not the leader, the wings of the party are going to bash each other: there’s the Trump supporters and there’s the let’s-move-past-Trump. That’s what’s keeping Biden and McConnell in place: the venomous battles that would ensue as soon as they step down,”

said **Larry Jacobs**, the director of the Center for the Study of Politics and Governance at the University of Minnesota.

“Donald Trump is going to be 78 next year so the Republicans don’t exactly have a spring chicken on their lineup and are reluctant to go after Biden for his age when Trump is getting up there,”

said **Sally Quinn**, a journalist and author. (Biden is 3 years older than Trump.)

COMMENTARY

Vermont needs more construction workers

By Guy Payne

Editor’s note: Guy Payne is the executive director of SEON - Sustainable Energy Outreach Network.

In Vermont’s rugged terrain, a novel career path is emerging, blending craftsmanship with sustainability. The state’s housing demand and industry’s need for skilled hands are fueling the call for carpenters. But beyond carpentry, lies a more enriching journey: the realm of high-performance building. In an era of ecological mindfulness and architectural innovation, Vermont’s construction sector is evolving, offering a gateway to a career rich in legacy.

At Vermont’s construction core is the enduring craft of carpentry. The allure of shaping structures from scratch, transforming raw materials into functional homes, has lured many. Carpentry is the bedrock of any construction, translating blueprints into tangible forms, molding the essence that turns a structure into a home. From initial framing to the final touches, carpenters shape both comfort and functionality.

Entering carpentry is as simple as stepping forward. Vermont’s career centers provide the knowledge and hands-on learning of fundamental carpentry skills, with completion making one eligible for employment. Yet carpentry isn’t just a skill set; it’s a pathway into an industry with multiple avenues to contribute to the greater good. With a median wage exceeding Vermont’s average, it promises financial stability from the outset. Predictions by the McClure Foundation and the Vermont Department of Labor point to a remarkable 4,460 carpenter job openings by 2030, where minimum wage is \$23,000 to \$47,715 a year. This is an opportunity to bridge the state’s housing gap, propelled by the surging demand in the housing sector. HELM Construction Solutions, SEON (Sustainable Energy Outreach Network), ResourceVT, Yestermorrow and other Vermont Career Centers are great places to start and enhance carpentry training.

While carpentry is valuable, an upward trajectory beckons—one of employment fused with legacy and impact. Welcome to high-performance building—a carpentry evolution transcending norms, merging construction with ecological consciousness. It is the recognition that a house is not just of aesthetic value, but a performance system in which all components are interrelated for the effective functioning of the whole — siting and landscaping, the envelope, insulation, air sealing, mechanical systems, and other renewable energy systems function as one whole high-perfor-

mance house/structure.

High-performance homes are designed, constructed, and operated to minimize resource usage. They prioritize occupant well-being through efficient insulation, air sealing, bulk and water vapor management, and sustainable materials. These structures improve indoor air quality, durability, cut operating costs, and elevate comfort. With up to 50% less energy and water management, they lower environmental impact and enhance property value.

High-performance homes embody sustainability’s ethos, pioneering architectural innovation. They exemplify energy efficiency, water mindfulness, and environmental awareness. For those moving from carpentry basics to high-performance building,

Carpentry is the bedrock of any construction, translating blueprints into tangible forms, molding the essence that turns a structure into a home.

it’s a chance to shape construction’s destiny and protect the planet. It’s not just about erecting structures; it’s sculpting a sustainable legacy spanning generations.

This appeal extends beyond financial gains; it’s about embedding legacy in every joint that assists other building systems. Crafting energy-efficient, eco-conscious structures isn’t just a job; it’s a calling—a way to leave an enduring mark by reducing emissions, conserving resources, and prioritizing occupants’ well-being.

These are more than mere buildings; they’re symbols of a future harmonizing life quality and environmental stewardship. High-performance carpenters pioneer a new narrative for the industry and the world. High-performance building is a faction of building science—the study of the physical principles governing building design, construction, operation, and maintenance. It encompasses diverse topics such as heat transfer, moisture control, air flow, acoustics, and lighting. High-performance thinking, application, and commitment to the implementation of Vermont’s Energy Code must be the standard for all building projects. They’re designed to be more energy-efficient, comfortable, and healthy than what customers have known in the past. They achieve this by incorporating features such as:

- Tight construction minimizes air leaks
- High-quality insulation for year-round temperature control and moisture management
- Energy-efficient windows and doors
- Ventilation systems for moisture control and air quality

← Poll: from page 1

pletely recovered, 43% said it had largely recovered, 28% said it had somewhat recov-

handling of the natural disaster. Polling consistently finds that Democrats give

Polling consistently finds that Democrats give the Republican governor higher marks.

ered, and 5% said it had not at all recovered. But among central Vermont respondents, only 37% said that their town or city had completely or largely recovered.

Most Vermonters polled (72%), however, said they approved of Gov. Phil Scott's

the Republican governor higher marks than members of the GOP, and this survey's results repeated the pattern: 76% of Democrats said they approved of Scott's handling of the floods, while 70% of Republicans and 64% of independents said the same.

← Bond sale: from page 7

to make critical investments in our state, and ensure sound financial management and budget practices, I believe Vermont is on the path to once again achieving AAA status."

The credit rating agencies generally credited the state's strong financial outlook to historically high cash balances and budget reserves. Also favorably noted were recent legislative reform efforts aimed at reducing long-term pension and other post em-

ployment benefits.

"Maintaining this rating is good news for Vermont, and I want to thank Treasurer Pieciak and his team for his collaborations," said Gov. Phil Scott. "As we move forward, my team and I will continue to work with our partners to address our demographic trends and make Vermont a more affordable place to live, work and do business."

Encouraging demograph-

← Trapping: from page 8

flooding the road every year. Removing the problem animal only works until the next wandering one comes along. Because of this nuisance animal problems are widespread. But it is a relatively recent phenomenon.

I grew up in the 1970s and during that time nuisance trapping was the exception not the rule. Why? Because at that time there was a worldwide demand for fur. The United States and Canada have more fur bearing animal species than the rest of the world combined. It is estimated that up to a third of the population was harvested each winter. We exported fur all over the world, China, Russia, Greece, Italy and more. That's right we exported something TO China.

Because fur had economic value the harvest was carefully regulated so that the resource was not negatively impacted. This harvest created space for the dispersing animals to inhabit. It was during the 2000's that politics, economics and fashion trends caused the value of fur to drop.

That resulted in the reduction of the harvest and a decrease in the available space for young animals to disperse. Thus, bringing us 20 years later to where we are today with increasing nuisance animals.

There is a small vocal minority of people who want to end trapping all together. If they succeed, the controlled take will be gone, and nuisance trapping

will increase – with corresponding wanton waste.

One only has to look as far south as Massachusetts to see it. If trapping is eliminated these animals will wind up in your backyard. They have no place else to go. And as a footnote all the people who use live traps to capture and relocate animals instead of killing them are only fooling themselves when they think that they are being humane and compassionate. The relocated animals are just being dropped back into the vicious cycle of being driven off and attacked as they try to find a place that does not exist.

Bruce Baroffio, president of the Vermont Trappers Association

← Vt construction: from page 9

- Landscaping, building systems and flashing for bulk water management
- Sustainable materials with low environmental impact
- High-performance buildings might cost more initially but will yield long-term energy savings, comfort, health, and reduced greenhouse gases.

The U.S. government aims for all new buildings to be net-zero energy by 2030—generating as much energy as they consume. High-performance builds play a crucial role in achieving this goal. This imperative underlines why jobs are in high demand now and in the future.

A builder with a high-performance ethic will always be mindful of their customer's budget. They should reassure the customer that the decisions they and their carpenters make will always align with building science principles, quality, and Vermont's Energy Code while maintaining budgetary constraints. One could say they'll strive for a Pretty Good House.

Additionally, the building science community is vibrant and expanding, composed of professionals passionate about designing and building high-performance structures. They're perpetual learners and innovators, constantly seeking ways to elevate building performance. Events like the national BS&Beer (an offshoot of SEON's Building Guild) discussions exemplify their enthusiasm and creativity, where builders worldwide gather to discuss building science while enjoying camaraderie. Talk to these experts and you'll learn about heat transfer through building materials, building aerodynamics, what wing nuts want to know, window weeps, to spray foam or not to spray foam, and more - all with great knowledge and humor.

In high-performance building, carpentry surpasses conventional and past boundaries. The legacy one crafts extends beyond structures—it's etched into our sustainable future.

Beyond basics, pursue specialized

training and certification in high-performance building, equipping carpenters to navigate sustainable construction complexities. SEON instructors like Jim Bradley and Chris West (both in the news recently about the hazards of spray foam insulation), and Peter Yost (who is the builder's builder of Vermont) make SEON a repository of knowledge and experience.

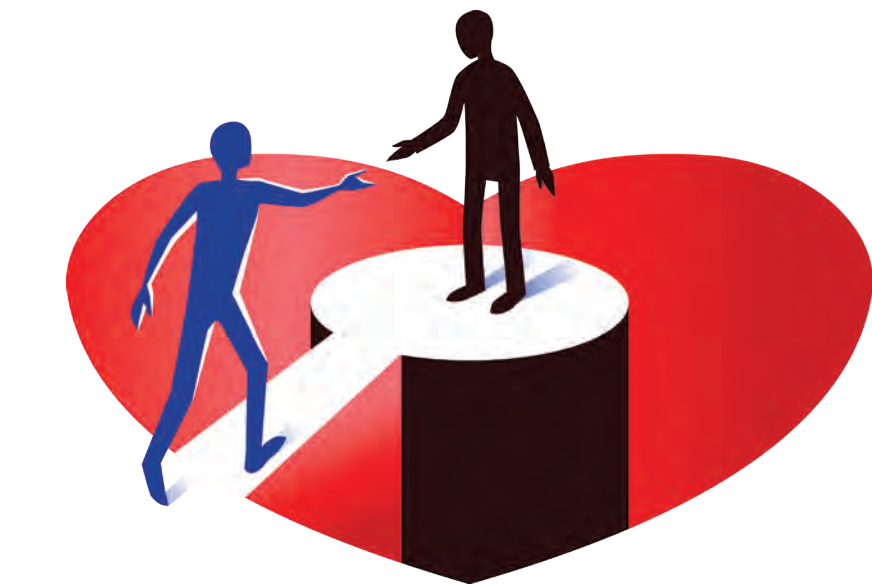
Vermont stands at the forefront of a construction renaissance driven by its sustainability commitment, catalyzing demand for high-performance buildings where carpenters play a pivotal role. These structures, emphasizing resource efficiency, occupant well-being, and environmental impact reduction through insulation, water man-

They're symbols of a future harmonizing life quality and environmental stewardship.

agement, and sustainable materials, yield improved indoor air quality, cost savings, and elevated comfort with up to 50% lower energy and water consumption, simultaneously amplifying property value.

This shift presents carpenters with a transformative career avenue, enabling them to shape construction's trajectory and safeguard the planet. Rapidly escalating demand for high-performance carpenters corresponds with the US government's 2030 vision of net-zero energy new buildings, aligning with Vermont's strides in this direction, thereby creating a significant need for skilled carpenters. Moreover, the nationwide surge in high-performance building interest further widens carpenters' prospects for job mobility. Ultimately, carpenters and high-performance builders contributing to sustainable, energy-efficient dwellings derive the satisfaction of leaving a lasting positive impact on future generations.

SEON is now offering open enrollment for high-performance building classes.



← Suicide prevention: from page 7

2015 and the onset of the Covid-19 pandemic in 2019. We are proud to provide a platform that is accessible and informative to our community and the providers we work with," stated Kathleen Kilbourne, executive director for The Center for Health and Learning and the VT Suicide Prevention Center.

The Suicide Prevention Platform lays the groundwork for the upcoming DMH Suicide Prevention Strategic Plan, slated for release in July 2024. That plan will chart the future of suicide prevention in Vermont, making the Suicide Prevention Platform an essential tool for discovering gaps in services, and accurately reflecting the current landscape of suicide prevention efforts. The platform serves as a one-stop document where individuals, community partners, and entire organizations can access vital information about suicide prevention initiatives, available trainings, and key resources.

For more information visit: mentalhealth.vermont.gov/suicide-prevention.

WORDPLAY

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

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

- | | | | | | |
|---------------|-------------|------------|-----------|---------|--------|
| ADVERTISEMENT | BENEFITS | EXPERIENCE | KEYWORDS | OFFER | SEEK |
| APPLY | COMPANY | FOLLOW-UP | LISTING | RECRUIT | SKILLS |
| ATMOSPHERE | COVERLETTER | INTERVIEW | MATCH | RESUME | |
| ATTIRE | EMPLOYMENT | JOB | NEGOTIATE | SALARY | |

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.

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

Level: Intermediate

CROSSWORD PUZZLE

Solutions →21

CLUES ACROSS

1. Second sight
4. Standard electrode potential
7. Type of gibbon
8. John Joseph ___: American industrialist
10. Manning and Whitney are two
12. Abrupt
13. Baroque musical instrument
14. Post-burning residue
16. When you hope to arrive
17. Sign up (Brit. Eng.)
19. Sun up in New York
20. Employee stock ownership plan
21. Where people live
25. Method to record an electrogram
26. Angry
27. No longer living
29. Simple
30. Swiss river
31. Portion of a play
32. It's under the tree
39. Wood sorrels
41. No (Scottish)
42. Dialect of

43. Former Steelers' QB
44. Popular beer
45. It can make you sick
46. Tropical tree and fruit
48. Company officer
49. Contact lens term
50. Your consciousness of your own identity
51. "Ghetto Superstar" singer
52. Piece of turf

CLUES DOWN

1. Number of players on each side in a football game
2. Containing salt
3. Reasoning or knowledge: a ___
4. Car mechanics group
5. Leave a place
6. Southern Colombian capital
8. Old English letter
9. Tide
11. Walk heavily
14. Chemical compound (abbr.)
15. Artificial openings
18. Luteinizing

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						
										34	35	36	37	38
39	40					41				42				
43					44					45				
46				47						48				
49												50		
			51									52		

- | | | |
|-----------------------------------|---------------------------------|-------------------------------|
| hormone | 28. Body part | in good faith |
| 19. Unit of energy | 29. Electronic counter-measures | 36. Wild goats |
| 20. Circular movement of water | 31. Consumed | 37. Precede in place |
| 22. A way of holding | 32. Small bird | 38. Small edible fish |
| 23. Popular book of words (abbr.) | 33. Unhappy | 39. Notice of death |
| 24. States' group | 34. Football's big game (abbr.) | 40. Body cavity of a metazoan |
| 27. Dashes | 35. Valued object offered | 44. Partner to cheese |
| | | 47. Not around |

Guess Who?

I am a singer born in Canada on September 9, 1975. As a young man I prayed to become a famous singer. Since then, I have become a Grammy Award-winning jazz singer who has sold over 50 million records internationally.

Answer: Michael Buble

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WEDNESDAY

9/6

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.

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.

THURSDAY

9/7

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 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 (Final ride)

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.

An Evening of Vermont Art with Lyman Orton

5-7 p.m. Walker Farm, 705 Main St., Weston. Vermont Country Store proprietor Lyman Orton will present a slide show of his collection of 20th-century Vermont art. Anita Rafael, co-author with him of a new book, "For the Love of Vermont," will attend as well. There will be a reception in the lobby, where signed copies of the book will be available for purchase. Please RSVP, however, walk-ins are also welcome. Info: westontheater.org.

Jeep Jamboree 2023

5-7 p.m. (Registration) Ramshead parking lot, 3880 Killington Road, Killington. An off-road 4x4 Jeep jamboree with two full day trail rides. Join fellow Jeep enthusiasts in a unique setting with 5 trail offerings from beginner scenic routes to our most demanding and technical trails. Info: jeepjamboreeusa.com.

Spencer Lewis and the New Old Vermonters

5:30 p.m. Fable Farm Fermentory, 1525 Royalton Turnpike, Barnard. \$5. The New Old Vermonters perform original Americana, folk that rocks, and fiddle tunes. Spencer Lewis' old-timey ballads and anthems are sung alongside raucous, homemade fiddle tunes. Add in the fabled canon of lost songs from Jared Barkan, Spencer's songwriting buddy from the '70s, and the harmonies abound with Spencer on guitar, violin, fiddle; Justin Park on mandolin, guitar; and Mark Burds on guitar, banjo and slide guitar. Info: feastandfield.com.

Music on the Green: 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. Sponsored by the Mount Holly Community Association. Info: mhcvart.org. This is the final concert of the season.

FRIDAY

9/8

Golf for a Cause

All day. Lake St. Catherine Country Club, 2725 VT-30, Poultney. The 19th annual Castleton Community Center golf outing will be held Friday with all proceeds supporting the Center's Older Adults and Disabled Transportation Program. Cash prizes and gift certificates will be awarded as well as a chance to win a \$10,000 hole-in-one contest. For information or registration forms call the Center 802-468-3093 or visit castletoncc.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.

Rutland Free Library Book Sale

10 a.m.-2 p.m. Rutland Free Library, 10 Court Street, Rutland. Thousands of neatly organized, gently used books, CDs, DVDs and puzzles for all ages. All purchases by donation only. Proceeds to support library programs and collections and designated library projects. Info: rutland.free.org.



GOLF FOR A CAUSE AT LAKE ST. CATHERINE COUNTRY CLUB

FRIDAY, SEPT. 8

Story Time at the Library

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

Jeep Jamboree 2023

8:30 a.m.-7:30 p.m. Ramshead parking lot, 3880 Killington Road, Killington. An off-road 4x4 Jeep jamboree with two full day trail rides. Join fellow Jeep enthusiasts in a unique setting with 5 trail offerings from beginner scenic routes to our most demanding and technical trails. Info: jeepjamboreeusa.com.

Moos & Brews & Cocktails To

5-7:30 p.m. Billings Farm, 69 Old River Road, Woodstock. \$20-\$25. Join us as the farm comes alive with moos and Vermont craft brews and spirits! Meet our famous Jersey "moos" and enjoy offerings from great local breweries and distilleries. Take a selfie with a cow or calf, stroll through the farmstead gardens and the sunflower house, play lawn games, turn cream into butter, make giant bubbles, and take a horse-drawn wagon ride through the pastures. Live music by Ali T and food offerings. Info: billingsfarm.org.

SATURDAY

9/9

Touch-A-Truck and Sara's Stories

9 a.m.-1 p.m. Pittsford Village Farm, 42 Elm St., Pittsford. Suggested donation \$5 per family. This is a family-friendly event that offers the opportunity to explore all kinds of trucks and machinery. Food, play area and more. Info: pittsfordvillagefarm.org/events.

Annual Vermont Golden Honey Festival

10 a.m. - 4 p.m. Golden Stage Inn, 399 Depot St., Proctorsville. Part farmers' market with local produce and hot food, and part craft fair with artists and crafters selling their unique items. Vendors will have products with some connection to bees ... honey apple pizza, honeybee print fabrics, honey gin, beeswax balms and soaps, kombucha & mead, caramel sauce, honey-based food and drinks (including mead & honey gin for the adults), crafts, books and kids' activities. Info: goldenstageinn.com.

Rutland Free Library Book Sale

10 a.m.-2 p.m. Rutland Free Library, 10 Court Street, Rutland. Thousands of neatly organized, gently used books, CDs, DVDs and puzzles for all ages. All purchases by donation only. Proceeds to support library programs and collections and designated library projects. Info: rutland.free.org.



FAIR HAVEN FARMERS MARKET

THURSDAY, SEPT. 7

Calendar: Email events@mountaintimes.info from page 12

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.

Make & Take Saturday Kids' Class

10:30-11:30 a.m. Saturdays. Chaffee Art Center, 16 So. Main St., Rutland. \$15. Ages: 6-12. Weekly fun activity featuring arts and crafts every Saturday. Must pre-register. Info and registration: chaffeeartcenter.org.

The 19th annual Music in the Meadow fundraising concert

11 a.m. to 7 p.m. Motel in the Meadow, 936 Route 11W, Chester. A concert to benefit the Susan G. Komen charity, featuring Bill Brink, Mark Shelton, The Illusion, The Milkhouse Heaters and more. There will be a silent auction with donations from many local businesses and residents, hot food, cold drinks, and ice cream. Games area features a cornhole tournament, skee ball station, frisbee golf, and more. Raffle tickets will also be on sale for: the Grand Prize, a handmade queen-size quilt; 2nd prize, a flat screen TV, and more. Info: facebook.com/people/Music-In-The-Meadow/100064746964223.

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.

Drum Journeys of the Earth Open House

11 a.m. Building #5, Howe Center, Rutland. Teaching beginner and ethnic styles. All are welcome. Info: facebook.com/DrumJourneys.

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.

VINS: Raptors!

2:30-3:30 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Join VINS (Vermont Institute of Natural Science) to meet some of their raptors and learn how we can protect them. Info: rutlandfree.org.

Zentangle Drawing Workshop

4-5:30 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Zentangle is a method of drawing that is easy to learn and relaxing. Drawing a combination of dots, lines, and curves called "tangles" on small pieces of paper called "tiles" is unplanned and freeflowing so you can focus on each stroke. Starter kits will be available (for a \$5 suggested fee). Info: normanwilliams.org.

Jeep Jamboree 2023

8:30 a.m.-7:30 p.m. Ramshead parking lot, 3880 Killington Road, Killington. An off-road 4x4 Jeep jamboree with two full day trail rides. Join fellow Jeep enthusiasts in a unique setting with 5 trail offerings from beginner scenic routes to our most demanding and technical trails. Info: jeepjamboreeusa.com.

The Hermit Hollow

String Band

6-7:30 p.m. Stone Valley Arts, 145 E. Main St., Poultney. Steeped in traditional bluegrass music, its members are cobbled together from the original Poultney Bluegrass Society. Info: stonevalleyarts.org.

SUNDAY
9/10

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.

Community Music Jam

6:30-9 p.m. Stone Valley Arts, 145 E. Main St., Poultney. Bring your instruments, your voices, and your ideas. We'll take turns, teaching each other new song numbers while keeping it simple. We follow bluegrass jam rules but we're not restricting ourselves to bluegrass. Please RSVP Bennett at bennett_lovett_graff@hotmail.com so we can have a head count (and enough seating). Info: stonevalleyarts.org.

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.



DRUM JOURNEYS OF THE EARTH OPEN HOUSE

SATURDAY, SEPT. 9

Art Bar—Open Craft Time

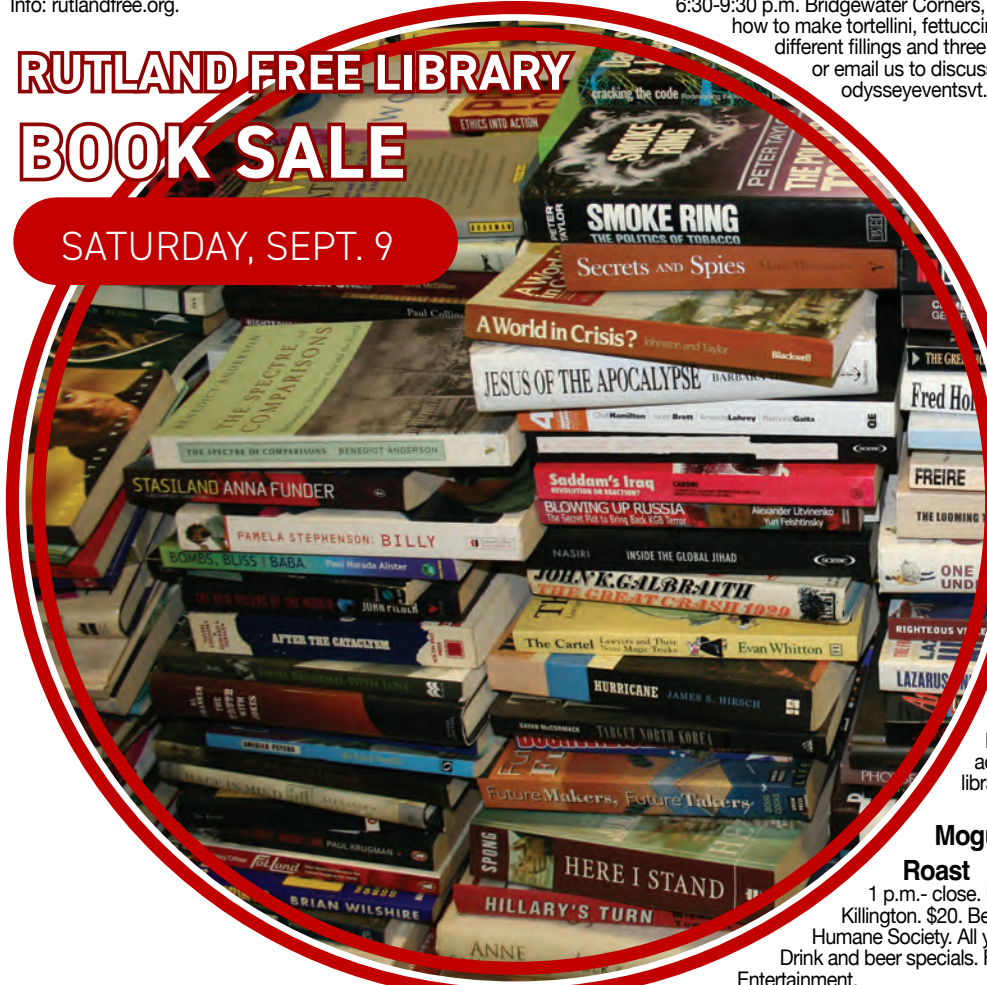
3:30-4:30 p.m. Fox Room, Rutland Free Library, 10 Court St. Rutland. Free. Craft supplies galore—work on any project you want! Browse our craft books for ideas. We'll occasionally provide a specific craft or have special supplies available. Info: rutlandfree.org.

Bread & Puppet Theater

6 p.m. (Gates open: 5 p.m.) Pittsford Village Farm, 42 Elm St., Pittsford. \$20. 12 and under are free, no ticket needed! Rain or shine event. Bring a lawn chair for seating. Bread & Puppet Theater has been based in the Northeast Kingdom of Vermont since the early 1970s and is one of the oldest nonprofit, self-supporting theatrical companies in the country. Well known for its visually rich, street-theater brand of performance art, Bread & Puppet revels in music, dance, and slapstick-filled celebratory protest. Info paramountvt.org

RUTLAND FREE LIBRARY BOOK SALE

SATURDAY, SEPT. 9



MONDAY
9/11

Baby and Toddler Rock

10-10:30 a.m. Fox Room, Rutland Free Library, 10 Court St. Rutland. Free. A music and pre-literacy program for children 0-24 months. Children and caregivers love this program, join us and see why. Info: rutlandfree.org.

Killington Bone Builders

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

Moguls 28th Annual Pig Roast

1 p.m.-close. Moguls, 2630 Killington Rd, Killington. \$20. Benefit for the Rutland County Humane Society. All you can eat until its gone. Drink and beer specials. Free t-shirt while they last. Live Entertainment.

TUESDAY
9/12

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.

Apple Picking Storytime at Mendon Mountain Orchards

5:30-6 p.m. Off site—Mendon Mountain Orchards, 1894 US-4, Mendon. Free. Join Miss Amanda in the orchard for stories, songs, and apple picking. Each child will receive a small bag to fill with apples to take home. Rain date: Sept.14. Info: rutlandfree.org.

Learn to Create Top-notch Veggie Dishes: Cooking Class

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

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Youth Opportunity Regional Forum held at The Hub CoWorks downtown

Join us on Sept. 12 from 5:30-7 p.m. at The Hub CoWorks in Downtown Rutland for a conversation on youth opportunity and aspiration in Vermont.

Share ideas on how we can improve opportunities for youth in our communities. Whether you're a young person with a vision for the future, or an adult with ideas on how to make a difference, we want your input.

These regional forums, taking place across the state, are a chance for people of all ages, backgrounds, and experiences to come together and share their ideas. We'll be gathering feedback on a range of topics, including education, job training, community connection, youth voice, mentoring, and more. Your voice can help shape the future of programs and policy in Vermont, so don't miss this opportunity to make a difference.



Courtesy of The Hub CoWorks

Join us on Sept. 12 from 5:30-7 p.m. at The Hub CoWorks in Downtown Rutland for a conversation on youth opportunity and aspiration in Vermont.

SHIR SHALOM VERMONT
WOODSTOCK AREA JEWISH COMMUNITY

High Holy Days 5785/2023

Services led by Rabbi Ilene Haigh
Live and on Zoom

Fri, Sept. 15 @ 6 p.m.
Erev Rosh Hashanah Worship followed by potluck

Sat, Sept. 16 @ 10:30 a.m.
Rosh Hashanah Worship followed by Tashlich

10:30 a.m.
Children's Program

Sun, Sept. 24 @ 7:30 p.m.
Kol Nidre: Erev Yom Kippur Worship

Mon, Sept. 25 @ 10:30 a.m.
Yom Kippur Morning Worship, including Yizkor

10:30 a.m.
Children's Program

2:00 p.m.
Meditative hike up Mount Tom

2:00 p.m.
Study Session

5:30 p.m.
Ne'ilah and Kiddush followed by Community potluck break-the-fast

Shir Shalom requires no tickets, no dues, no fees, no school tuition. Childcare is available at morning services. The School at Shir Shalom is currently accepting enrollments. School begins on Sunday, September 10. To join by phone or zoom visit www.shirshalomvt.org.

For more information call 802-457-4840 or email office@shirshalomvt.org

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[MUSIC Scene]

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

WED
9/6

LONDONDERRY
6 p.m. New American Grill – Nick Bredice

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

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

RUTLAND
6 p.m. Moose Lodge – Ryan Fuller

THURS
9/7

BARNARD
5:30 p.m. Fable Farm – Feast & Field with the New Old Vermonters

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

KILLINGTON
5 p.m. Moguls Sports Pub – Duane Carleton

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

6 p.m. Rivershed – Chris Pallutto

6 p.m. The Foundry – Ryan Fuller

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

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

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

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

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

RUTLAND
6 p.m. Strangefellows Pub – Trivia Night
6:30 p.m. Angler Pub – Open Mic hosted by John Lafave

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

FRI
9/8

KILLINGTON
6 p.m. Rivershed Killington – Kenny Mehler

6 p.m. The Foundry – Aaron Audet

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

8 p.m. Jax Food & Games – Nick Bredice & Zach Yak

8 p.m. Moguls Sports Pub – Live Music

LUDLOW
6 p.m. Calcuttas – Satin & Steel

8:30 p.m. Off the Rails – Sammy B and Friends

POULTNEY
6 p.m. The Poultney Pub – Rutland's Least Wanted

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

RANDOLPH
7:30 p.m. Underground Listening Room – The International Sustainable Comedy Music & Variety Showcase

STOCKBRIDGE
5:30 p.m. The Sable Project – Tony Bednar

SAT
9/9

BRIDGEWATER
8 p.m. Woolen Mill Comedy Club – Comedy Night with Jamell Sirleaf

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

6 p.m. Moguls Sports Pub – Live Music

6 p.m. Rivershed Killington – Kenny Mehler

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

6 p.m. The Foundry – Jamie Snook

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

8 p.m. Jax Food & Games – Live Music

LUDLOW
6 p.m. Calcuttas – Sammy B

8:30 p.m. Off the Rails – Live Music

POULTNEY
6 p.m. The Poultney Pub – Jeremy Harple

PROCTORSVILLE
10 a.m. Honeyfest with Sammy B

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

RUTLAND
9 p.m. Centert Street Alley – Glen Bigelow Memorial with music by Duane Carleton

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

SUN
9/10

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

KILLINGTON
12 p.m. Rivershed – Brunch with Kenny Mehler

1 p.m. Moguls Sports Pub – Chip & Cowboy's Charity Ride and Pig Roast with music by The Gully Boys and Kenny Mehler

2 p.m. The Umbrella Bar at Snowshed – Nick Bredice

5 p.m. The Foundry – Summit Pond Jazz

6 p.m. Liquid Art – Tee Boneicus Jones

6 p.m. Rivershed – Trivia Night

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

LUDLOW
5:30 p.m. Calcuttas Par Bar – Liz Reedy

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

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

MON
9/11

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

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

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
9/12

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

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

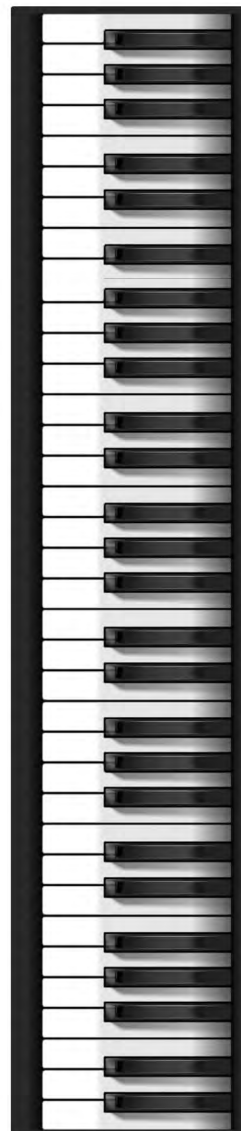
LONDONDERRY
6:30 p.m. New American Grill – Trivia hosted by Zach Yakaitis

LUDLOW
6 p.m. The Killarney – Trivia with Rick Davis

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

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



DRUM JOURNEYS OF EARTH

OPEN HOUSE

Saturday September 9th at 11am
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Courtesy Golden Stage Inn
Proctorsville comes alive with the buzz of the Honey Fest

Submitted

Mark your calendars for the next Golden Honey Festival taking place on Saturday, Sept. 9 from 10 a.m. to 4 p.m., and get ready to indulge in the golden goodness of honey in all its forms.

Golden Honey Fest: A sweet celebration of bees and Vermont's finest

Saturday, Sept. 9, 10 a.m. to 4 p.m.—PROCTORSVILLE—Every September, the Okemo Valley comes alive with the Vermont Golden Honey Festival. This event has been repeatedly voted one of the “Top 10 Fall Events” by the Vermont Chamber of Commerce, and for good reason. With a perfect blend of a farmers market, craft fair, and a celebration of all things honey, this festival offers a unique experience for locals and tourists alike.

A fusion of flavors: honey and local produce

At the Vermont Golden Honey Festival, honey takes center stage, infusing its way into every aspect of the event. Throughout the festival grounds, the aroma of honey apple pizza wafts through the air. It's Goodman's American Pie, a local favorite from Ludlow Vermont, brings their mouthwatering Honey Apple wood-fired pizza to the festival. Prepared in their 1940s-tow-truck-converted-into-a-mobile-wood-fired-beehive-pizza-oven, topped with the finest honey from Jess Goodman's own hives in Proctorsville.

But the honey-infused delights don't stop at pizza. The festival is a haven for food lovers with a sweet tooth. Indulge in honey gin or mead for the adults, while the little ones can enjoy honey caramel sauce drizzled over ice cream.

There's something for everyone, from honey-infused kombucha to beeswax balms

and soaps. The festival truly showcases the incredible versatility of honey and its ability to enhance the flavors of both savory and sweet dishes.

Buzzing with creativity: crafts and art inspired by bees

The craft fair is a treasure trove of unique items, all with a connection to bees. From honeybee print fabrics to handmade beeswax candles, the craftsmanship and attention to detail are impressive. Local artists and crafters pour their passion into their creations, resulting in one-of-a-kind pieces that make perfect gifts or decor items.

For book lovers, there's a selection of honey-related literature all about the world of bees. Learn about their fascinating lives, and the role they play in our ecosystem. The festival also features activities for kids, ensuring that the whole family can enjoy a fun-filled day together. From face painting to educational workshops, children will have the opportunity to learn about the importance of bees in a playful and engaging way.

The Vermont Golden Honey Festival is an extraordinary celebration of bees, honey, and the creative spirit of produced by the Golden Stage Inn, 399 Depot St. in Ludlow, and Goodman's American Pie.

For more information visit: goldenstageinn.com/vermont-honey-festival.

Moos and Brews held at Billings Farm

Friday, Sept. 8 at 5 p.m.—WOODSTOCK—Join Billings Farm for an unforgettable evening of fun, cows, and Vermont craft brews and spirits. Moos and Brews is a special event that brings together the flavors of local breweries and distilleries. Whether you're a beer enthusiast, a lover of animals, or simply looking for a unique experience, Moos and Brews is the perfect event.

The highlight of Moos and Brews is undoubtedly the opportunity to meet our famous Jersey "moos." These gentle creatures are a favorite attraction at the Billings Farm, and during the event, there will be opportunities to get up close and personal with them. Take your picture with a cow, brush a cow and learn fun facts about their personalities and how they are cared for. Our knowledgeable staff will be on hand to answer any questions and provide insights into the world of dairy farming. It's a unique opportunity to connect with nature and gain a deeper appreciation for these gentle giants.

In addition to the cows, Moos and Brews showcases the best of Vermont's craft beer and spirits scene. We've partnered with some great local breweries and distilleries to offer a wide variety of libations. Vermont Spirit Distilling Co., Rutland Beer Works, Upper Pass Beer, and SILO Distillery are just a few of the names that will be on hand at the event. From hoppy IPAs to smooth whiskies, there's something for every palate.

Explore the Farmstead Gardens and the Sunflower House. Enjoy live music by Ali T, who sets the perfect ambiance. Enjoy a wide range of food offerings, including delicious Vermont-made ice cream and Billings Farm cheese. It's a feast for all the senses.

Moos and Brews offers a farm experience with activities for everyone to enjoy. Play historic and modern lawn games, learn first hand how to turn cream into butter, and make giant bubbles. Take a horse-drawn wagon ride through the pastures and take in the beauty of the farm from a unique perspective.

Moos and Brews is more than just an event. It's a celebration of the farm, the animals, and the local community. Attendees help to support the farm and its animals as well as the education programs it offers. Your ticket purchase goes a long way in sustaining the farm and ensuring its continued success.

Please note that this is an adults-only event, and IDs will be checked at the Visitor Center Entrance. So, don't forget to bring a valid photo ID to enter the event. Infants and children will not be admitted to ensure a safe and enjoyable experience for all attendees.

For more information, visit: billingsfarm.org.



Submitted
Enjoying brews and petting moos while enjoying the attractions at Billings Farm in Woodstock

The Carving Studio and Sculpture Center opens garden trail

Saturday, Sept. 9-Oct. 22—WEST RUTLAND—The Carving Studio and Sculpture Center is pleased to announce its prestigious outdoor exhibition that will take place on the new Carving Studio & Sculpture Center's forested sculpture trail by the sculpture garden from Sept. 9 to Oct. 22.

The debut of this trail is an opportunity to cultivate natural surroundings as the impetus for this year's outdoor exhibition drawing on aesthetics and inspiration from natural surroundings.

This year's theme, "Communing With Nature," will be guest curated by the artist and Carving Studio & Sculpture Center studio manager, Gabe Strader-Brown. Mr. Strader-Brown has an MFA in Sculpture and brings a deep appreciation for the natural world, Mr. Strader-Brown and offers a fitting perspective to this exciting event.

Selected artists work is incorporated along the trail for viewing by the public.

For more information, visit: carvingstudio.org.



Features on display at the Carving Studio serve as inspiration along with their natural element.

Courtesy of The Carving Studio and Sculpture Center

Spencer Lewis brings energetic folk-rock to Feast and Field

Thursday, Sept. 7 at 5:30 p.m.—BARNARD—Spencer Lewis and the New Old Vermonters are bringing their unique blend of original Americana and folk-rock to the Feast and Field outdoor concerts this Thursday, Sept. 7. Known for their energetic performances and harmonious melodies, this talented group of musicians is sure to captivate audiences of all ages.

Led by Spencer Lewis, a seasoned singer-songwriter, the New Old Vermonters offer a refreshing take on traditional folk music. Their repertoire includes a mix of old-timey ballads, anthems, and homemade fiddle tunes that will transport you back to a bygone era. With Lewis on guitar, violin, and fiddle, Justin Park on mandolin and guitar, and Mark Burds on guitar, banjo, and slide guitar, the New Old Vermonters create a rich tapestry of sound that is both nostalgic and contemporary.

In addition to their original compositions, the New Old Vermonters also pay homage to the forgotten songs of the past. With a repertoire curated by Lewis and his songwriting buddy from the '70s, Jared Barkan, the band ensures that the unheralded and obscure tunes of yesteryear are given the recognition they deserve. The harmonies between the band members are seamless, creating a truly immersive musical experience for the audience.

Fans of Americana, folk-rock, or just great music in Lewis→20

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This years performers at the Music in the Meadow concert are sure to turn heads

Saturday, Sept. 9 from 11 a.m.—CHESTER—The 19th annual Music in the Meadow concert is a fundraising event to support the Susan G. Komen foundation. All proceeds collected from the concert will go to the 2023 Komen Vermont More Than Pink Walk, which will be held in Manchester, Oct. 14. The past 18 concerts have raised over \$105,000 in support of Komen's mission to "Save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer." By attending this concert, you are contributing to this noble cause and helping make a difference in the fight against breast cancer.

The Motel in the Meadow on Rte. 11 West, Chester, will be the venue for this event. Bring a blanket or your lawn chair to enjoy the music in the meadow. There are also tents available for a comfortable viewing experience. The concert promises to be a great day filled with fantastic music, exciting activities, and the opportunity to make a difference in the fight against breast cancer.

This year's entertainment is performed by local musicians who donate their time and talent. The lineup for the event includes Mark Shelton, The Illusion, Jacob McLaughlin Music, The Milkhouse Heaters, Bill Brink, James Joel Music, and Intercept.

Raffle tickets will also be on sale for the Grand Prize Queen Quilt, handmade by Sue Ashe and Sue's Quilt Studio. This quilt is a labor of love and a testament to the generosity of the community. Second Prize will be a flat-screen TV. More items may be added to the raffle, so keep an eye out for updates. The drawing for the raffle will take place at the end of the concert.

Back for 2023 will be the very popular silent auction with donations from many local businesses and residents. This is a chance to bid on unique items while supporting a great cause. Hot food and cold drinks will be available



Courtesy: Freepik

The Motel in the Meadow on Rte. 11 West, Chester, will be the venue for the 19th annual Music in the Meadow concert is a fundraising event to support the Susan G. Komen foundation.

for purchase, and ice cream from Schwan's will be a sweet treat on a warm September day. This year, organizers have planned a cornhole tournament, a family games area with a new skee ball station, frisbee golf, and several other games to keep everyone entertained.

The foundation's namesake, Susan Goodman Komen, died of breast cancer in 1980 at the age of 36. Susan Komen's younger sister, Nancy Brinker, believed that Susan's outcome might have been better if patients knew more about cancer and its treatment, and founded the Susan G. Komen Breast Cancer Foundation in 1982.

In 2008, the 25th anniversary of the organization, the organization changed its name to "Susan G. Komen for the Cure" and its logo to the pink ribbon. The logo was meant to represent Komen's signature Race for the Cure event, a jogging race that raises money for the foundation.

In December 2009, Brinker was appointed CEO of the organization. Judith A. Salerno became CEO in 2012. In November 2016, the organization announced that Salerno would step down as CEO the following month. In 2017, former fashion executive and breast cancer survivor Paula Schneider took over as CEO.

For updates and information, visit: Facebook page at Music in the Meadow.



Bill Brink

Submitted

Bikers get ready for one more group ride at Slate valley Trails

Thursday, Sept. 7 at 5 p.m.—POULTNEY—There's one last gravel ride at Slate Valley Trails and Analog Cycles for this Thursday, at 5 p.m. at 131 Town Farm Rd, Poultnery. Whether you're a seasoned rider or just starting out, this ride is a great way to explore the beautiful landscapes of Poultnery.

This gravel ride is a tradition that Slate Valley Trails and Analog Cycles have been organizing for years. Fellow riders can explore the best trails in the area with a routes consisting of road, dirt road, double track, and single track, so make sure your gravel bike is up for the challenge.

One of the best things about this group ride is the casual pace. Whether you're a beginner or an experienced rider, everyone is welcome to join. The ride is designed to be a no-drop ride, meaning that nobody gets left behind. It's all about having fun and enjoying the trails together. However, keep in mind that the difficulty level can vary from moderate to challenging, so it's always a good idea to check with Analog Cycles in advance to get the route details and

plan accordingly.

To ensure a smooth and enjoyable ride, there are a few essentials riders should bring with you. Make sure your lights are charged and bright to navigate through the trails as the sun sets. It's always a good idea to have a spare tube in case of a flat tire, and enough water and snacks to stay energized throughout the ride. Safety is a priority, so make sure you come prepared.

While the ride is rain or shine, extreme weather conditions and downpours will cancel the event. Keep updated by following Slate Valley Trails and Analog Cycles on Facebook and Instagram. They will post any updates or changes to the ride schedule.

Whether local or visiting the area, these gravel rides are a fantastic way to explore the beauty of Poultnery, don't miss out on this opportunity to connect with fellow riders and create lifelong memories. Gear up, saddle up, and get ready for an adventure.

For more information, visit: slatevalleytrails.org.



Submitted

Bikers enjoy a ride through the beauty of Vermont as Slate Valley Trails prepares for one last group ride of the summer.

Raptors, the bird and it's ecosystem

Saturday, Sept. 9 at 2:30 p.m.—RUTLAND—Join The Rutland Free Library will host VINS (Vermont Institute of Natural Science) to meet some of their raptors and learn how we can protect them. Don't miss this exciting opportunity to get up close and personal with these magnificent birds.

Birds of prey, commonly known as raptors, are a fascinating group of hypercarnivorous bird species. They are known for actively hunting and feeding on other vertebrates, including mammals, reptiles, and smaller birds. Raptors possess incredible speed, strength, keen eyesight, sharp talons, and powerful beaks, which enable them to excel in capturing and consuming their prey. While they primarily hunt live prey, some species also scavenge and feed on carrion.

The term "bird of prey" generally refers to birds that actively hunt and consume other animals. However, in ornithology, raptors are defined more specifically. They exclude piscivorous predators like storks, herons, gulls, skuas, penguins, and kingfishers. Additionally, primarily insectivorous birds such as passerine birds and birds like nightjars and frogmouths are also excluded. Ornithologists follow this narrower definition to differentiate between various bird species based on their hunting behaviors and ecological roles.

Raptors possess distinct physical characteristics that set them apart. Their powerful feet are equipped with sharp talons, which they use to grasp and kill their prey. These talons are essential tools for capturing, immobilizing, and tearing apart the flesh of their victims. Additionally, raptors have curved beaks that aid in tearing off chunks of flesh from their prey. These adaptations, along with their exceptional eyesight, make them efficient predators in their respective habitats.

The world of raptors is diverse, with numerous species found across different continents and habitats. Some well-known raptors include eagles, hawks, falcons, owls, and vultures. Each species has unique characteristics and adaptations that allow them to thrive in their specific environments. Let's explore some of the most iconic raptors and learn about their fascinating traits.

Eagles

Eagles are majestic raptors known for their impressive size and powerful flight. They have large, keen eyes that enable them to spot prey from great distances. With their strong talons and hooked beaks, eagles are skilled hunters capable of capturing a wide range of prey, including small mammals, fish, and even other birds. These birds are often associated with strength, independence, and soaring above mountainous landscapes.

Hawks

Hawks are agile raptors that can be found in various habitats, including forests, grasslands, and deserts. They are renowned for their exceptional hunting abilities and remarkable speed. Hawks have sharp, curved beaks for tearing apart their prey and

strong feet with sharp talons for capturing and gripping their victims. These birds are known for their incredible aerial maneuvers, swooping down on unsuspecting prey with incredible precision.

Falcons

Falcons are renowned for their exceptional speed and agility. They are known as the fastest birds in the world, capable of reaching incredible speeds during their hunting dives, known as stoops. Falcons have long, pointed wings that allow them to maneuver swiftly through the air. Their streamlined bodies and aerodynamic features make them efficient hunters, often targeting smaller birds in mid-flight. Falcons are a symbol of speed, grace, and precision in the avian world.

Owls

Owls are nocturnal raptors that have adapted to hunt and thrive in the darkness of the night. These birds are known for their large, forward-facing eyes, which provide them with excellent low-light vision. Owls have soft feathers that enable them to fly silently, allowing them to surprise their prey without being detected. With their sharp talons and curved beaks, owls capture a variety of prey, including small mammals, birds, and insects. These mysterious creatures have been associated with wisdom and are often depicted as symbols of knowledge and intuition.

Vultures

Vultures play a vital role in the ecosystem as nature's clean-up crew. These scavenging raptors feed on carrion, helping to remove decaying carcasses from the environment. Vultures have bald heads, which prevent feathers from getting soiled when they feed on carrion. Their strong digestive systems allow them to consume decaying flesh without being affected by harmful bacteria. Despite their unattractive appearance, vultures are essential for maintaining the balance of nature.

Protecting raptors and their habitats

As humans, we have a responsibility to protect the magnificent raptors and their habitats. The destruction of natural ecosystems and illegal hunting pose significant threats to these birds. To ensure the survival of raptors for future generations, we must take action to conserve their habitats and raise awareness about their importance in maintaining a healthy ecosystem.

Organizations like VINS (Vermont Institute of Natural Science) play a crucial role in educating the public about raptors and their conservation. By attending events like "VINS: Raptors!" at the Rutland Free Library, is a terrific opportunity to learn more about these incredible birds and the steps that can be taken to protect them. Conservation efforts include preserving nesting sites, reducing pesticide use, supporting habitat restoration projects, and promoting responsible tourism in areas where raptors thrive.

To RSVP and for more information, visit: rutlandfree.assabetinteractive.com/calendar/vins-raptors/.



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← Lewis:.....
from page 18

general, will relish the opportunity to see this performance as an outdoor concert. Their performances are known for their energy, passion, and infectious melodies that will have you tapping your feet and singing along in no time.

Feast and Field's outdoor concert series offers an affordable and accessible way to enjoy live music in the Central Vermont community. With tickets priced on a sliding scale ranging from \$5 to \$25, attendees can pay what they can afford, ensuring that everyone has the opportunity to experience the joy of outdoor concerts.

The \$5 ticket option provides an affordable option for those who may be on a tight budget, while the higher end of the sliding scale allows for those who are able to contribute more to support the event and its ongoing success. This inclusive pricing model ensures that no one is left out and that the outdoor concerts remain accessible to all.

Music enthusiasts looking for an affordable night out or those who simply want to support the vibrant arts scene in Central Vermont, should consider attending the Feast and Field outdoor concerts and take advantage of the sliding scale pricing option. All contribution, no matter how big or small, makes a difference in sustaining the local music community.

In addition to the captivating performances by Spencer Lewis and the New Old Vermonters, the Feast and Field outdoor concerts offer much more than just music. One of the highlights of the event is the opportunity to enjoy freshly prepared food that is grown, raised, and harvested right on the same land.

Fable Farm, the host of the outdoor concerts, boasts a large tent that can accommodate guests even in inclement weather. Rain or shine, the concerts will go on, ensuring that attendees can enjoy the music and food without worry. The commitment to providing a seamless experience for guests is evident in the attention to detail and preparation that goes into each event.

The combination of good food and great music creates an atmosphere of joy and camaraderie, make the outdoor concerts an unforgettable experience.

It's worth noting that Feast and Field does not issue refunds for cancellations. This policy ensures that the event can continue to operate smoothly and sustainably. By purchasing a ticket, you are not only supporting the musicians and their craft but also contributing to the long-term viability of the Feast and Field outdoor concerts.

For more information, visit: feastandfield.com.



Courtesy Feast and Field

Families enjoy a Thursday evening is in Barnard at Feast and Fields outdoor concerts.

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The Bread and Puppet legacy continues in Pittsford on Monday

Monday, Sept. 11 at 6 p.m.—PITTSFORD— The magic of Bread and Puppet theatre is ready to be witnessed firsthand, this Monday e at the Pittsford Village Farm on Sept. 11 at 6 p.m. This rain or shine event promises an unforgettable evening of political theatre. General admission tickets are available for \$20 plus tax/fees, while children aged 12 and under can attend for free without requiring a ticket. Remember to bring a lawn chair for comfortable seating, as the gates open at 5 p.m.. Don't miss this opportunity to immerse yourself in the world of Bread and Puppet and be a part of their continuing legacy.

In the vibrant world of theater, there exists a unique and captivating company that seamlessly blends art and activism. Founded in 1963 by Peter Schumann on New York City's Lower East Side, the Bread and Puppet Theater has become an iconic figure in the realm of puppetry and performance art. What sets them apart is their unwavering commitment to using their craft as a means of social and political commentary. With visually rich and thought-provoking shows, Bread and Puppet has captured the hearts of audiences worldwide.

Origins and evolution

Bread and Puppet Theater began as a humble endeavor, focusing on rod-puppet and hand puppet shows for children. Their early productions delved into the everyday struggles of the Lower East Side community, tackling issues such as rents, rats, and police. As the company grew, their performances became more complex, incorporating sculpture, music, dance, and language as equal partners in their theatrical pieces.

The puppets themselves underwent a remarkable transformation, evolving into larger-than-life creations that captivated audiences of all ages. The annual holiday presentations, including shows for Christmas, Easter, Thanksgiving, and Memorial Day, became a cherished tradition, often featuring community members as active participants. What truly set Bread and Puppet apart during this time was their willingness to take their shows to the streets, ensuring accessibility for those who may not have otherwise experienced the magic of theater.

A spectacle of protest

During the tumultuous era of the Vietnam war, Bread and Puppet Theater fearlessly used their art as a form of

protest. Their performances included block-long processions and pageants that involved hundreds of people, creating a spectacle that demanded attention. Through their visual storytelling and powerful imagery, they made a poignant statement about the state of the world and the need for change.

Finding a home in Vermont

In 1974, Bread and Puppet Theater found a permanent home on a farm in Glover, located in Vermont's Northeast Kingdom. The company transformed a 140-year-old hay barn into a museum to house their veteran puppets, preserving the rich history of their craft. This move allowed Bread and Puppet to further expand their artistic endeavors and establish a stronger connection with the local community.

The Domestic Resurrection Circus

One of the highlights of Bread and Puppet's calendar was the annual Domestic Resurrection Circus, a two-day outdoor festival of puppetry shows. This vibrant celebration brought together performers and volunteers from far and wide, creating an immersive experience for all who attended. From meticulously choreographed theater pieces to expansive outdoor pageants, the circus showcased the versatility and creativity of the Bread and Puppet ensemble.

International recognition

Bread and Puppet Theater's influence extends far beyond the borders of the United States. The company has garnered international recognition, winning accolades at prestigious theater festivals in countries such as Italy, Poland, Colombia, and Yugoslavia. Their breakthrough performances at the 1968 Nancy Festival in France catapulted them onto the global stage. Notable awards include the Erasmus Prize of Amsterdam, 4 Obies, the Puppeteers of America's President Award, and the Vermont Governor's Award.

A constant presence

Bread and Puppet Theater's dedication to their craft is unwavering. They remain an active force, regularly performing at their farm in Glover, as well as in local churches, schools, and parades. Their repertoire continues to evolve, incorporating new themes and narratives

Bread and Puppet →23

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SUDOKU

PUZZLES—from page 11

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Thriving outdoor farmers' market bustles with activity and fresh foods

Scenes from recent summer farmers' markets show a vibrant, community gathering hotspot. A diversity of products can be found in downtown Rutland on 15 Evelyn St., which runs from 9 a.m.-2 p.m.

There is also a mid-week summer market every Wednesday in Rutland and every Thursday in Fair Haven through the end of October.

The winter market begins in early November and is held at the Franklin Conference Center in Rutland, from 10 a.m.-2 p.m. every Saturday. The Franklin Conference Center is located in the Howe Center at One Scale Ave, Suite 92.

The Vermont Farmers' Market is a one-stop shop all year long. Visit every Saturday to shop, eat, and enjoy. It is one of the largest and most diverse farmers' markets in Vermont, and the first to operate 52 weeks out of the year. In total, bringing together over 100 vendors from Vermont and Washington County, New York.



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Courtesy vtfarmersmarket.org and downtownrutland.org
Scenes from Rutland's outdoor summer farmers' market



Courtesy Bread and Puppet

Masks are worn during Bread and Puppet shows to bring characters to life with artistry.

← Bread and Puppet: from page 21

that reflect the pressing issues of our time. Additionally, Bread and Puppet embarks on frequent tours, captivating audiences across Europe, Canada, and the United States. In recent years, they have ventured further afield, visiting countries such as El Salvador, Haiti, Russia, Greece, and Korea.

Connecting through art

At the core of Bread and Puppet Theater's mission is the belief that theater, like bread, is a basic necessity. They strive to bring their art to people from all walks of life, breaking down barriers and fostering connections. Through their visually stunning performances, they engage audiences on a visceral level, encouraging dialogue and reflection. Bread and Puppet's ability to merge art and activism has made them a powerful force for change, inspiring generations of artists

and activists alike.

The Bread and Puppet Theater stands as a testament to the transformative power of art. From their humble beginnings to their international acclaim, the company has remained true to their vision of using theater as a vehicle for social and political commentary. Through their visually stunning shows and thought-provoking narratives, Bread and Puppet has captivated audiences worldwide. As they continue to evolve and adapt to the changing times, their commitment to their craft and their message remains unwavering. The Bread and Puppet Theater is a shining example of the profound impact that art can have on society, inspiring us all to question, reflect, and strive for a better world.

For more information about the Bread and Puppet Theater, please visit: breadandpuppet.org.

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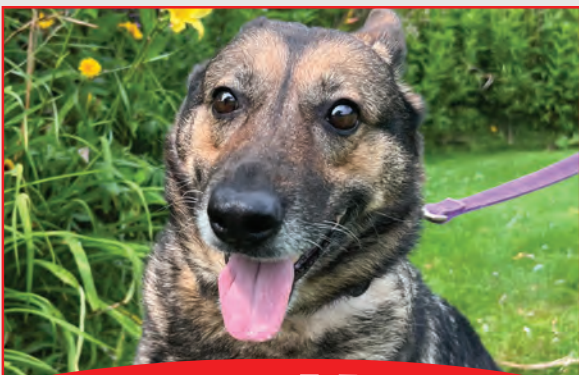
These babies are 11 weeks old and looking for loving homes! We are not sure of their mix but they are so cute. We have 5 males left, all handsome brindles of various shades. For the month of August we are taking \$100 off all large breed dogs and puppies. Adult cats are \$25 off and kittens are \$50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

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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.

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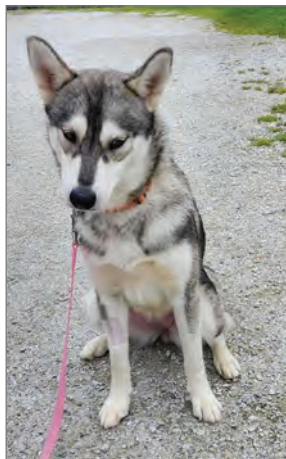
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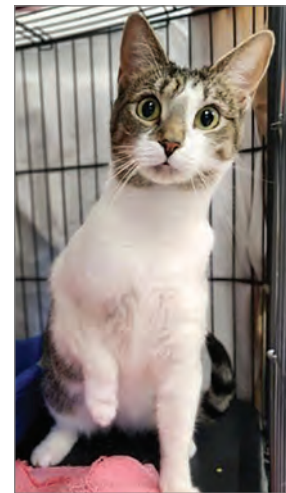
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Maya—1-year-old. Spayed female. Siberian husky. Maya walks great on a leash and wants to be right next to you and right by your side!



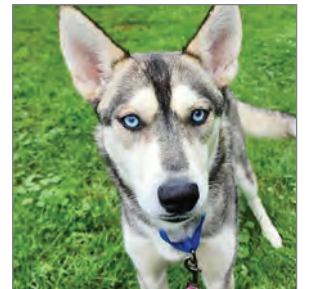
Luis—2-year-old. Neutered male. Shepherd/pit bull mix. Luis has a well-rounded and sweet personality.



Edith—2-year-old. Spayed female. Domestic shorthair. A lovely young lady with a splash of sass.



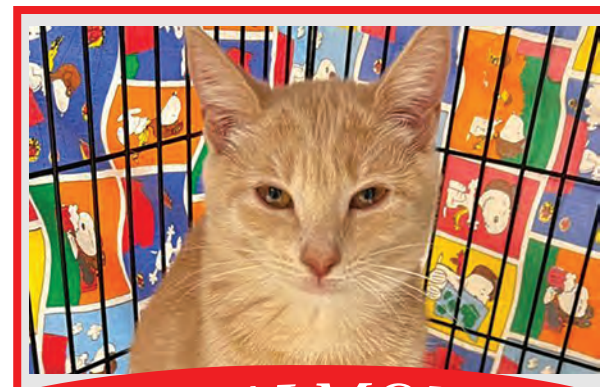
Maizy—3-year-old. Spayed female. Domestic shorthair. She is a unique cat with a lot of love to give.



Blu—1-year-old. Spayed female. Siberian husky. She loves to give kisses and hang out with her favorite people.



Squirt—1-year-old. Neutered male. Domestic shorthair. If you are looking for an easy-going cat, Squirt is the one for you!



SALMON

Salmon—5-months-old. Spayed female. Domestic shorthair. Her coloring is beautiful, almost the same as salmon!

Rutland County Humane Society

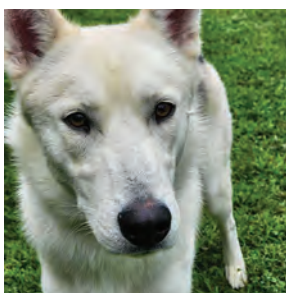
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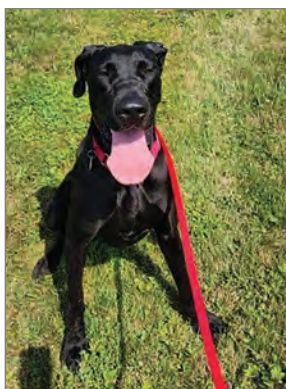
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Doug—3-year-old. Neutered male. Mixed breed. Black. Doug is a sweet, playful, and cuddly young dog. Good on rides and with other dogs.



Max—1-year old. Neutered male. Siberian husky. Max is a super friendly fella who loves to roll in the grass.



Mia—2-year-old. Spayed female. Great Dane. Black. She loves to take a good roll in the grass during her walks.

The truth about declawing your cat

There are many myths about declawing cats, and the Rutland County Humane Society (RCHS) wants you to know the truth. Declawing a cat is a surgery that is performed to amputate the last digit of the toe, including the nail bed on each front toe. The surgery can pose several risks for the cat, the first being anesthesia or postoperative complications such as excessive bleeding, infection, and pain. Cats claws are a vital part of their arsenal for both offense and defense. They use them to capture prey, settle disputes, or escape from other animals or people. As part of their daily routine, they instinctually pull their claws on anything that offers resistance. Cats will do this to mark their territory, exercise their muscles for hunting, relieve stress, and help care for the nails themselves. Declawing a cat can lead to biting since their defense mechanism has been taken away. Declawing a cat should never be done to try and solve a behavior issue. There are a variety of alternatives you can use to manage the natural scratching behavior of your cat like keeping nails trimmed, providing scratching posts, adding appealing structures for the cat to use, using deterrents like double-sided tape to protect furnishings, and covering the claws with soft temporary pads. If you have any questions or need behavioral help with your kitty, please reach out to your veterinarian for more information.



Clyde—7-year-old. American. Male. Brown and white. Clyde is a sweet boy who just wants to find his forever home.



Layla—2-year-old. Spayed female. Domestic Shorthair. Layla is a beautiful girl who has so much love to give.

Cosmic Catalogue



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Aries March 21 - April 20

Finding the right balance between what you want to do and what you have to do can be obtained this week. It's a process though, and you may bump into a few teething issues along the way. However, the key to overcoming this is accepting what is rather than either placing blame onto someone else or taking control of everything. In other words, make a choice, then go with the flow.

Leo July 21 - August 20

Relief is at hand when it comes to a financial issue this week. Delays, confusion and crossed wires may have been stressful when it comes to money or your ability to get your hands on the resources you need. At a deeper level, this could also be about you dealing with underlining issues of confidence and your ability to survive. If the opportunity to strike a deal arrives, go for more than you think you can!

Sagittarius November 21 - December 20

Seems like it could be time to change your tactic in terms of a work or life direction situation. So much as been up in the air and it hasn't been easy for you to make informed choices. However, a piece of news, information or the right advice is likely to get thing moving again. When you have the details in place, it will feel easier for you to be inspired and enthusiastic again.

Taurus April 21 - May 20

Life is bound to start feeling a whole lot better for you. It will take one day at a time, but you're at least heading in the right direction now. A weight has been lifted from your shoulders, which is a relief. Now, you need some time and space to figure out the meaning of it all and what you may have to gain from the new choices you're making.

Virgo August 21 - September 20

Life may take on the feel that it's beginning to turn around for you this week. The rethinking, reviewing and revising of what it is that makes you tick may have brought new insights, goals and desires. While you may still have your doubts as you move forward, one thing is for sure, moving forward is all you can do. New opportunities for hope, faith and philosophy is available for you now too.

Capricorn December 21 - January 20

Things are taking a turn for the better, for the most part. Still, there is some uncertainty when it comes to your career or your life direction. What are the next steps, you may ask? Next month will reveal that. However, right now you need to keep your eye on the big picture. Good news is coming, but if you blink you'll miss it. Pay attention because the story playing out isn't the one you think it is.

Gemini May 21 - June 20

Astuck or stagnant issue on the home front that has been causing some stress, worry or anxiety may be resolved this week. This might not mean that the problem is immediately fixed, but at least you'll know the direction you may need to take. Nothing can erase worry like action, so making a move, one way or another can make you feel better at the least. Be open to exploring a light bulb moment!

Libra September 21 - October 20

Situations with a friend, social or community group are set to get back on track now that your ruler, Venus, begins to gain traction. New opportunities are promised and you may feel generally lucky again. That being said, this also isn't the time for you to let your guard down or going into people-pleasing mode. Your personal goals, desires and perspectives matter as well. Keep that in mind while you negotiate new agreements.

Aquarius January 21 - February 20

A financial issue that has been causing delays, stress or worry may improve this week. Don't get too excited though! You may get a clue to the puzzle, to be sure, but that doesn't solve the mystery. It may take some time for you to resolve all that you need to, but the good news is, is that things are heading in the right direction again. Listen to the advice you get.

Cancer June 21 - July 20

One of life's biggest lessons is learning to decipher what you can control and what you cannot. However, when emotions get in the way, they tend to take over. Fortunately, you'll rediscover your ability to apply logic and reason to any issues you have at hand. Deal with the data and details and from there, you can let your emotions take over, if required. In reverse, it's harder to recover from.

Scorpio October 21 - November 20

A social group, community or something regarding your friendships is likely to change this week. This may be due to a fusion between the Sun and Mercury. Where there were delays or miscommunications, there is now smooth sailing and agreements. As things start to feel they are turning around, strike while the iron is hot and say your piece. Otherwise, you may not get your chance to say what needs to be said.

Pisces February 21 - March 20

Miscommunications and snafus in a key relationship have been a cause of concern recently. You put new boundaries in place and that likely didn't go down so well. As the goal posts move, some people need time to adjust. This week, you may see that someone starts to come around to your way of thinking. The issue may not be resolved, but you can at least see the way in which you can move forward.

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

Take the first step

This week, you may catch a glimpse of how life is changing. How you may be able to move forward, at long last, about something that has hurt your heart or made you reevaluate everything. Just when you may think all hope is gone, a piece of news or information changes everything. This isn't to say that everything is back to normal, because it isn't, but the intel that may arrive can help you make a choice or regain power in an unbalanced equation.

A powerful alignment between Mercury and the Sun can assure you with a level of certainty and clarity that you are on the

right track. An important choice can be made. The way out is the way through, but the hardest obstacle—making the decision, is what gets the process in motion. Once the choice is made, execution becomes easy. You'll be amazed by how the road rises up to meet you and the blessings you'll receive along your journey. Clarity arrives when you take your first steps, not when you're standing still. This week, as the road opens,

you may not know where you're going, but you know you can no longer be where you are.



Cosmic Catalogue
By Cassandra Tyndall

Listen to the otters

Otters,
They are cute little playful animals,
They always take time off to play,
To do something for themselves,
But at the same time,
They take time to play with other otters,
Maybe the animals have been trying to teach,
Us humans,
How to live,
How to have fun,
How to be kind,
To not only others,
But to ourselves too,
We need to take the Otter's advice,
We need to be kind,
To everyone,
We need to take time to ourselves,
But also use some of that time,
To help others,
Try to listen to all the animals,
It's the otters message,
They want everyone,
To have,
A good fun happy life,
So listen to the animals,
And take the otter's advice,
Trust me it's a good idea,
The otters told me themselves.



Poetry Is Power
By Bree Sarandrea

Animal sightings and signs part 4: One lucky duck and Canada Geese



Mountain Meditation
By Margeurite Jill Dye

My husband Duane and our Black Lab Luke had a magical experience years ago near the boat ramp in Kent Pond. A female Mallard was caught in a fishline. Duane fetched his trusty Swiss Army knife then told Luke to "stay" on the shoreline. He waded out. The ducks swam away that surrounded the Mallard. She looked in Duane's eyes. He said, "I'm here to help" as held her steady, snipped the fishline and disentangled her webbed feet. The duck in distress quacked with relief and swam away happily to her family. Luke stayed seated on the shore until the emergency had passed. (Good dog!)

The following year we hiked the Appalachian Trail along Kent Pond's shore (AT's prettiest section, many say). Duane sat to rest on a log with a view while Luke and I walked further ahead. Soon, a female

Meditations → 31

The life of a snapping turtle

Until 65 million years ago, huge reptiles dominated our planet – and every summer I think they might be making a comeback. The sight of a snapping turtle hauling herself onto a sunny log or lifting her incredible bulk on mud-colored legs always fills me with prehistoric daydreams. Turtles have roamed the Earth for about 200 million years, meaning they were around during the time of the dinosaurs.

Common snapping turtles (*Chelydra serpentina*) have a reputation for being – well, snappish. A snapper's mouth is a sharp-edged, scissor-like beak which it uses to eat fish, snakes, and frogs, and to slice through aquatic plants. Snappers also use these beaks to defend themselves from predators, who might otherwise find a tasty meal by flipping a turtle on its back, exposing its fleshy legs. It's fair to be intimidated by a snapper's size, as wild-living males weigh on average 35 pounds; the largest reported common snapper, a captive-living male, weighed 86 pounds. Adult snapping turtles are solidly at the top of the freshwater food chain, but for eggs and young turtles, it's a different story.

In early June, a female snapping turtle, having mated in April, will emerge from her pond and crawl to a sandy spot to lay her eggs. She may walk several miles in this search, and is vulnerable to being hit by vehicles, as she may cross multiple roads on her way to the best nesting sites, and may even choose a sandy roadside as a nest. (If you encounter a snapping turtle in the road, a good way to move it to safety is to use a snow shovel to scoop it up and carry it across in the direction it was traveling.)

Once she's found the spot and scraped out a deep hole with her claws, a female snapping turtle will lay roughly 30 eggs. She then covers the hole and abandons the site; her sole parental investment is to select this environment, trusting that the temperature underground remains within the sweet spot of 70 to 72 degrees to produce about half male and half female young. Because turtles experience temperature-dependent sex determination, if the nest is too warm, the hatchlings will skew female; too cold, and they will be male. If the digging and

laying process is successful, the turtle may return to the same general area next year. However, an estimated 90 % of snapper nests are destroyed by predators such as foxes and raccoons before the eggs hatch.

If the nest remains untouched, the eggs incubate for the rest of the summer. The young nose their way out of their leathery eggshell with an egg tooth, like those found in hatching birds, and dig through the sandy soil with their claws as their mother had months ago.

The hatchlings then begin walking downhill – the tried and trusted way for these ancient animals to find a body of water.

With their rough, dark-colored shells and long spiked tails, hatchling snappers resemble adults in every way except size. A freshly-hatch snapping turtle is only about the size of a half dollar. At this stage, young snappers are far, far down the food

chain. Their shells are somewhat flexible in their first months of life, and herons, raptors, foxes, mink, and even bullfrogs will snap up baby snappers.

Hatchlings are also hit by cars as they try to cross roads. Young snapping turtles may go eating for- during their their primary drive is to find a safe place to spend the upcoming winter.

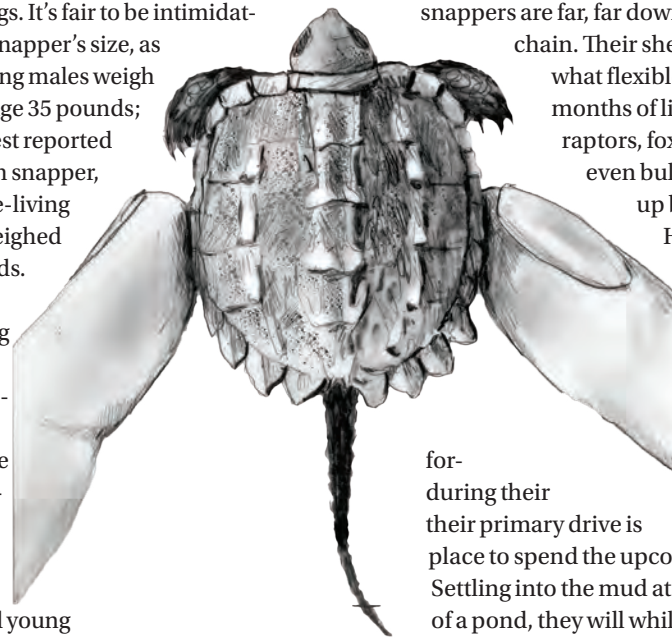
Settling into the mud at the bottom of a pond, they will while the winter away, reducing body temperature and heart rate, not eating, and breathing only through the skin around their mouth and cloaca. They don't need a lot of air during this time because they are not hunting or eating; the small amount of oxygen that passes across these thin areas of skin is plenty to sustain them through the winter. When the snapper reaches about 5 inches in length – which can take from 4 to 7 years, depending on the climate – it is ready to start breeding.

I've had the pleasure, on a warm March day, of looking down through the clear ice covering a local pond to see a snapping turtle swimming lazily around, although the surface had not yet thawed. There she waited, ready to begin the cycle again.

Anna Morris is an environmental educator at the Vermont Institute of Natural Science. Illustration by Adelaide Murphy Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of the New Hampshire Charitable Foundation: nhcf.org.



The Outside Story
By Anna Morris



On the right route

I take the same route to my office every day. I've done this for a long time and only once have I been forced to detour. On that occasion, an 18-wheeler had been trying to avoid an accident and, in turn, caused a massive pile-up that blocked the entire highway.

I came upon the accident well after it had happened and was unfortunately stuck in my position with no alternate route out. I sat there for an hour before things finally started moving.

I experienced the full range of emotions during that hour, from selfishness (because I was going to be late and miss a meeting that I was presenting at) to gratitude (because I was not directly involved in the accident and would only be mildly discomforted).

The one lasting impact from that event was that I now check Apple Maps on my phone every morning before I leave for work, just in case there's been an accident and I can reroute before driving into it. I do this religiously; I start my truck, I plug in my phone, and then I pull up Apple Maps for a quick look at the traffic patterns.

So far, it's been a complete waste of time (albeit, only seconds per day) since I've never encountered the same event again. However, I'm just superstitious enough to know that the one day I don't check will be the one day I get stuck again, but this time it will be for hours.

The other morning, I was waiting at a "forever stoplight" on my route (a forever stoplight is one of those stoplights that, if you hit it at the wrong time, you'll wait there forever). On this occasion, I pulled up just as the light turned yellow, which meant I was going to be sitting there for the full duration.

I glanced out my driver's side window at the car next to me and noticed an impressive looking SUV with a female driver. She was middle-aged with styled hair and sunglasses. I imagined her to be an executive of some sort given her classy look and primed façade.

She was moving her lips frantically, which meant that she was either talking on the phone or singing, and given the way her hands started to flail about, it was obvious she wasn't singing.

I watched her for a few moments until she slammed her hand on the dashboard and then grabbed her steering wheel and shook it. I knew then that something was terribly wrong in her world and looked away when I saw her turn toward me.

I was planning on waiting a few seconds before I looked back when I glanced out the passenger window at the car on the other side of me. This vehicle was a war-torn sedan whose hood looked to be from a different car. The guy inside had a beanie cap on and sported a disordered beard. He was leaning into his steering wheel like he was in anticipation of something big.

I noticed his fingers tapping on one side of the steering wheel while his lips playfully bounced around, indicating that he was most certainly listening to music. I was about to look back at the woman, when the guy looked over at me and smiled. He raised his opposite hand which displayed a coffee cup and nodded it at me as if toasting our interaction.

I nodded back and smiled and then turned back toward the woman, whose head was now leaned back against her seat. She appeared completely dejected.

I looked at the stoplight just as it turned green and started moving forward. The woman next to me gunned it, making a left turn as she frantically sped away. The guy on my right, who was heading in

the same direction as I was, barely picked up speed. He slowly drifted away in my rearview mirror.

I laughed to myself at the juxtaposition of these two characters and how different they were approaching their lives (at least in that moment). It seemed obvious which one was happier, but then again, a short pause at a stoplight can't reveal everything.

In this week's feature, "Don't Worry Darling," we meet an entire community who appears to be living a happy and blissful experience of traditional 1950s values. However, something sinister is lurking beneath the surface.

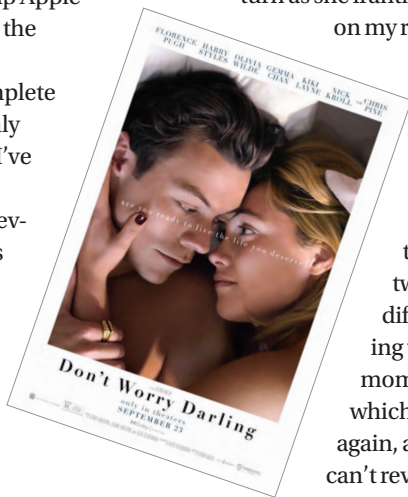
Starring Florence Pugh and Chris Pine, along with pop star Harry Styles thrown in for pizzazz, "Don't Worry Darling" is an odd psychological thriller that slowly pokes the viewer with ever-increasing tenacity. The film is highly stylized and incorporates an elaborate set of hallucinatory moments that the main character is hobbled with as she struggles to understand her incongruous circumstance.

Check this one out if you like the occasional departure from traditional filmmaking. It's also got some interesting feminist overtones that you may or may not find challenging.

A perplexing "B-" for "Don't Worry Darling," now available for streaming on Netflix. *Got a question or comment for Dom? You can email him at moviediary@att.net.*



The Movie Diary
By Dom Cioffi



Walking in the woods reveals truths, connections

I've been here many times before, but today it's a secret adventure. I slide my foot through the ferns, trying to find a solid placement for my foot. The ground is still quite a bit muddy even though it's been dry out lately. I find a solid bit of rock amidst a large section of mud and flinch slightly, hoping that it won't sink deeper. Stupidly, I'm wearing my breathable sneakers with the holes in them and stepping into mud will mean wet socks and soggy feet.

The rock stays in place and I am free to look for the next footstep, even as the ferns are so overgrown I can barely locate the trail. But the woods are lush, so overgrown with bright greens that I barely recognize this place. The trees are whapping me, their branches laden down with the weight of their plush leaves. The colors are so vibrant, so green, that they are almost glowing in the sunshine.

It's enrapturing, walking through this rain-filled forest. I cannot decide if the plants are enjoying the growth or are burdened by all the extra water weight they're carrying. I don't

think the plants have decided, either. The ferns are so wide, so tall that they must be shoving other, shorter plants underneath their branches. The trail is so narrow, I have to rotate my hips to stride forward, maneuvering around the fallen stumps and other classic trail debris.

It feels like no one has been here all summer, on this secret path. In fact, walking through the woods right now feels like you're pulling back the ivy on the wall into the Secret Garden. You know, that place where no one can find you, where you can be alone with yourself and your thoughts and just sit and think about the world as it circles unknowingly around you?

And so I walk through the green mountain jungle, moving branches and plants and ferns out of the way. The canopy is so thick and plush that you can barely see the sky above you but you keep walking. Walking in the way that people have walked for years, just walking to walk, to escape, to find something. To be farther away from everything but closer to yourself.

Livin' the Dream →31



Livin' the Dream
By Merisa Sherman

Decorating for autumn

Let's take a look forward this week at what I find to be one of the most fun seasons for decorating. Autumn will be here soon and with it comes the opportunity to show your creativity and have the "last hurrah" of color before our world turns white again.

Let's start with a wreath for your front door. My favorite is one made up of brightly colored leaves. You can mimic Mother Nature's color choices by selecting a wreath with red, yellow and orange leaves. Silk material is more realistic than plastic and most silk wreaths are treated to withstand the elements. If the wreath contains a few acorns and small pine cones all the better!

And what is fall without mum plants? They speak to the season with several color choices. My favorite is a deep red. The window box in front of our living room windows holds six plants and the cream colored trim shows off the deep red nicely.

Mums are a versatile flower as they look festive in the ground or in containers. Multiple colors are available and a display showing the various colors is striking.

An added bonus with mum plants is that they can be cut back to about 4", placed in the ground and covered with a mound of leaves. As the weather warms in April gradually remove the leaves and you will see signs of a mum plant that will grace your garden in the fall. A tip for having a nice full plant is to cut it

back around the 4th of July to about 4 inches. If you don't do that it will be spindly.

Who can resist decorative scarecrows, bales of hay and pumpkins? They add a whole new layer of fun to fall decorating. All these items are relatively inexpensive and are seasonally appropriate right up to Thanksgiving.

If you have a fence it's the perfect place for a garland of autumn leaves. At our house the board-on-board cedar fence is long enough for four garlands with a festive wreath on the gate in the middle.

I like the inside of our house to look just as seasonal as the outside. The mantle in our living room is decorated with a fall garland to which I always add a string of small white lights. They are a cozy sight during the shorter daylight hours at this time of year. An autumn wreath hangs over the mantle, and small scarecrows and witches along with artificial, but realistic, pumpkins are placed on shelves and the dining room hutch.

Decorating isn't complete without adding a candle with an autumn scent. I am always happy when I find fragrances of apples, pumpkins, cinnamon, ginger and citrus. Their scents leave no doubts as to what season we are celebrating!

Have fun decorating. Not only will you enjoy the results but people passing your house will enjoy it, too.



Looking Forward
By Mary Ellen Shaw



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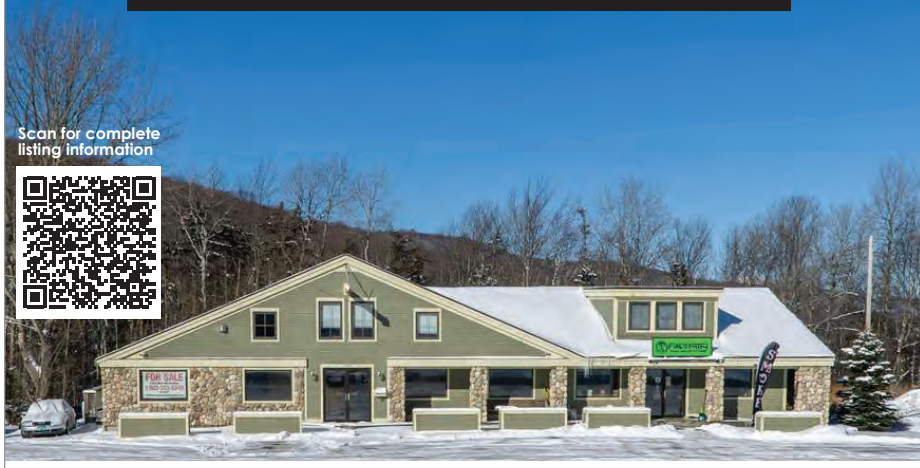
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← **Meditations:**
from page 26

mallard swam close by and nibbled her way up onto the bank. She waddled and stopped right in front of Duane. She quacked and quacked until he asked, "Are you the same duck I helped last year?" She quacked some more then turned around, waddled and swam away in Kent Pond.

Different duck varieties offer different meanings. Mallards are the world's most common duck. They thrive in small ponds and safe waterways. Mallards have a friendly social spirit and are comfortable in their natural surroundings. They value commitment and community according to the principles of *feng shui*. Mallards represent honesty, versatility and adaptability. Mallard Spirit encourages us to explore hidden emotions, heal old wounds, eliminate negative thoughts, and increase inner wisdom.

My husband and I also delight in frequent sightings of Canada Geese who migrate twice a year (like we do). Killington's a popular summer resort for humans and Canada geese, families. We visit them at the Foundry Pond and Kent Pond.

When Canada geese fly over our house early morning and late afternoon we run outside for photos and "bravos." (They thrill us so we often applaud them.) Last summer on the Killington soccer field behind the Sherburne Memorial Library I heard a goose disciplinarian honking commands to unruly goslings. He tried to prepare them for takeoff and flight in an orderly manner. After several attempts, he

finally succeeded, still honking to achieve a "V" formation. I laughed out loud and cheered them on as they circled above and rehearsed for migration.

Geese impart many messages to us, especially the importance of strong family values, nurturing, bonding and communicating with loved ones. Geese are compassionate, patient and loyal. They are brave, determined and protect young from danger.

As we drive south to Bradenton, Florida in early November and back in May, we watch for geese on highway medians, rivers, in parks and lowlands. "Are you our geese?" we eagerly ask, hoping their journeys are uneventful and safe.

Which creatures show up in your life? You can explore what their messages are on many sites, but here is one I particularly like: whatismyspiritanimal.com.

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



By Marguerite Jill Dye

← **Living the Dream:**
from page 27

Searching for the path to become more you while walking away from everything else.

I am not looking for myself, well, not exactly. But I do always seem to find myself. As I walk, thoughts randomly pop into my head that I am usually never expecting or searching for. They just are. Something about walking, focusing on such a basic movement, brings some of the oddest thoughts to the forefront of my mind. Sometimes, I even know what to do with them. But more often than that, my mind loses these thoughts as soon as I stop moving.

Why is that? Is it because of the repetitious movement? Or is it because I'm specifically walking? Walking increases the flow of oxygen and nutrients to the brain, which can open the gates to creativity. It might be why one might randomly feel a song coming on. According to studies, creative output increases up to 60% while walking. That is a stunning number. Walking releases creativity, but why?

Perhaps because the brain is so calm. It calms the mind, reduces cortisol levels and makes your stress vanish away as if it had never been there. Of course, the stress is still there. Ready to slap you in the face as soon as you stop walking. So you must keep moving. It's one of the many reasons why people love to through-hike, addicted to the freedom from the real world.

But so many other aspects fall into place. The feel of the earth beneath your feet, wrapping your toes around the rocks or feeling the different angles of the uneven ground beneath your feet. Instantly having to change the angles, strengthening your ankles as you walk along on the uneven ground. Your brain might be relaxing, but your body is getting stronger, more agile, more adept and more perceptive to what lies beneath you. Making you a better skier.

Yep, that's where all this was going. I walk because I want my feet to feel. To know the world, to awaken and to have an increased perception of reality instead of remaining in those boring sneakers on flat concrete where every step is the same. Because that is NOT skiing. Every turn is different and your feet are the closest connection you'll have to the snow. And if they can't feel the mud through your sneakers, how will they ever feel the snow through your big plastic boots and skis? Increase your body awareness and the creativity of your movements, and this winter, it will feel like you're floating along through Anarchy — at least until you get to the bottom section.

Merisa Sherman is a long-time Killington resident, local realtor (R), bartender and KMS coach. Share your Vermont experiences at femaleskibum@gmail.com.

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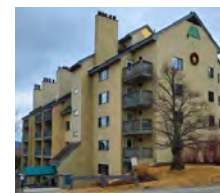
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