



By Pat Wise

TULIP CHAIRS ADDED TO DEPOT PARK

New seating in downtown Rutland came from Netherlands and was paid for by local fundraising efforts through Come Alive Outside (\$10K) and a Better Places Program grant (\$20K). Adirondack chairs and tables as well as more music garden elements will soon be added, too.



Courtesy Killington Resort

PICO HOSTS BREWFEST

Featuring 40 breweries pouring dozens of craft beer styles, this popular event is not-to-be missed! A vendor village and live music add to the entertainment.

Page 18

\$33,000 RAISED FOR CHASE, PMSF

The 10th Annual Pie in the Face for Chase event raised \$33,000 for Chase Kuehl and the Phelan-McDermid Syndrome Foundation.

Page 19

Mac's Market to get new owner

Staff report

Mac's Market is under contract with a new owner.

The family-owned grocery store, with locations in Woodstock, Stowe and Essex, is in the process of being acquired by the Associated Grocers of New England.

"We're under agreement with them," said Mike Violette, the president and CEO of Associated Grocers. "Our plan right now is, we're looking toward purchasing the stores and closing Nov. 7."

Associated Grocers, based in Pembroke, New Hampshire, operates 12 stores, with five locations in New Hampshire and seven in Vermont, including the Jericho Village Market, Newport Village Market, Londonderry Village Market, Shelburne Village Market, Richmond Market and Beverage and Village Market in Waterbury.

Associated Grocers is also the supplier for 600 supermarkets and convenience stores in New England.

"We've been a supplier of Mac's for a number of years,"
Mac's → 29



By Paul Holmes

The Fox U.S. Open, held at Killington Resort last weekend, drew about 900 competitors and thousands of spectators.

Teenagers earn podiums at U.S. Open

By Katy Savage

Some of the youngest riders at the U.S. Open of Mountain Biking in Killington Sept. 21-24 had the biggest success.

The two youngest competitors, 15-year-old Aletha "Ally" Ostgaard of Seattle got second in the downhill race on the women's side while Asa Vermette, 16, of Colorado won second place on the men's side.

"It's definitely a really good feeling to reflect on my season and be like, 'OK, I'm really happy with that,'" Ally said, explaining the U.S. Open was her last race of the season.

Ally and Asa made history last year,

becoming the two youngest riders to ever podium the U.S. Open. They both finished in third place.

"It was awesome to see those kids back on the podium and step up," U.S. Open co-founder Clay Harper said. "The crowd here really thought Asa was going to win, it was wild."

Thousands of spectators showed up to watch the 900 athletes compete in downhill, enduro, best whip and dual slalom at Killington Resort.

Asa said he could hear the crowd roar from the top of his run.

"It was insane to be racing with all

the top World Cup dudes," Asa said on Instagram after his win this year.

"I've been watching them all on videos my entire life and to race against them was crazy," he added in a later phone interview.

Asa, who also placed second in the best whip competition this year, started riding when he was 13 years old at his local bike park.

"I've just been loving it ever since I can remember," he said.

Asa said the Killington course is "a bit flatter" than other tracks he rides but
U.S. Open → 13

State announces \$55.5 million investment in new housing

State Treasurer Mike Pieciak joined Governor Scott and state housing leaders to announce \$55.5 million in housing investments from the Treasurer's Office's "10% in Vermont" local investment program.

The Treasurer's Office awarded \$50 million to the Vermont Housing Finance Agency (VHFA), \$5 million to the Vermont Economic Development Authority (VEDA), and \$500,000 to the Northern Forest Center. It's the largest housing investment ever made under the "10% in Vermont" program. It will leverage an estimated \$340 million in additional capital to support the construction of over 1,100 housing units.

"Our lack of housing is holding back the full potential of the Vermont economy. By leveraging our state's strong balance sheet to support over 1,100 new housing units, Vermont will reap economic dividends for decades to come," said Treasurer Pieciak. "More housing means critical occupations like nurses, teachers, and first responders will be able to find homes in the communities they serve, and businesses will be able to hire new workers to expand their

\$55m for new housing → 2

School Construction Aid Task Force is activated

Vermont's moratorium on state aid for school construction is only in New England

The School Construction Aid task force had its first working meeting last Friday, Sept. 22.

The task force is made up of a range of subject matter experts and key stakeholders and was formed to consider re-establishing a direct state aid program for local school construction. In 2008, in response to the global financial crisis, Vermont implemented a moratorium on direct state aid for local school construction and is currently the only New England state that still has its moratorium in place.

The Task Force will evaluate the needs, funding options, governance structures, and criteria for prioritizing funding

School construction → 2

Killington local rides in gravel bike-a-thon for cancer research

Killington local Robby Joyce rode in the Pan-Mass Challenge's (PMC) PMC Unpaved event this past weekend, a gravel bike-a-thon to raise money for Dana-Farber Cancer Institute (Dana-Farber) in Boston.

Joyce's journey with the PMC began in 2019 when the father of his close friend, Paul, was diagnosed with cancer.

After the diagnosis, Joyce and Paul were determined to find a way to make an impact and decided to raise funds for cancer research and treatment at Dana-Farber. Unfortunately, Paul's father lost his battle soon after—which deepened the pair's connection to the cause.

In 2022, when the PMC unveiled the inaugural Unpaved event, Joyce and Paul ventured into the world of gravel cycling for the first time and haven't looked back. Vermont's captivating gravel scene and the challenging terrain has become Joyce's sanctuary in training for the upcoming ride, and the pair hope to make PMC Unpaved a tradition they will participate in for years to come.

PMC Unpaved took place on Saturday, Sept. 23, and brought together hundreds of new and existing PMC riders to Massachusetts' scenic Berkshires at Camp Mah-Kee-Nac in Lenox.

Every dollar raised through PMC Unpaved 2023 will contribute to the PMC's record-breaking \$70 million fundraising goal for the institute this year.



Submitted
Robby Joyce



By William Kurtz

Robby Joyce begins his ride Sunday, Sept. 24.

Birth announcement: Caden Bear Cushing

Caden Bear Cushing was born on Sept. 24 to Jen and Patrick Cushing. He weighs 8lb 6oz. "Bear" is the second generation to be born in Killington. Bear's grandparents Patricia



and Jeff Cushing came to Killington in the 1980s to ski and never left. They gave birth to Patrick who grew up in Killington. He left for college and lived in the Washington DC area for work, but moved back to town with his wife in 2021.

Bear is Jen and Patrick's first child. He is expected to be on the slopes soon.

Celebrate the life of Marianne Adkins

There will be a celebration of life for Marianne Adkins of Wilder (formerly of Killington), on Sept. 30 from 2-4 p.m. at the Sherburne Memorial Library. Join for light snacks and refreshments while we remember the life of Marianne Adkins.



Submitted

Winning pie

Around 5,000 people attended the event, tasting whoopie pies from 12 whoopie pie vendors. Here they watch Dream Maker Bakers assemble a 770-pound whoopie pie.

← \$55M for new housing: from page 1

businesses."

Governor Scott said, "Housing has been a top priority for my Administration since day one. Even though we've seen record investments and construction over the past seven years, we know there's much more work to do, which is why initiatives like this are so crucial. I want to thank Treasurer Pieciak for his work and focus on this, as well as all our partners for their collaboration and commitment."

The "10% in Vermont" program allows the Treasurer's Office to invest up to 10% of the state's cash deposits for economic development and job creation in the form of low interest loans. The state's average daily cash balance has grown substantially in recent years, which allowed the Treasurer's Office to significantly increase the amount available for investment.

The cash balance stands at \$2.1 billion today. Before the pandemic it would run upwards of \$300 million. Pieciak said they took a conservative approach and assumed a \$1 billion cash balance now, which allows for \$100 million in total economic development investment. The balance has increased as federal funds have poured in over the last few years and as state revenues and the budget have also grown.

The \$50 million loan to VHFA will help fund a variety of housing initiatives to support a broad spectrum of new housing development, specifically:

\$14,000,000 for traditional new affordable housing;

\$14,000,000 for economic impact housing focused on supporting Vermont's economic and employer housing needs;

\$6,000,000 for small and emerging developers who are creating housing in underserved communities, while also building capacity in Vermont's builder and developer network;

\$6,000,000 for flood resilience and sustainable innovation focused on homes and buildings impacted by the July Flooding;

\$5,000,000 for homeownership through the missing middle-income homeownership program; and

\$5,000,000 for manufactured home communities in the form of below-market interest rate loans for both construction and longer-term permanent debt.

"By investing in affordable housing, the state can further the work of communities, while supporting the workforce, which will strengthen the state overall," Maura Collins, Executive Director of the Vermont Housing Finance Agency

said. "10% in Vermont is a model for other states. This substantial investment will support over 1,000 for-sale, rented, and manufactured homes. We are excited to work with builders and developers across the state to meet these housing needs."

The \$5 million loan to VEDA will support the expansion of the Vergennes Grand, an assisted living community in Vergennes, serving low and middle income retirees. The project will create an additional 65 assisted living beds for seniors and 45 full time jobs. VEDA Chief Executive Officer Cassie Polhemus said the facility is critical for providing a continuum of housing options for all Vermonters.

"The undersupply of housing in Vermont impacts everyone, including our senior citizens, who need personalized support and medical services," said VEDA Chief Executive Officer Cassie Polhemus. "The funds awarded to VEDA from State Treasurer Mike Pieciak's office through the 10% in VT program will help develop an affordable long-term care facility in downtown Vergennes housing residents in a convenient location where their unique needs are met while remaining close to family and friends in Vermont."

The \$500,000 loan to Northern Forest Center will support the redevelopment of the 560 Railroad Street Project in downtown St. Johnsbury, creating nine new high-quality market rate rental apartments and two prominent commercial storefronts.

"The state's investment allows us to redevelop a historic, but largely unused, downtown building into quality apartments and commercial spaces," said Rob Riley, president of the Northern Forest Center, "We look forward to catalyzing additional investment in downtown St. Johnsbury and building on the incredible community vibe and pride."

Treasurer Pieciak also highlighted the social benefits of investing in building more housing.

"Earlier this summer our office hosted a forum on homelessness that discussed how low vacancy rates and high median rents are two primary drivers of homelessness," said Treasurer Pieciak. "Vermont's housing vacancy rate is one of the lowest in the country and our median rents are some of the highest, so more permanent housing is critical to reducing homelessness and supporting Housing First policies for effective mental health and substance use disorder treatment."

Additional awards under the 10% in Vermont program will be considered on a rolling basis.

After initial denial, FEMA to cover Hartland road repairs

By Curt Peterson

Hartland Select Board Tom Kennedy said the Federal Emergency Management Agency (FEMA) had extended the qualifying period for flood damage coverage to include the town's July 21 road damage.

Hartland had survived the July 17 deluge with little or no damage, but the subsequent storm four days later devastated roads and culverts.

At the previous board meeting, acting Town Manager Martin Dole announced FEMA's official rejection of Hartland's request for road repairs funding because damages occurred outside the July 17 event time limit. The cost of repairs would have to be paid from the highway budget, resulting in a \$300,000 deficit.

The Mountain Times contacted FEMA to determine the actual status. Brianna Summer Fenton, FEMA media relations specialist, wrote, "Since Hartland is located in Windsor County and they have sustained damages due to the July 21 storm they are eligible to apply for FEMA assistance. Our

incident period was just extended yesterday, Sept. 19."

Dole told the Mountain Times Hartland has already paid out \$133,000, but the total cost of the July 21 storm is estimated to be \$300,000. Outside contractors are now working on the repairs, and the town highway crew has gotten back to regular road maintenance.

Regarding ongoing work, Dole said, "The cash is there to pay the invoices, so they will not go unpaid. The highway fund account will be replenished from the highway reserve fund, which has plenty to cover them."

Hartland must now file an application for reimbursement, including documentation of funds spent and descriptions of projects.

Select Board Chair Phil Hobbie told the Mountain Times the town has an application file. "Is it complete? No. There are still back-ordered culverts as of two weeks ago. Otherwise, (Dole's) log, photos and receipts are up to date and ready for submission."

Vermont has 7,000-8,500 black bears, VTF&W says, a five-year high

Vermont's black bear population is estimated at 7,000 to 8,500 based on 2022 data, the most recent available, according to the Vermont Fish and Wildlife department (VTF&W).

"It is important to look at the 2022 population estimate as part of the typical cycles of growth and decline in a bear population that is stable over the long term," said wildlife biologist and Black Bear Project Leader Jaclyn Comeau. "The 7,000 to 8,500 bear estimate for 2022 is a five-year high. We will be watching closely in the coming few years to see if the population drops as we have seen it do before, after high years in previous cycles."

Comeau stressed that the current population estimate is not a basis for changes to Vermont's bear management at this time. She added that today's robust bear population is the result of a decades-long research and conservation effort that includes land protection, regulated hunting and significant public education on proactive conflict prevention.

As recently as the early 1970s Vermont's bears were found only in mountainous areas and the Northeast Kingdom, and likely numbered between 1,500 and 3,500. Today they are found in every Vermont town except for communities on the Lake Champlain Islands. Since the mid-1990s the population has been relatively stable, fluctuating from 4,000 to 7,500 bears in consistent cycles of growth and decline. The population has seen steady growth since 2019.

"Taking active steps to coexist with bears is our responsibility as Vermonters," said Comeau. "That means



By Tom Rogers, VTF&W

Black bears are among the giants of Vermont's native biodiversity. The number in the state has been rising.

respecting these powerful animals as an important part of our native biodiversity, using proactive conflict prevention strategies like keeping human

"We will be watching closely in the coming few years to see if the population drops as we have seen it do before, after high years in previous cycles," said Comeau.

food out of bears' reach, and relying on a scientifically regulated hunting season to keep the bear population in line with Vermont's social carrying capacity."

The department's bear population model uses age and sex data from hunter harvests and non-hunting mortalities like vehicle strikes to

estimate the population and account for model uncertainty. Because the model relies on annual data from hunters, it lags one year behind the current hunting season.

"Hunter harvest data are used by state fish and wildlife agencies to model bear populations nation-wide," said biometrician and Research Program Manager Katherina Gieder. "We are confident in our bear population model estimates because they consistently match what other data indicate about the population trend over time. Model certainty has also increased in recent years, especially since making it mandatory for bear hunters to submit a tooth from their harvest to the department in 2018. It's a good example of how community science can directly inform wildlife conservation."

Model certainty has also increased in recent years, especially since making it mandatory for bear hunters to submit a tooth from their harvest to the department in 2018. It's a good example of how community science can directly inform wildlife conservation."

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Table of contents

- Local news 2
- Opinion 8
- Puzzles 11
- Calendar 14
- Arts, Dining, Entertainment 18
- Pets 24
- Horoscopes 25
- Columns 26
- Service directory 28
- Classifieds 29
- Real estate 30

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Dump & Donuts returns

Now that fall is here it will soon be time to look ahead to the 2024 legislative session, which starts on Jan. 3. To begin the preparation for the session and get input from district residents, “Dump & Donuts” office hours will take place this coming Saturday, Sept. 30 at the Chittenden transfer station from 8:30-10 a.m. and the Killington transfer station from 10:30 a.m.-12-noon. Please stop by for a treat, to say hi, and/or let me know what priorities you have for the next session.



By Rep. Jim Harrison

While the State House has been quiet since the one-day veto session in June, the Governor’s administration

has been busy with the aftermath of flooding that has hit the state this summer. The work of rebuilding is a long way from being done and will no doubt play a key role in the finances of the upcoming session.

With Scott’s declaration of emergency back in July, which expands the Governor’s authority to deal with a wide variety of relief efforts, the Legislature has been largely on the sideline (although many lawmakers likely played important roles within their own communities that were heavily damaged).

Perhaps it was the lack of attention that prompted the Speaker and Senate leader to write a letter to the Governor questioning whether he had the authority to issue new VT Strong license plates at a different price than the Irene plates 12 years ago and whether the proceeds could go to a different cause. While they indicated agreement in principle to the changes, some saw the letter as petty. For the Governor to call the Legislature back into special session to update the statute, even for a day, would have cost more than the new plates might raise in funding. Hopefully the different perspective on the plates is not a signal of further divide next year between the Governor and legislature when the session begins in January.

The past session saw the Legislature override Scott’s veto six times, including the state budget, the clean heat standard, and a new payroll tax for childcare support. Some notes of interest:

- The administration indicated that 18 state buildings in Montpelier suffered an estimated \$100 million

in damage because of the July flooding. It is unclear how much will be covered by FEMA and what will need to be funded out of the state budget at this juncture.

- Although the state budget will face a potential stress test with flood remediation projects in the coming session, nearly 60 advocacy groups are calling on lawmakers to approve a new taxpayer funded family leave program in the coming session. Last winter, the measure passed the House with a new payroll tax, but not the Senate.
- State economists increased the state’s general fund revenue forecast for the current fiscal year that began July 1 by \$73 million. While it didn’t account for possible losses due to the flooding, most of the increase was the result of interest income earned on state funds due to higher rates and the one-time influx of federal money in the state treasury.
- The Otter Creek Communication Union District, which is comprised of most Rutland County towns, was awarded a nearly \$10 million grant to build out high speed broadband. The CUD plans to partner with Consolidated Communications. A special thanks to Larry Courcelle of Mendon, the Otter Creek Vice Chair and member of the state board of CUD’s for his help with this.
- The new version of the VT Strong license plates may be purchased online at dmv.vermont.gov/vermont-strong23 or at DMV offices. The proceeds will benefit victims of this past summer’s flooding. They are \$35.
- In what has been a year of transition at the Vermont State Colleges, Dr. David Bergh will become the interim President of Vermont State University following the planned departure of Mike Smith next month. Bergh had previously served as Dean of Student Life and College Relations on the Johnson campus before moving on to other institutions. In the meantime, Chancellor Sophie Zdatny has announced she will step down at the end of the year.
- The administration announced changes to the state grants to assist businesses impacted by the July flooding. The caps will be increased and tied to a

Harrison → 10

School construction: from page 1

for school construction throughout the state. The Task Force will also examine the appropriate state action level of response to PCB contamination. Treasurer Pieciak serves as co-chair of the Task Force, along with Interim Secretary of Education Heather Bouchey.

“Vermont has one of the best public education systems in the country, but our students cannot learn properly if their schools lack the proper facilities,” said Treasurer Pieciak. “This Task Force is critical given reports of inadequate and unsafe school infrastructure throughout our state. I look forward to collaborating with Task Force members to develop a framework for supporting schools, investing in Vermont’s future, and providing necessary resources for every student’s success.”

“The Agency of Education rec-

ognizes that a student’s learning environment plays a pivotal role in determining their academic success,” emphasized Interim Secretary Heather Bouchey. “Partnering with the Treasurer to lead this group is an opportunity to contribute to the critical goal of guaranteeing that every child in our state can attend schools that are not only safe but also equipped with modern facilities that inspire learning. My hope is that we are able to establish the necessary groundwork for a future where all students have the resources they need to thrive, learn, and achieve their full potential.”

Task Force members include: State Treasurer Mike Pieciak, Co-Chair; Interim Secretary of Education Heather Bouchey, Co-Chair; Representative Peter Conlon (Addison-2), House Committee on Education, Chair; Representative Chris Taylor (Chit-

tenden-Franklin), House Committee on Education; Senator David Weeks, Senate Committee on Education; Senator Martine Gulick, Senate Committee on Education, Vice Chair; Vermont-NEA Executive Director Jeff Fannon; VPA President-elect Chris Young; Vermont School Boards Association Executive Director Sue Ceglowski; Vermont Superintendents Association Executive Director Jeff Francis; Vermont Bond Bank Executive Director Michael Guaghan; Vermont School Custodians and Maintenance Association President Bruce MacIntire; Energy Efficient Investments Inc. Project Developer Eric Lafayette; UVMCM Industrial Hygienist, Jon Wilkinson; David Epstein, TruexCullins.

The Task Force will issue a report with their recommendations to the Legislature on or before Jan. 15, 2024.



TOWN OF
KILLINGTON
VERMONT

Invitation to bid Reconstruction of East Mountain Road

The Town of Killington is seeking bids to reconstruct the lower two miles of East Mountain Road to repair storm damage that occurred as a result of the July 7, 2023 storm event. The project includes the replacement of most culvert structures, installations of headwalls and wingwalls, reconstruction of road base, reconstruction of stonelined ditchlines, and limited storm clean up. This work is in preparation of the Town repaving and installing guard rail under a separate contract.

**Work is to be completed by November 1st.
Bids will be due by 4:30 p.m., Wednesday
October 4th, 2023, at the Town Office.**

Plans and construction specifications are available from Enman Kesselring Consulting Engineers. Contact Nicole Kesselring, 802-775-3437 with questions.

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Scott announces \$5M for homeowners to fix wells and septic systems

Gov. Phil Scott and the Agency of Natural Resources (ANR) are giving \$5 million in funding to support low- and moderate-income Vermont homeowners in repairing or replacing their failed or inadequate onsite water or wastewater systems. This is the third round of funding for the program.

“Wells and septic systems can be costly to repair, and this funding will help many Vermonters afford these critical fixes that ensure safe, reliable systems, and healthier living,” said Scott.

Eligible homeowners may apply for this round of ARPA onsite funding by Oct. 31. The application process includes submitting an online pre-qualification application. With limited funding, ANR will select approximately 200 priority projects to receive funding based on income, environmental impact, household demographics, and severity of system failure. ANR anticipates issuing awards for priority projects by the spring of 2024. Awardees must complete their projects and spend the funding by September 2026.

To be eligible for funding, applicants must:

- Have a failed or inadequate on-site drinking water and/or wastewater system (also known as wells, springs, septic systems or tanks, leach fields, dry-wells, or cesspools)
- Own and live on a residential property with either a single-family home or an owner-occupied, multi-family home with up to four units
- Earn a household income of less than \$80,835 per year
- Community groups cannot directly receive awards but can help homeowners apply or learn about the funding. For those with accessibility needs, ANR has

Wells and septic funds → 9



Courtesy Goodro Lumber

New signage installed at Killington gateway

John Hoague installs a new sign that greets drivers at the intersection of Killington Road and Route 4. An electronic message board will be installed underneath soon and the town plans for another just up the road outside the public safety building.

Vermont Adaptive named finalist for education award

Continuing a legacy of humanitarian work, Defender has announced the finalists of the 2023 Defender Service Awards. Vermont Adaptive Ski and Sports has been selected as a finalist in the Outdoor Accessibility and Education Award, presented by Outside Interactive Inc.

In the third annual “Defender

Service Awards,” which embraces the Defender inner spirit of heroism and recognizes those who embody this, the 25 U.S. non-profits and Canadian registered charities are recognized for making a positive impact in their local communities and embodying the ethos of Defender as a beacon of liberty.

“We are honored to be a finalist with the five other nonprofits in our category for this prestigious award,” said Erin Fernandez, executive director at Vermont Adaptive. “Our goal is to ensure we can get as many people as we can into the outdoors to play and recreate. Some of those locations are

Vt Adaptive finalist → 16

Vermont attorney general addresses scam awareness, help

By Karen D. Lorentz

Editor’s note: This is part one of three stories on preventing becoming a victim of fraud and what to do about it if it happens to you. Part two will address popular scams and part three compute/internet scams.

Every two seconds someone’s identity is stolen, giving criminals access to credit cards, loans, and bank accounts. The plethora of schemes aimed at parting you from your money and/or retirement funds include investment, computer, contractor, grandparent, romance, imposter, email, Ponzi, and lottery scams among others.

Most people are aware that scams exist. But then why do these criminals manage to rake in billions annually through these and new frauds?

If you answered that by saying they just prey upon widows, uneducated, or seniors, oops, you lose.

Half the scams are perpetrated on those under fifty, and they happen to smart people, too. Witness Bernie Madoff whose Ponzi investment scheme bilked millions from the likes of Steven Spielberg and 100 well-to-do fellow country-club members who trusted him.

Why fraudsters succeed, tips for preventing being scammed, and what to do if one is scammed were addressed at the AARP Scam Jam held recently in Rutland. Greg Marchildon, AARP’s state director, noted that raising the education/awareness level is paramount to preventing anyone from becoming a victim of a scam.

Scams → 10

Submit your poem, short story, or essay for the Vermont Writers’ Prize

Green Mountain Power (GMP) and Vermont Magazine are encouraging writers to get their entries ready for one of the state’s top literary contests, the Vermont writer’s prize. Entries are due on Jan. 1. Winners are selected in prose and poetry, and each winner receives \$1,250 and their works will be published in Vermont Magazine’s Summer 2024 issue. Submissions can be essays, short stories or poems that focus on “Vermont – Its People, Its Places, Its History or Its Values.”

“Each year we receive so many thoughtful works that show a deep connection to this amazing state. What Vermont means to you is different for everyone, and honoring your Vermont experience through creative

writing is what this is all about,” said Kristin Carlson, a Writers’ Prize judge and Vice President at GMP.

Entries are being accepted now, and the deadline is Jan. 1. They must be unpublished, and poems have a 40-line limit, and prose entries must be less than 1,500 words long. Individuals may submit only one work. Entrants may be amateur or professional writers. Employees of Vermont Magazine or GMP and previous winners are ineligible.

The prize was launched in 1989 to celebrate writing about Vermont and Vermonters, while honoring the literary legacy of the late Ralph Nading Hill Jr., a Vermont historian and writer and a longtime member of GMP’s board of directors.

Survey asks Vermonters about their healthcare experience

Vermonters and Vermonters with children who have been to a doctor’s office in the last six months are asked to keep an eye out for a survey about their experience, which is arriving in mailboxes this fall.

Every year, the Blueprint for Health and OneCare Vermont conduct a Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey. The results of this survey provide the broadest statewide look at patient experience of primary care in Vermont. Since 2011, this survey has provided valuable insights into how easily Vermonters are able to access the healthcare they need, how well providers communicate and work together to coordinate care, and how patients and their loved ones are supported in managing their care needs. This year’s survey will come from DataStat Inc., an independent survey contractor.

These organizations need to hear from you. Your response allows policy makers, leaders, and healthcare providers to gain insight into the impact of what they do, why it matters, and the difference they can make.

The Consumer Assessment of Healthcare Providers and Systems (CAHPS) Patient Centered Medical Home (PCMH) survey is a nationally recognized, standardized survey. The CAHPS PCMH survey includes questions that allow assessment of and reporting on the experiences of adults and children in primary care settings. All survey results are anonymous and confidential, and summarized results are shared annually at blueprintforhealth.vermont.gov/patient-experience-assessments.

David Bergh named interim president at Vermont State University

David G Bergh, EdD will take the helm of Vermont State University (VTSU) as the next interim president following the planned departure of current chief executive Michael Smith. The Board of Trustees of the Vermont State Colleges System announced Dr Bergh's appointment Friday, Sept. 22, following a special meeting.

Dr. Bergh will lead Vermont State University as interim president, building on the transformative work done by his predecessors to unify Vermont State University and increase the availability of affordable, accessible, high-quality, and relevant public higher education across Vermont. Dr. Bergh brings over 25 years of higher education experience to this role, including nearly 20 years of experience from within the Vermont State Colleges System.

On July 1, 2023, Castleton University, Northern Vermont University, and Vermont Technical College joined to become Vermont State University, serving students on five campuses and multiple learning sites across the Green Mountains and beyond, as well as online.

This is the second big announcement to come from the Vermont State Colleges System. On Monday, trustees announced that Chancellor Sophie Zdatny would leave her position at the end of this year. Interim VTSU Smith was only scheduled to serve six



David Bergh

Submitted

months in any case. His term will conclude the end of October.

Within the Vermont State Colleges System, Dr Bergh held several student-facing roles, including Dean of Student Life and College Relations, Dean of Students, Associate Dean of Students, and Director of Student Activities at the former Johnson State College (now part of Vermont State University).

In his role as Dean of Student Life and Interim VSU president → 12

BEGAP to increase grants to flood-impacted businesses, nonprofits, landlords

Changes to the program will include raising the percent of net uncovered damage to 30% and removing the \$20,000 cap

Governor Phil Scott and the Vermont Department of Economic Development Commissioner Joan Goldstein announced, Sept. 20, forthcoming changes to the \$20 million Business Emergency Gap Assistance Program (BEGAP) formula, which will increase grant awards to flood impacted businesses, nonprofits, and landlords.

"Helping our employers reopen and stay open after they faced significant flood damage is a top priority for my Administration and an important part of the state's recovery," said Governor Scott. "BEGAP is part of that strategy, and that's why we are giving those struggling organizations more resources to rebuild, reopen their doors, and

help Vermonters regain employment."

Since August, when BEGAP launched, organizations that suffered less than \$1 million dollars in physical damage were eligible for grants equaling 20% of net uncovered damages (damages less insurance proceeds, donations, or other grants), with a maximum payout of \$20,000. The new formula eliminates the \$20,000 cap and increases payouts to 30% of net uncovered damages (outside grants, loans, insurance, etc).

The change applies to all BEGAP grantees — past, present, and future.

For organizations already paid 20%, no action is needed to get the increased award amount. They will automatically receive an

additional payment to bring their award up to 30%. For organizations in the queue, they are eligible for the 30% award.

There is no deadline to apply. Grant applications are on a first-come, first-served rolling basis until the funds are expended.

"At the Department of Economic Development, we are dedicated to helping businesses thrive and be great employers," said Joan Goldstein, Economic Development Commissioner. "This boost in grant awards will allow them to spend less out-of-pocket to make necessary repairs and structural changes so that they can get back to providing services and jobs to Vermonters."

BEGAP increases → 16

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GUEST EDITORIAL

As Covid cases rise, here we go again, again

By Walt Amses

Editor's note: Walt Amses is a resident of North Calais.

As the current uptick of Covid comes into focus — likely more than reported since keeping track of infections became a political nonstarter — the initial fall season's conspiracy theories are making their debut.

Weirdest so far is that these new cases mark the beginning of the “die off”: Those who have gotten the vaccination(s), riddled with mysterious toxins, have reached their expiration dates, orchestrated ostensibly by a corrupt deep Sstate seeking to squelch our freedom by killing millions of us. Best not to overthink it.

The 5,000 expiring boomers, punching their tickets each day for parts unknown, might inadvertently bolster the case, launching Quanonentities into their furrowed brow thinking and proclamations like “See, I told you!” They will again explore intravenous disinfectant as a viable medical intervention, proclaim “I did my own research,” breathlessly reminding us that epidemiologists “changed their minds,” advocating something different than they had suggested a few months earlier.

Welcome to science, where minds (and recommendations) change based on available information. You know, data. Like if your drive route is blocked by a fallen tree or washed out road, you detour to an alternate roadway.

Of course, if rationality isn't how you roll, the sky's the limit on how far off road you can take it; IV

bleach is mere prelude. As medical facilities, for instance, take more precautions with the virus on the increase, the outrage machine is primed and ready to go, cranking out more unsubstantiated nonsense.

With omicron EG.5 a “variant of interest” designated the dominant strain by the World Health Organization, medical experts suggest some — those at higher risk for severe disease, the elderly or people with compromised immune systems — consider wearing masks in public. And while a few colleges and businesses have announced mask requirements, there is no indication of any government-mandated restrictions, which predictably did not prevent Alex Jones from claiming “government lockdowns are coming,” citing his source as a “high-level manager” in the Transportation Security Administration.

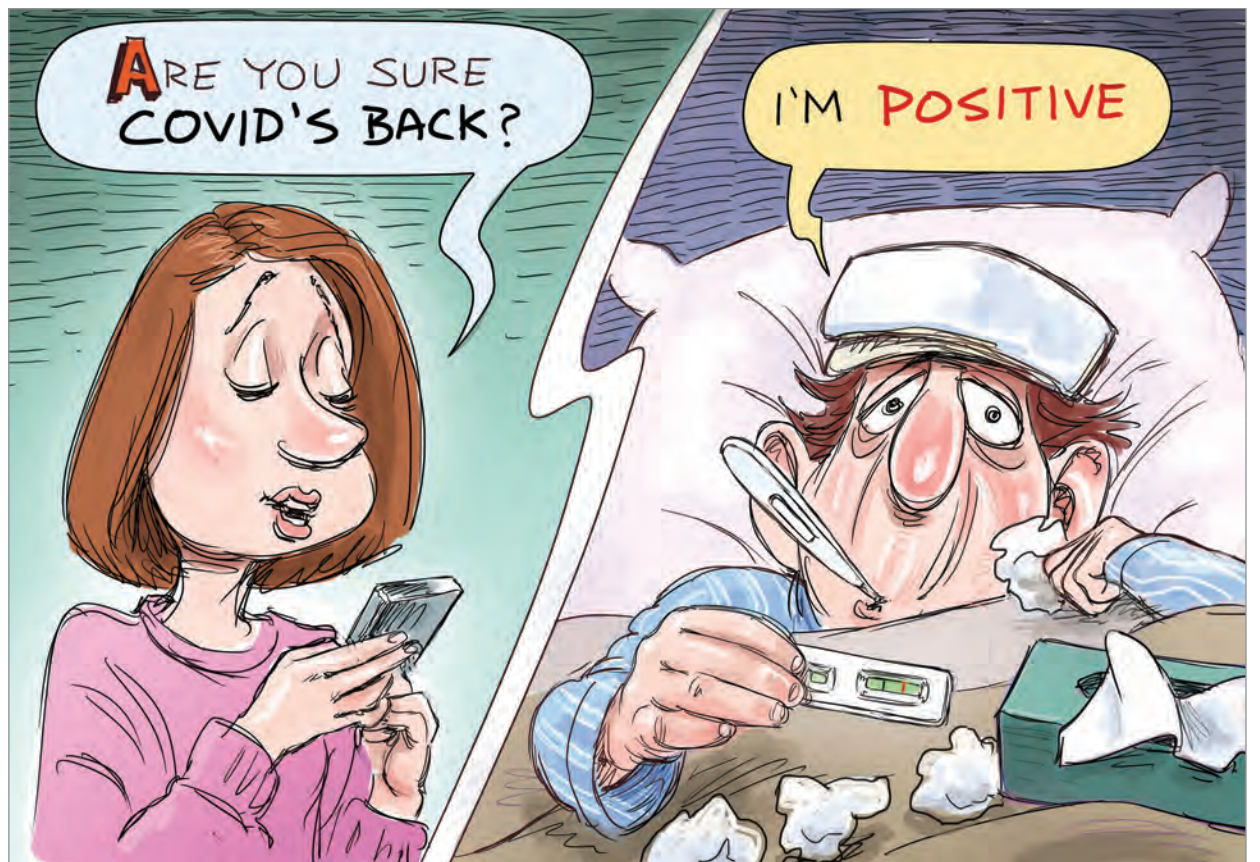
Known mostly for his inhuman defamation of Sandy Hook parents, claiming the mass murder of their children was a “false flag” operation, for which he was eventually ordered to pay \$1.5 billion in damages, Jones asserts without evidence that the country will return to “full Covid protocols by December.”

Still able to peddle his swill, Jones may be one of the most prominent, but he is far from the only troll swirling around in the ether, bent on dangerously undermining trust in the institutions charged with maintaining public health, particularly in emergencies like a pandemic.

The implications of this erosion of trust of institutions and professionals such as the WHO and CDC could seriously threaten a global health system that relies on public support for adequate funding, recruitment, retention of talent and adherence to best practices, according to the

Covid conspiracies → 13

Some... appear intent on making what may be a bad situation exponentially worse.



Covid Back I'm Positive by Ed Wexler, CagleCartoons

LETTERS

Trappers and hunters do the most for conservation

Dear Editor,

The Fish & Wildlife Board is made up of people with some level of knowledge and concern for hunting, fishing, trapping and conservation. Much like the first conservationists in this country 100 years ago, hunters, trappers, and fishers are the ones who do the most for conservation and always have. And not like many anti-groups will tell you so they have more animals to go after, but because they care and see what's really happening out there.

The best management practices was never developed to serve European fur markets (most fur today is used for crafts or sold to China) but to develop the most humane types and use of various traps. The foot hold continues to be the most humane and useful trap still today. It took decades for these methods to develop and are constantly being updated today. I have released bobcats and other

True conservation → 10

Proper autumn garden care can help pollinators

Dear Editor,

Fall is the time of year we generally begin to put our gardens to bed. I have recently changed my garden practices considerably since learning that our gardens can be important havens for pollinating insects and other wildlife during every season of the year.

Last year at this time, the Pollinator Pathway of Addison County presented an informative webinar, “Fall Gardening for Pollinators” by Emily May, a pollinator conservation specialist with the Xerces Society. Emily explains the importance of using a light touch when preparing your garden for winter. I highly recommend watching the entire webinar at tinyurl.com/fall-pollinator-strategy.

Here are some important takeaways to get you started:

Leave the leaves

Since many beneficial insects overwinter in the leaf litter, we can manage our leaves by: 1) Leaving a thin layer of leaves on grassy areas; 2) Adding layers of leaves under trees, shrubs, and perennials for mulch; 3) Spreading leaves on vegetable and flow-

erbeds for soil building, and 4) Avoiding shredding leaves since that kills the overwintering insects.

Emily May suggests gently raking some leaves to another part of your yard where they aren't in the way. Mowing and bagging leaves is not helpful to the important native insects which overwinter in leaf litter.

Save the stems

A third of insects

A third of insects overwinter in the stems of perennial plants.

overwinter in the stems of perennial plants, so this means it would be helpful if we don't cut back the stems of perennial flowers such as anise hyssop, purple coneflower, sunflower, goldenrod, aster, sumac, and elderberry. These flowers are highly favored by insects in our area.

Here is Emily's suggested schedule:

Fall and Winter: leave dead flower stalks intact
Pollinators → 13

Got an opinion?

Route 4 safety discussion to be held Oct. 5

The Rutland Regional Planning Commission is hosting a Route 4 corridor scoping study after a series of accidents and deaths happened on the road earlier this year.

The meeting will be held on the third floor conference room at 67 Merchants Row in Rutland on Oct. 5 at 6 p.m.

The focus of the discussion will be on traffic, bicycles and pedestrians, snowmobile crossing and public transit accessibility as well as intersection operations and right of way impacts.

WRITE TO US:

The Mountain Times encourages readers to contribute to our community paper by writing letters to the editor. Opinions are not endorsed by the Mountain Times, nor are the facts checked. We ask that opinions remain focused on issues; refrain from name-calling. Please keep them to 300 words or they will be printed only at the editor's discretion if space allows. Email letters to editor@mountaintimes.info

CAPITAL QUOTES

As Covid rises, there's a new wave of an anti-vaccine political movement, causing alarm for health officials.

"We can see a long-term future where kids aren't going to get vaccinated in schools, diseases that we once thought had ended will roar back and kids will get sick and die from 100% preventable conditions. This will cost lives in the long term,"

said Lawrence Gostin, a Georgetown University public health professor who has advised the White House.

"There's a real challenge here. But they keep just hoping it'll go away," one senior official who's worked on the Covid response told POLITICO.

"Vaccines just saved this country's ass, and there is no counter. What is it going to take to make the case that's obvious?"

said Peter Hotez, a virologist at the Baylor College of Medicine.

"It's going to get worse before it gets better. Many of us in public health are deeply concerned that distrust in government and health entities, and a political campaign in which candidates are openly and vigorously arguing that people should ignore the advice of health experts, could have detrimental impacts for years to come — no matter who wins,"

said Dr. Jerome Adams, who was a U.S. surgeon general during the Trump administration.

COMMENTARY

Can we afford Scott's vision for Vermont?

By James Lyall

Editor's note: James Lyall is the executive director at the ACLU of Vermont.

We all want to live in healthy, safe, vibrant communities, where everyone is treated fairly, and their rights are respected. We need leaders whose vision for Vermont is consistent with those goals and with these shared values.

Looking back to the past legislative session—and looking ahead to the next—one of the defining themes has been Governor Scott's opposition to a wide range of investments needed to build safer and more resilient communities.

That, combined with Scott's regressive approach to police and prisons—steeped in the same ideology that brought us mass incarceration, over policing, and racial profiling—leaves us with a governor who is drifting further from the views, values, and needs of our communities.

This year, the Scott administration has advanced proposals for a multi-million dollar expansion of Vermont's prison system—even though our prison population has fallen dramatically and could be reduced further with smarter justice reforms.

The ACLU has urged legislators to reject that misguided vision and the enormous, ongoing costs it would entail. Instead, we must build on policy reforms that have already reduced Vermont's prison population by 40%, and which are supported by an overwhelming, cross-partisan majority of Vermonters.

Likewise, while more than 90% of Vermont voters support police accountability, Governor Scott opposes popular and com-

monsense measures to ensure police are accountable to—and earn the trust of—the communities they serve.

This year Scott vetoed S.6, which would have barred police from using coercive interrogation tactics on Vermont youth—a practice rejected by a growing number of states because it leads to false confessions and wrongful imprisonment. Since the Vermont Senate could not muster enough

One of the defining themes has been Scott's opposition to investments needed to build safer communities.

votes for an override, Vermont police can still threaten and lie to Vermonters of all ages, with impunity.

Scott also quietly signed legislation to subject Vermont schoolchildren to monitoring and investigations by "behavioral threat assessment teams," including law enforcement—a policy with clear potential to violate students' due process and privacy rights, and likely to perpetuate discrimination and stigmatization of marginalized youth.

Meanwhile, in the midst of a worsening overdose epidemic, Scott has opposed harm reduction strategies that would save lives, while advocating enhanced criminal penalties for street drugs—the exact opposite of the evidence-based, public

Affordable vision → 13

← Harrison: from page 5

percent of the total damages. (See related story in this edition). More information is available at accd.vermont.gov.

- The town of Killington was a major beneficiary of a federally funded grant through the Northern Border Regional Commission with an award of \$2.25 million. The grant is for infrastructure improvements including a municipal water system and a redesigned roadway system, which is required for the development of the Six Peaks Killington Village project.
- The Green Mountain Care Board slashed the rate increase proposed by the UVM Health Network and the state's largest hospital. The Board approved a 3.1% hike in rates after the hospital requested 10%. The Board is also asking for monthly updates on what the medical center is doing to curb costs.
- U.S. Secretary of Agriculture Tom Vilsack has approved the Governor's request for a Secretarial Disaster Designation in response to July's flooding, which impacted thousands of acres of Vermont farmland. This comes on the heels of a widespread frost event in May, and is the second disaster declaration, emphasizing the difficult growing season that Vermont's farmers have faced this year. Information about USDA's disaster assistance programs is available at farmers.gov/recover.

As more issues come into focus for the 2024 session in the coming months, I will provide additional updates. In the meantime, enjoy all the Fall has to offer.

Jim Harrison is the Vermont state representative for Chittenden, Killington, Mendon and Pittsfield. He can be reached at: JHarrison@leg.state.vt.us or harrisonforvermont.com.

← **True conservation:**
from page 8

animals with no injury from foot hold traps. When properly used, they pose no threat of damage and a non-target animal can be released. Other methods are either deadly to a non-target animal or of limited or no use for some species.

The rabid anti-everything real conservation types with groups like POW have no real facts or science on their side. Most, like the founder of POW, were not even up here when we lost most of the muskrat population to disease caused by overpopulation back in the 1990s because of the fur market and people stopped trapping them. When you can't even cover the cost of your gas, it's no longer profitable to trap. That is when

trapping wildlife for profit really died in this country. Thank God for recreational trapping or we would be having more rabies, more flooded roads and fields and more species dying of disease from overpopulating.

I was fortunate to go on a caribou hunt back in 2004 in northern Quebec. At the time they could not get enough people to

Due to overpopulation and disease a herd of over 400,000 went to less than 100,000 today!

hunt them.

Due to overpopulation and disease a herd of over 400,000 went to less than 100,000 today!

Please read that again for emphasis! That is what happens when you do not have proper conservation.

Greg Paulman, Monkton

Common Complaint Areas (2022)

Rank	Trade Code	Notes
1	Motorized Vehicles	Used cars, new cars, auto body repairs
2	Home Improvement	Contractors/Builders, roofing, landscaping, driveway paving, etc.
3	Retail	Online retailers and electronic sales/services
4	Fuel	Propane*, oil, and other heating fuel
5	Home Furnishing	Appliances, furniture, antiques, etc.
6	Health & Medical	Billing complaints – hospitals, labs, dental, optometry, etc. Complaints regarding conduct -> SOS OPR/Board of Medical Practice through DOH.
7	Banking, Finance, and Credit	Collection agencies, credit reporting, and finance companies. Complaints may be referred to DFR or CFPB.
8	Entertainment	Satellite dish, ticket agents, event/concert venues, publications, social media, video games, etc.
9	Housing & Real Estate	Rental properties, hotels & motels, timeshares, mobile home parks/sales & services, campground, & vacation rentals.
10	Services	Tax preparation, childcare providers, beauty services, veterinarian services, hardware & tool rentals, dry cleaners, etc.

Submitted

Chart show that CAP processed 1,206 Consumer Complaints in FY 2022 and recovered more than \$452,000 for consumers; one of the many things participants learned at the Scam Jam.

← **Scams:**
from page 6

That point was reinforced by speakers from the Vermont Attorney General's Office (AGO) and Department of Financial Regulation (DFR). They urged people to share scam information as well as experiences of being scammed with family and friends.

It's important to report an incident because while in the past there were very slim chances of getting your money back, progress is being made and while recovery is still a long shot, there are things you can do as this is starting to change. But time is of the essence so reporting should be done as soon as possible.

Reporting also helps authorities investigate scams and to warn other Vermonters as they see patterns arise. Sometimes, AGO and DFR officials are able to stop a scam and occasionally help recover money lost to a scammer. Vermont officials also work in concert with the FBI and other national organizations and have had success in both stopping and prosecuting fraudsters. Law enforcement officials, banks, payment apps and gift card companies are going after criminals and beginning to succeed.

In her keynote address, Attorney General Charity Clark said that her office has 150 employees with 96 of them lawyers. In addition to providing legal services to the state and weighing in on legislative bills, they work in partnership with UVM to provide the Consumer Assistance Program (CAP) which handles complaints and assists victims of scams.

In addition to explaining CAP services, Clark gave a timely warning about home improvement scams. This scam involves imposter contractors who offer to do repairs but demand the money up front and then don't show up to do the work.

Home improvement problems are among the top five common complaints yearly, she said, adding it was number two last year and that CAP has added a home improvement specialist to address the issue.

It is particularly important to spread the word and to be aware of this fraud because so many Vermonters were affected by the July flooding and are ripe for being victimized by criminals who make it their business



By Karen D. Lorentz

Attorney General Charity Clark gave the keynote address at recent Scam Jam.

to take people's money illegally.

Some of Clark's advice included: pay in increments (never the total up front), get contracts in writing, and verify insurance.

Other tips include:

- Check the AG's Fraud Registry for names of criminally convicted fraudsters (ago.vermont.gov/cap/home-improvement-fraud-registry)
- Verify that a residential contractor is registered (sos.vermont.gov/residential-contractors/statutes-rules-respirces/#map)
- Contact CAP to see if any complaints have been filed against a contractor you are considering (1-800-649-2424)
- If no work was done and you paid, contact the AGO, CAP, and local law enforcement.

To help stop scams and fraud in your community, visit AGO.Vermont.gov/StopScamsVT and for consumer or scam problems, contact CAP at 1-800 649-2424 or GO.Vermont.gov/CAP.

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Killington RAMSHEAD BASE LODGE: OCTOBER 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						SEP 30 DROP OFF 1PM - 4PM
OCT 1 DROP OFF 10AM - 1PM	2	3	4	5 DROP OFF 12PM - 6PM	6 DROP OFF 10AM - 8PM	7 DROP OFF 9AM - 12PM
8 PICK UP 10AM - 1PM	9 PICK UP 10AM - 1PM	10	11	12	13 PICK UP 9AM - 1PM	14 PICK UP 9AM - 1PM

FOR MORE INFORMATION:
802.422.6894 // johnnyo@killingtonskiclub.com // www.killingtonskiclub.com

WORDPLAY

KITCHEN & BATH: Find the words hidden vertically, horizontally, diagonally and backwards

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

- | | | | | | |
|-------------|----------|-----------|--------------|--------|----------|
| BATHROOM | FIXTURES | ISLAND | OVEN | SINK | VANITY |
| CLEANLINESS | GATHER | KITCHEN | REFRIGERATOR | TABLE | |
| ESSENTIAL | GRANITE | MAT | REMODEL | TILES | WS23A400 |
| FAUCET | HUMIDITY | MICROWAVE | SHOWER | TOILET | |

SUDOKU

Solutions →23

How to Play

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

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

Level: Intermediate

CROSSWORD PUZZLE

Solutions →23

CLUES ACROSS

- Male children
- Robert Wagner series "Hart to ..."
- Unfolded
- Digestive disease
- Wednesday
- Malignant tumor
- Conscientious investment strategy (abbr.)
- Slowed
- Letter of the Semitic abjads
- Weights of cars without fuel
- Former CIA
- Asian country
- Instead
- Ancient Egyptian King
- Privies
- Shopping trips
- Paradoxical anecdote
- It's on the table
- Ancient Persia ruler
- Small American rail
- File extension
- Days (Spanish)
- Everyone has one
- South American

- can plant
- About ilium
- Vanished American hoopster Bison
- A type of breakfast
- Uncooked
- Examined
- Christian recluse
- Strong posts
- Some are for pasta
- Skinny
- School-based organizations

CLUES DOWN

- Ringlet
- Type of complex
- Midway between north and northwest
- It becomes something bigger
- German courtesy title
- Genus of birds
- Marked by public disorder
- Least aggressive
- Russian city
- Insect repellent
- Interruptions
- Scoundrels
- 1,000 calories

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

- What one does overnight
- Dwarf planet
- Pipe
- Black powdery substance
- Some are boys
- Set of four
- Canned fishes
- North Carolina college
- Secured
- A disgraceful event
- Physical suffering
- The home of the free
- Some are boys
- Satisfy
- South American plants
- Modes of transportation
- Female sheep
- Type of torch
- Piece of merchandise
- Jump over
- Wife of Amun

Guess Who?

I am a singer born in California on October 25, 1984. I am the daughter of two pastors who discouraged listening to pop music. Despite that, I became a successful pop singer and later an "American Idol" judge.

Answer: Katy Perry

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TOWN OF
KILLINGTON
VERMONT

Request for Proposals

2023-24 EAST MOUNTAIN ROAD FLOOD DAMAGE

PAVING REPAIR

Date of Issue: September 25, 2023

Deadline: October 4, 2023

The Town of Killington requests proposals to reclaim, pave, and provide pavement markings for East Mountain. The following is a brief description of the project: The Town is seeking proposals to place paving base for approximately .5 miles of East Mountain Road from the ski bridge near Trailside Drive to Roundabout Road and pavement overlay patches from the ski bridge to route 4. The Town is seeking proposals to provide pavement patch overlays at various locations along East Mountain Road. Approximate quantities will be included in Project Sheet.

Specifications

Application of bituminous concrete pavement shall meet all the requirements of the current Vermont Standard Specifications for Construction. All surfaces shall be clean and free of contaminants prior to installation of new pavement. This includes but is not limited to sweeping and other cleaning as necessary to ensure proper bonding. All pavement shim shall consist of Type IV material. All "overlays" or wear courses shall consist of Type IV materials. All base courses shall consist of Type II material. Tack coat shall consist of emulsion RS-1 and shall be applied just prior to pavement process to ensure the coating is tacky. Compaction - Immediately after the bituminous mixture has been spread, struck off and surface irregularities adjusted, it shall be thoroughly compacted by rolling to achieve an optimum compaction rate of 95%. The surface shall be rolled when the mixture is in the proper condition and when the rolling device does not cause cracking of shoving under displacement. The Contractor shall match existing pavement and grades at each driveway to provide a smooth paved transition. The Contractor shall key the new pavement into the existing pavement. The key shall be at least 2 inches deep and 6 feet wide across the entire length of road. Longitudinal joints shall be tapered. Testing for temperature of the mix will be performed by the contractor and provided to the Public Works Director at the time of paving. Bituminous mixtures, at the time of discharge from the haul vehicle, shall be at a temperature of not less than 225 degrees F or more than 325 degrees F unless otherwise approved by the Town. In addition, the Town may require a certification from the supplier of the mix being provided. The Contractor shall be responsible for traffic control including but not limited to proper signage, certified flaggers, and lane closures if required.

Response Format

1) A cover letter expressing the company's interest in the project including company background and qualification information. 2) Unit Price breakdown listed on the project sheet. 3) A project schedule beginning with the date outlined for each project. 4) Demonstration of success on similar projects completed within the last five years. 5) Submit three copies to Chet Hagenbarth, Public Works Director, 2706 River Road, PO Box 429, Killington, Vermont by 4:30 p.m. on October 4, 2023.

Contact for questions and/or the Project Sheet please contact:

Chester Hagenbarth

Public Works Director for the Town of Killington

publicworks@killingtontown.com

802.422.3241 (office) — 802.855-0667 (cell)

← Wells and septic funds:

from page 6

dedicated staff members who can help fill out the pre-qualification application over the phone at no cost.

"Our mission is to protect both human health and the environment," said Interim Department of Environmental Conservation Commissioner Neil Kamman. "This critical funding will help Vermonters gain equitable access to clean drinking water and sanitation, which are so important for quality of life."

ANR first announced this funding in 2021, and received an overwhelming response, revealing a true underlying need for lower income Vermonters to access support for basic water and sanitation at their homes. Previous applicants do not need to submit a new application as ANR will automatically consider their first application in future funding rounds.

ANR is in the process of allocating over \$10 million to more than 400 Vermont households from the first and second rounds of funding. Over half of these households have a household income of less than \$30,000, and nearly 90% of these households have a household income of less than \$50,000.

For more info call 802-828-0141, 877-344-0354 (toll-free), or email: ANR.Healthy-Homes@vermont.gov.

← Interim VSU president:

from page 7

College Relations, he led the cross-institution student affairs council, cultivating relationships with his peers across the system. He was also widely recognized for establishing a career and internship center at Johnson, advancing the college's diversity and inclusion efforts, obtaining external recognition of Johnson as LGBTQ-friendly, and establishing both a dedicated veteran's center as well as coordinated services for military-connected students.

Additionally, Dr. Bergh served in several community roles during his time at Johnson, including as Chair of the Board of Directors of the Lamoille County Planning Commission, on the Board of Directors of the Northern Vermont Economic Development District, President of the Board of Laraway Youth & Family Services, and in several roles within the town of Johnson, including on the Planning Commission.

Most recently, he held leadership roles for eight years as Vice President for Planning and Institutional Effectiveness, Executive Vice President, and then President at Cazenovia College, a former independent college in New York State. It closed last June.

At Cazenovia, Dr. Bergh served as President of the Cazenovia Area Community Development Association, Co-Facilitator of the Steering Committee for Cazenovia Welcomes Refugees, on the Board of Directors of the Greater Cazenovia Area Chamber of Commerce, and on the Cazenovia Central Schools Strategic Planning Task Force, among other roles.

Dr. Bergh has a B.A. in Political Science from Allegheny College, an M.P.A. from the Rockefeller College of Public Affairs & Policy at the University of Albany, State University of New York, and an Ed.D. in Educational Leadership and Policy Studies from the University of Vermont.

"We are excited to welcome Dr. Bergh back to the Vermont State Colleges System at this exciting moment in our history," said Sophie Zdatny, Chancellor of the Vermont State Colleges System. "Dr. Bergh understands rural higher education and brings a true passion for advancing the needs of students to his work. He has a strong

connection to Vermont's rural communities and their unique needs, and a track record of engagement, community service and relationship-building. Dr. Bergh will thoughtfully carry forward the transformation and optimization work already underway to usher Vermont State University through its next phase. We are eager to welcome Dr. Bergh home to Vermont."

Dr. David Bergh added, "I am incredibly impressed with the students, faculty, staff, and leaders of Vermont State University and throughout the Vermont State Colleges system. The transformation planning and the modernization work done over the last few years is truly remarkable. I believe that this work paves the way for growth and viability at our campuses and will be a national model to build on. I am excited to reconnect with old friends and forge new connections across all our campuses and learning locations as I begin this work. I am honored to be selected as the interim President of Vermont State University and look forward to the work ahead because I know the future of Vermont State University is bright."

"Dr. Bergh is an exceptional leader charged with leading Vermont State University through the next chapter of transformation, ultimately resulting in increased student access, continued modernization and improvement across all levels of the organization, and ensuring the institution's financial stability," noted Lynn Dickinsson, Chair of the Board of Trustees of the Vermont State Colleges system. "We are incredibly grateful to interim President Mike Smith for his tireless work these last six months. Interim President Smith has laid the groundwork for a successful next phase, and we look forward to working with Dr. Bergh as he takes the helm later this year."

The VSU President will exercise broad responsibilities for all aspects of the academic, student, financial, and development dimensions of the university. The President will report to the Chancellor of VSU and work closely with the Board of Trustees and with VSU's sister institution, Community College of Vermont. For more info visit: VermontState.edu.



Photos by Paul Holmes

← **U.S. Open:**

from page 1

“super fast.”

“They made it like a jump trail the entire way down,” he said.

Meanwhile, Ally’s older sister Taylor, 18, got 11th place in the downhill.

“I’m super proud of them,” their mom, Brooke Ostgaard said. “They work hard. Hopefully that leads to success throughout their life.”

Both Ally and Asa are getting ready to compete on the

World Cup circuit next year, when they’re old enough.

“I just want to keep racing my bike,” Asa said. “I’m just having fun the entire way down.”

Both of the teens are coincidentally planning to go to Snowshoe Mountain in West Virginia for a World Cup race Sept. 27 to Oct. 1. Ally will watch her older sister compete and Asa will ride the track to get a feel for the competition next year.

They each took home \$7,500 for their second place wins

in Killington.

“I personally want to go out and spend it but I know my mom won’t let me,” Ally said.

Dakotah Norton, 31, of Tennessee won the men’s downhill men’s and Greg Minnarr, 42, from South Africa, got third place.

On the women’s side, Nina Hoffmann, 27, of California won the downhill while Anna Newkirk, 22, of Switzerland got third place.

← **Pollinators:**

from page 8

(birds will love the seeds)

Spring: cut back dead flower stalks leaving stem stubble at varying heights of 8”-12”

Summer: new growth hides the stem stubble

Fall: leave new-growth stems standing.

To prevent diseases, it’s important to cut out plants in the Fall that have fungal infections like powdery mildew and early blight as well as apple drops. Bag and dispose of these diseased plant materials instead of putting them in your compost.

And remember, the new look for gardens is more relaxed, casual, and takes a lot less work.

A somewhat messier garden provides habitat for the creatures that need it more than we need a pristine landscape. Questions or information about future presentations can be directed to pollinatorpathway.addisoncty@gmail.com.

Fran Putnam,
Weybridge

← **Affordable vision:**

from page 9

health-centered strategies Vermont desperately needs.

Vermonters who are heartbroken by the state’s response to the opioid epidemic should urge their legislators to reject Scott’s old-school approach to drug policy, which is costing lives, and instead prioritize harm reduction.

Scott also opposes—and last year vetoed—legislation that would have rescinded a racist policy of disparate sentencing for powder vs. crack cocaine, long recognized as a major driver of racial disparities.

As the governor knows, Vermont prosecutors overcharge and over-sentence Black defendants for drug crimes, and Black drivers in Vermont are disproportionately stopped, searched, and cited, year after year. The governor’s silence on these issues is telling. Just three years after Vermont committed to fighting systemic racism, it is profoundly disappointing to see that the governor has moved on.

While spending on Vermont’s criminal legal system has increased by more than 200% over the past four decades, to more than \$500 million per year, the governor opposes the kinds of investments that would more effectively improve public safety and build more resilient and equitable communities. These include investments that could deliver affordable housing and prevent homelessness; strengthen our public schools; or provide adequate healthcare.

When it comes to investing in our communities, Scott says we can’t afford it. When it comes to more policing and bigger prisons? Apparently, money is no object.

Those priorities do not align with the needs of Vermont communities, or the values Vermonters hold dear. Neither are they fiscally responsible, because the failure to invest in effective solutions will cost us more, in both the short- and long-term.

For all the governor’s talk of affordability, it’s time to ask: how much longer can we afford Scott’s vision for Vermont?

← **Covid conspiracies:**

from page 9

website thinkglobalhealth.com.

While it’s no secret that identity politics, populism and especially anti-elitism — in working-class, rural America — are rampant and contribute to undermining trust in numerous institutions as well as the government itself, most Americans, 78%, maintain confidence in medical science in general, based on Pew Foundation surveys. But evidence gathered during the pandemic suggests that trust has dropped significantly, especially among those with conservative populist views.

While questions abound regarding who would believe the conspiracy theories associated with the widespread mistrust in all things governmental that we see today, the National Library of Medicine includes on its database an intriguing Portuguese study addressing precisely that, and provide policymakers a glimpse of the challenges they face reestablishing credibility in managing future pandemics.

While this research demonstrates no apparent political bias, some of the theoretical models offer between-the-lines insight on how people’s fears can be manipulated into the rampant magical thinking that leads to belief in the unbelievable. We want to make sense of our social and physical environment(s), particularly after being isolated and lonely, and our facing

perceived existential threats is the root of conspiracy theories.

And once we have what the scientists call a “conspiracist mindset,” we are prone to seeing conspiracies where they do not exist. Another finding associates education levels — “lower analytic thinking,

Some right-wing Republicans appear intent on making what may be a bad situation exponentially worse.

open mindedness and intuitive thinking” — with a tendency to attribute agency and “intentionality,” called persecutory ideation, especially when facing real-life events, negative emotions and perceptual anomalies.

While Americans face yet another uncertain autumn — with social gatherings moving indoors, another Covid variant becoming established, and increasing skepticism over vaccine protocols and masking — some right-wing Republicans appear intent on making what may be a bad situation exponentially worse.

While none of this makes a lick of sense, in MAGA World that doesn’t seem to matter a bit.

WEDNESDAY

9/27

39th Annual Ludlow Harvest Fair

10 a.m.-4 p.m. The Expeditionary School, 43 Main Street, Ludlow. Enjoy crafts, food, & games to benefit the school's Parent-Teacher Group. Info: yourplaceinvermont.com/event/39th-annual-ludlow-harvest-fair.

Early Literacy Playgroup

10 a.m.-Noon. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. For 2-to-5-year-olds. Join RCPCC's Miss Allie, a certified teacher, for a weekly 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, 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.

Fall Storytime for 5 and Under

10:30-11:15 a.m. (Wednesdays through Nov.15) Fletcher Memorial Library, 88 Main St., Ludlow. Story Time is a wonderful weekly routine to establish with your young child. Each week focuses on early literacy activities, stories, songs and ends with a craft or science exploration. It is a great opportunity for your child to socialize and meet new friends and for adult caregivers to connect. Info: fmlnews.org/youth.

Market on the Green

3-6 p.m. On The Green, Woodstock. Free to browse. Local produce, crafts, and music take over the town center. Info: woodstockvt.com. (Every Wednesday until October 13.)

Cribbage!

3-5 p.m. Meeting room, Hartland Public Library, 153 Route 5, Hartland. Free. Group for adult cribbage players. Info: hartlandlibraryvt.org

Kids' Watercolor Class

4-5:30 p.m. Chaffee Art Center, 16 So. Main St., Rutland. \$25. Instructor: Dale Bills. Must get at least 5 students. Must pre-register. Info and registration: chaffeeartcenter.org.

An Evening with Franz Kafka: Readings and Commentary

6:30-8 p.m. Fox Room, Rutland Free Library, 10 Court St, Rutland. Free. Diana Bigelow and Jim Stapleton will present selected readings and commentary, followed by a question and answer period. Info: rutlandfree.org/calendar-events.

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 odysseysvt.com.

New Kanon Jazz Trio featuring Zachary Hampton

7 p.m. Stone Valley Arts, 145 East Main St., Poultney. Donation of \$10 is suggested. The classic Jazz Cafe series featuring the New Kanon Jazz Trio with special sax guest Zachary Hampton. Listeners can expect to be indulged with works from the bebop and swing era of jazz performed with inspiration and knowledge taken from the great tenor saxophone players like John Coltrane, Sonny Rollins, Coleman Hawkins, and Stan Getz. Info: stonevalleyarts.org.

THURSDAY

9/28

Storytime! at Rutland Free Library

10-11 a.m. (Every week except Thanksgiving Thursday.) 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. 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.)

Feast and Field: DJ Dance Party

5:30 p.m. Fable Farm Fermentory, 1525 Royalton Turnpike, Barnard. \$5. The final Feast & Field of the year! Come enjoy some autumn evening fun. We will blast dance tunes late into the night. Info: feastandfield.com.

Bigfoot Experience with Mike Familant

6 p.m. 2998 River Road, Killington. Join lead investigator and producer of the show "In the Shadow of Big Red Eye" as he shares 12 years of experience researching and tracking down the truth behind North America's iconic cryptid, Bigfoot. He will produce some extraordinary evidence backed by facts, along with some of the unfortunate experiences which come along with Bigfooting. Stay for the Q&A. Info: sherburnelibrary.org.

Urban Legends Walk

6-7:30 p.m. Meet at Depot Park, 15 Evelyn St., Rutland. Free. Join Come Alive Outside for a 1-mile stroll to discover truths and urban legends about Rutland. We promise 10% of our stories are true. Meet at Depot Park. We leave right on time. Info: comealiveoutside.com.

FRIDAY

9/29

The Killington Classic

6 a.m. Killington Ski Resort, 227 E Mountain Rd, Killington. \$499-\$999. A new golf tournament featuring a festival village and live music will take place on the day before Brewfest at the Killington Golf Course. Info: killington.com/things-to-do/events/events-calendar/the-killington-classic.

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.

Artery at Chaffee Art Center

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

Story Time at the Library

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

Story Hour

11 a.m. Shrewsbury Library. Free. Babies to 7- or 8-year-olds. Have fun in the fall with stories. Info: shrewsburylibrary.org.

Guided Forest Stewardship Walk, Danby

3-5 p.m. Smokey House Center, 426 Danby Mountain Road, Danby. Free. Join us at Smokey House Center for a forest walk discussing bird habitat and stewardship. info: vt.audubon.org.

SATURDAY

9/30

Autumn Wild Mushroom Foray and Tasting

9:30 a.m.-noon. Audubon Vermont, Education Barn, 255 Sherman Hollow Road, Huntington. \$45-\$50. Join Ari Rockland-Miller of The Mushroom Forager on a tour of September's wild flavors. When summer rains fall, the forests of Vermont can harbor a great diversity of wild mushrooms, including choice edibles like yellowfoot chanterelles, porcini, and hedgehog mushrooms. This guided foray will explore the woods around the Green Mountain Audubon Center while introducing mushroom hunting safety, strategy, ethics and sustainability. After the hunt, The Mushroom Forager's Jenna Antonino DiMare will prepare a simple but delicious tasting. vt.audubon.org.

Mint-acular expo

10 a.m.-5 p.m. The MINT Rutland's Makerspace, 112 Quality Lane, Rutland. Free. Every one of our shops will be open and operational. Demonstrations and hands-on projects abound. Come get a tour of our 20,000-square-foot makerspace. Meet some of our maker community. Learn more about classes and membership. Info and registration: rutlandmint.org.

Make & Take Saturday Kids Class

10:30-11:30 a.m. Ages: 6-12. Weekly fun activity featuring arts and crafts. \$15. Minimum required: 5 students. Must pre-register. Info: chaffeeartcenter.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.

Stone Valley Arts: The Art of the Creative Process

11 a.m.-2 p.m. Stone Valley Arts, 145 E. Main St., Poultney. Free. Five amazing Vermont artists and the internationally renowned creator of artistic light fixtures in metal, Hubbardton Forge, join forces 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.

33rd Annual Chili Cook-off

11 a.m.-1:30 p.m. Main Street, Poultney. Free. Chili competition and tasting. Entertainment with EnerJazz Big Band, a silent auction/basket raffle will line the center of Main Street and the famous Chili T-shirts will be back. This year the Chili Cook Off will include the Rolling Rooster food truck. Anyone interested in entering as a chili cooker should reach out to Rotarian Craig at bmwrite2012@yahoo.com or 518-321-6354. Info: poultneyareachamber.com/events/33rd-annual-chili-cook-off.

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.

Okemo Mountain School's 13th Annual Benefit Golf Tournament

Noon-6 p.m. Crown Point Country Club, 155 Golf Course Road, Springfield. \$130-\$475. Lunch and registration start at noon with a shotgun start at 1 pm. Lunch and a drink is included in the registration fee, as well as a Hydro Flask cooler mug and other great prizes. Info: okemomountainsschool.org/events-calendar/2023golftournament.

Artist Demo at The VAULT

Noon-2 p.m. The VAULT, 68 Main St., Springfield. Free. Artist Lynn VanNatta will share her passion for oil painting at a special artist demo. Enjoy shopping the creations of 125 artists in our historic 1907 bank with a real vault. Info: gallervault@vermontel.net.



KILLINGTON BREWFEST

SATURDAY, SEPT. 30

Calendar: Email events@mountaintimes.info from page 14

‘Dungeons & Dragons’ for Kids

12-4 p.m. Rutland Free Library, 10 Court St, Rutland. Free. Join in on the fun with other kids interested in “Dungeons and Dragons.” Info: rutlandfree.org.

Killington Brewfest

1-5 p.m. Pico Ski Resort, 73 Alpine Dr., Mendon. \$66-\$88. Wet your whistle amidst stunning autumn foliage and enjoy live music, fabulous food offerings, dozens of the finest craft beers, ciders and seltzers in the region, and grand mountain views. The tasting session will rock with live music from start to finish. To kick things off, we'll have music from The Gully Boys, followed by a performance by the Chris Pallutto Band. Info: picomountain.com/things-to-do/events/calendar/pico-brewfest.

Fall Foliage Yoga Hike with Miss Amanda

2-4 p.m. Mission Farm, 316 Mission Farm Road, Killington. \$35. Hike a 500-foot rise uphill on the trails behind the church. Along the way, we'll do accessible yoga poses, breath work, and meditation. Amanda will read inspiring quotations. Info: missionfarmvt.org/events/fall-foliage-yoga-hike-with-miss-amanda.

Urban Legends Walk—Ghost Edition

4:30-6 p.m. Meet at Depot Park, 15 Evelyn St., Rutland. Free. Join Come Alive Outside for a 1-mile stroll to discover truths and urban legends about Rutland. We promise 10% of our stories are true. Costumes encouraged. We leave right on time. Info: comealiveoutside.com.

Tales to Tails: Kids Reading to Dogs

5-6 p.m. Rutland Free Library, 10 Court St, Rutland. Free. Join some of our favorite therapy dogs in the Children's Room to practice your reading. Perfect for beginning readers, there is no better audience to practice on. Info: rutlandfree.org

Bennie and the Jets—Elton John Tribute

7 p.m. Paramount Theatre, 30 Center St., Rutland. \$30-\$39. Bennie and the Jets is the premier Elton John Tribute Band. Info: paramountvt.org.

SUNDAY
10/1

Stewart Maple's Tap to Table

10 a.m.-4 p.m. Stewart Maple Marketplace, 5444 VT Route 103, Cuttingsville. Free. An open air autumn market that supports and celebrates Vermont's craftspeople, artists, specialty foods, and the beginning of the autumn season! Held rain or shine Sunday, Oct. 1, on the lawn of the Stewart Maple Marketplace in the hamlet of Cuttingsville, on Route 103 south of Rutland. Enjoy local vendors, live music, and food! Check out our facebook page for vendor spotlights, details, photos, and more. Info: facebook.com/TapToTable.

Stone Valley Arts: The Art of the Creative Process

11 a.m.-2 p.m. Stone Valley Arts, 145 E. Main St., Poultney. Free. Five amazing Vermont artists and the internationally renowned creator of artistic light fixtures in metal, Hubbardton Forge, join forces 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.

Mountain Bike Season Passholder Appreciation Day

11 a.m. Killington Ski Resort. A day full of racing, music, giveaways, and free food. Head to our usual Bike Bum course on lower Rabbit Hole for a timed run from 11 a.m.-1 p.m., and enjoy a BBQ buffet outside at the Snowshed Umbrella Bar from 2-4 p.m. All you need to do is scan your pass and pick up a ticket at the Snowshed ticket windows beforehand. After you have your food, stick around for a free raffle for all passholders starting at 4:30 p.m. Info: killington.com.

Bird's Eye View – Hawk Watch

1-3 p.m. Mt. Ascutney State Park in Windsor. Included with park admission fee. The Connecticut River Valley is a major flyway for migrating raptors, and Mt. Ascutney is an ideal place to catch a glimpse of them. Join us at the summit trailhead to mingle with Vermont Institute of Natural Science (VINS) researchers during their hawk watch season on the mountain! Activities will include a meet and greet with a live raptor from VINS, and an opportunity to watch for migrating hawks through spotting telescopes at the summit. Info: vinsweb.org.

An Afternoon of Poetry with Madeleine May Kunin:

‘Walk with Me’

2 p.m. Taso on Center, 22 Center St., Rutland. An afternoon of poetry and discussion with Governor Madeleine May Kunin to celebrate the release of her second collection of poetry, “Walk With Me.” Pricing and info: phoenixbooks.biz/events.

MONDAY
10/2

Babies and Toddlers Rock

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

The Soufflé Also Rises and Apple-Tart Cooking Class

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

Poetry Group

4-5:30 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. Are you looking for feedback on your poems? You are invited to join the poetry group at NWPL for sharing and critique. Info: normanwilliams.org.

Paul Holes and Robin Gaby Fisher: ‘Unmasked: My Life Solving America’s Cold Cases’

6-8 p.m. Woodstock Town Hall Theatre, 31 The Green #2, Woodstock. \$30 (includes event and autographed copy of “Unmasked”). Join us for an exclusive evening with former cold case investigator Paul Holes, the detective who found the Golden Gate Killer, and Pulitzer-prize winning author Robin Gaby Fisher for a lively evening of conversation as they discuss their new book “Unmasked.” Reception and book signing, 6-7 p.m. Interview and Q&A, 7-8 p.m. Info: pentanglearts.org.

Name that Fish Stew! Cooking Class

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

TUESDAY
10/3

Bird & Wildflower Walks

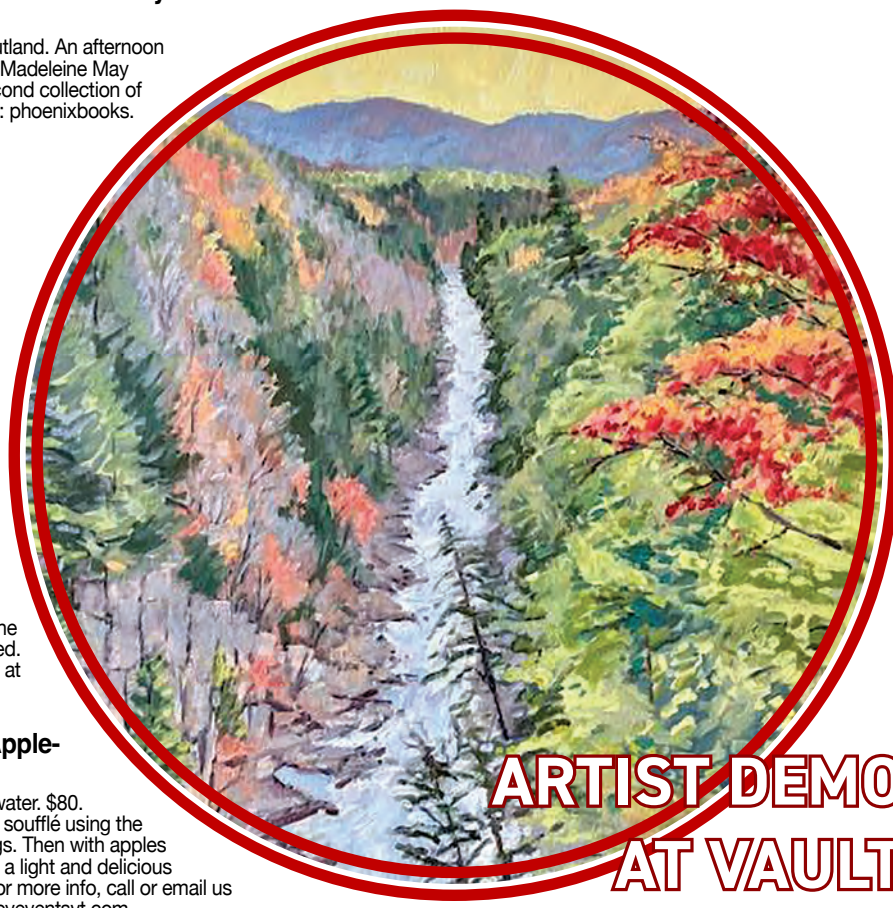
7:30-10:30 a.m. Wells. Free. Meet at the Delaney Woods parking area (enter E. Delaney Cross Road off North Street in Wells, across from the Lakeside Park. Join Slate Valley Trails and the Rutland County Audubon Society for weekly slow-paced (3 to 4 miles, 3 to 4 hour) bird & wildflower walks in the Poultney area, on the trails of the SVT system. The walks are at a slow pace with lots of opportunities for observing & photographing. Info: slatevalleytrails.org.

Needlepoint Get-togethers

10 a.m.-Noon. Norman Williams Public Library, 10 The Green, Woodstock. Free. Welcoming needleworkers at all levels. Bring your work-in-progress, needles, and threads or yarns, for a morning of sharing and encouragement. Info: normanwilliams.org.

Storytime at Hartland Public Library

10:30-11:30 a.m. Hartland Public Library, 153 Route 5, Hartland. We'll read books, color, play with Legos, and have fun. Each week we'll explore different themes of books. Recommended for ages 0-5 but all are welcome. All books read during story time count toward 1000 Books Before Kindergarten. Info: hartlandlibraryvt.org.



ARTIST DEMO AT VAULT

SATURDAY, SEPT. 30

Springfield Area Parent Child Center Playgroup

10:30 - a.m.-Noon. Fletcher Memorial Library, 88 Main St., Ludlow. Free. Ages birth to 6. Playgroups provide parents and children with opportunities to socialize, learn and have fun in a safe environment lead by parent child center specialist. Info: fmlnews.org.

Baby Story Time

10:30-11 a.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. This story time features short stories, interspersed with songs, finger puppet plays, free play, and more. It is geared for children ages birth to 20 months and will run for about 20 minutes. Info: normanwilliams.org.

Stories on a String

10:30-11 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.

Let's Paint Like Van Gogh!

1-3 p.m. Sherburne Memorial Library, 2998 River Rd Fork, Killington. Free. The Starry Night is one of the world's most beloved paintings. You can paint this painting whether you are a first-time painter or an experienced artist. Lauren Teton created a process to make it easy and fun and has painted it 7 times. Come to this party, and have a sip, or just paint! Lauren Teton, Artist. All materials will be provided. Consider wearing an old shirt. Bring a drink if you like. Info: sherburnelibrary.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.

Swing Dancing Class

6:30-8 p.m. (Tuesdays) Fox Room Rutland Free Library, 10 Court St., Rutland. Free. East Coast swing dancing. Move to music with Richard and Sue Good for beginners and intermediate swing dancers. Richard starts each class with instruction on steps; the rest is the dancing.

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Vermont Grouse, Woodcock Hunting Starts Sept. 30

Saturday, Sept. 30—VERMONT—Vermont's hunting season for ruffed grouse or "partridge," is Sept. 30-Dec. 31 this year. The daily limit is 4 grouse with a possession limit of 8.

The Vermont woodcock hunting season is Sept. 30-Nov. 13. The daily limit is 3 woodcock with a possession limit of 9.

Woodcock are often found in alders along brooks and near beaver ponds as well as in new-growth small timber where old fields are reverting to forest or recent timber harvests have occurred. Ruffed grouse also frequent the same habitat, and they are particularly fond of the apples they find under wild apple trees.

All migratory game bird (woodcock, common snipe, ducks, and geese) hunters must also be

registered with the Harvest Information Program (H.I.P.) in each state they hunt. Register on Vermont Fish & Wildlife Dept.'s website or call toll-free 1-877-306-7091.

After providing some basic information, hunters will receive an annual H.I.P. registration number, which is recorded on the hunting license.

For more information on hunting in Vermont, get a copy of the 2023 Hunting & Trapping Guide and Syllabus of State and Federal Hunting Regulations for Migratory Game Birds in Vermont, available free from license agents statewide and from the Vermont Fish & Wildlife website, vtfishandwildlife.com.



Vt Adaptive finalist:..... from page 6

remote here in Vermont. Adding a Land Rover Defender to our fleet of vehicles will allow us to tow our adaptive equipment into underserved, rural communities, offering the opportunity for everyBODY to explore and enjoy the outdoors."

The six winning organizations will each receive a fully customized Defender 130 and awarded \$25,000 by their category sponsor, empowering them to further their respective missions. Featuring three rows of seating for up to eight people, along with 88.9 cubic feet (2,516 liters) of load capacity, the Defender 130 will empower these organizations on their mission of service. The winners will collaborate with the Defender team to fully outfit their vehicle with robust accessories, required to meet the challenges of the organization's mission, along with a custom exterior vehicle wrap.

Public voting will take place through Wednesday, Oct. 4, to determine the ultimate winners of the six categories of the 2023 Defender Service Awards. To view the finalist videos and vote, please visit [Defender Service Awards at landroverusa.com/experiences](http://DefenderServiceAwards.com).

Corporate partners have joined this initiative to provide further support for the respective organizations across the different categories. Chase, as presenting sponsor, will donate \$5,000 to each of the five finalists per category, for a total of \$150,000. Premier Sponsor, Warner Bros. Discovery will contribute \$75,000, awarding \$2,500 to each of the category finalists. Category sponsors will donate \$25,000 to the ultimate winners. The five finalists include:

- [Vermont Adaptive \(Killington, VT\)](#)
- [Camp Rainbow Gold \(Boise, ID\)](#)
- [Idaho Trails Association \(Boise, ID\)](#)
- [The Bethlehem Center \(Chattanooga, TN\)](#)
- [Youth Sports Alliance \(Park City, UT\)](#)

The winning organization from each category will be announced at this year's Defender Service Awards at Destination Defender. Encouraging participants to embrace the impossible, the weekend celebration will take place from Nov. 10-12 at Iron Horse Ranch in Somerville, Texas.

For more info visit landroverusa.com/experiences/events-and-sponsorships/defender-service-awards.

BEGAP increases:..... from page 7

The \$20 million BEGAP grant program was launched Aug. 3. As of the announcement, Sept. 20, the program has seen:

- 469 successfully submitted applications
- 280 approved for a BEGAP grant
- 189 applications currently under review
- \$21,679 in average awards
- \$6,070,014 committed so far
- \$145 million total damage reported in applications
- \$116 million net damage (uncovered by insurance, grants, fundraising) reported in applications

In addition to the original \$20 million, which was awarded from so-far allocated but unspent broadband funds, BEGAP has received at \$250,000 in additional funding from the state's sale of "Vermont Strong" license plates. BEGAP has received at \$250,000 in additional funding from the state's sale of "Vermont Strong" license plates.

The numbers above for the average award and amount of BEGAP funds committed so far will change with this new formula, because it will be retroactively applied to previously approved projects.

It is worth noting, about 20% of all BEGAP applications received are deemed incomplete and sent back to the applicant for revision, which can delay processing.



By J. Hall
 Vermont's hunting season for ruffed grouse or "partridge," is Sept. 30-Dec. 31 this year.

[MUSIC Scene]

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

WED
9/27

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

QUECHEE
6 p.m. Public House Pub – Chris Pallutto

RUTLAND
5 p.m. Roots Restaurant – Ryan Fuller

5:30 p.m. Strangefellows Pub – Duane Carleton

THURS
9/28

BARNARD
5:30 p.m. Fable Farm – Feast & Field with a DJ Dance Party

BRIDGEWATER CORNERS
5 p.m. Long Trail Brewing – Sammy B

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

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

LUDLOW
5:30 p.m. Off the Rails – Nick Bredice

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 – Name That Tune Bingo

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
9/29

KILLINGTON
6 p.m. Rivershed Killington – The Joneses

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

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

LONDONDERRY
6 p.m. New American Grill – Sammy B

LUDLOW
6 p.m. Calcuttas – Jamie Snook

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

PITTSFIELD
8 p.m. Clear River Tavern – Last Chair

POULTNEY
6 p.m. The Poultney Pub – Liz Reedy

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

RANDOLPH
7:30 p.m. Underground Listening Room – Blues & Beyond with AllT

STOCKBRIDGE
7:30 p.m. Wild Fern – Heather Lynne

SAT
9/30

BRIDGEWATER
8 p.m. Woolen Mill Comedy Club – Saturday Night Allstars

CHESTER
5 p.m. Country Girl Diner – Cruise In with musical guest Swamp Frog

KILLINGTON
2 p.m. The Umbrella Bar at Snowshed – Duane Carleton

6 p.m. Moguls Sports Pub – Duane Carleton

6 p.m. Rivershed Killington – The Joneses

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

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

8 p.m. Pickle Barrel Nightclub – Aaron Audet Band

LUDLOW
11 a.m. Black River High School Lawn – Harvest Fair with music by Sammy B

6 p.m. Calcuttas – Sammy B

8:30 p.m. Off the Rails – Red Hat Band

POULTNEY
6 p.m. The Poultney Pub – JD Tolstoi

QUECHEE
5:30 p.m. Public House Pub – Krishna Guthrie

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

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

SUN
10/1

KILLINGTON
12 p.m. Rivershed – Brunch with The Joneses

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 – Jenny Porter

SOUTH POMFRET
3 p.m. Artistree – A Sense of Place: Voices from Prague, Paris and Budapest

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

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



MON
10/2

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
10/3

KILLINGTON
5:30 p.m. Mary Lou's – Mountain Music with Bow Thayer & Krishna Guthrie

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

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

RUTLAND
5 p.m. Moose Lodge – Psylas

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

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Wet your whistle at the Killington Brewfest

Saturday, Sept. 30 at 1 p.m.—KILLINGTON—Wet your whistle amidst Vermont's autumn color and enjoy live music, a vendor village, delicious food offerings, and 31 breweries pouring dozens of the finest craft beers, ciders, and seltzers in the region. Brewfest, held at Pico Ski Resort this Saturday, Sept. 30, from 1-5 p.m., is one of Killington's most distinctive annual celebrations since 1995.

Entry is restricted to ages 21-plus only. Children of attendees and anyone under 21 will not be allowed into the venue. No outside food, drinks, backpacks, or pets will be allowed.

Participating breweries include: 14th Star, Anheuser-Busch, Ayinger, Bent Water, Black Flannel, Burlington Beer Co., Canteen Spirits, Citizen Cider, Day Chaser, Downeast Cider, Fiddlehead, Frost Beer Works, Groennfell Meadery, Halyard, Harpoon, Lawson's, Long Trail, Mount Holly Beer, Mountain Mac Cider, Rutland Beer Works, Shacksbury Cider, Sierra Nevada, Simple Roots, Smuttynose, Switchback, Toppling Goliath, Upper Pass, Vermont Beer Makers, von Trapp, Weihenstephan and Zero Gravity.

The tasting session rocks with live music from start to finish. To kick things off, there will be music from The Gully Boys, followed by a performance by the Chris Pallutto Band.

In accordance with state law, participants will only be

allowed to purchase a total of 15 beer samples.

Shuttle service will be offered that will loop Pico Mountain, Killington Road, the Grand Hotel, and the condos on East Mountain Road. Designated pick-up areas:

- Killington Road
- Killington Grand Resort Hotel
- The Lookout Tavern
- Domenic's Pizzeria
- The Wobbly Barn / Charity's 1887 Saloon
- JAX Food & Games
- The Foundry
- The Rivershed
- East Mountain Road: All condos

For more information, visit: killington.com.



Submitted

A vendor village, live music, delicious food offerings, and the finest craft beers, ciders, and seltzers in the region will be available at Brewfest, one of Killington's most distinctive annual celebrations.



By Rick Keuhl

DJ Dave Hoffenberg poses after getting pied in the face at the 10th Annual International Pie in the Face for Chase which was held this past Sunday, September 24th, at Moguls Sports Pub in Killington.

Last Sunday's Pie in the Face for Chase raises \$33,000

The 10th Annual International Pie in the Face for Chase was held this past Sunday, Sept. 24, at Moguls Sports Pub in Killington and it was a huge success. At the event, 22 local celebrities took hundreds of pies in the face and raised \$33,000 (a record!) for Chase William Kuehl and the Phelan-McDermid Syndrome Foundation (PMSF). All proceeds support the cause, with half going directly to Chase and half to PMSF.

Phelan-McDermid Syndrome is caused by the lack of chromosome 22, so having 22 participants is significant. The 22 is prevalent in other areas too. Whipped cream pies were sold for \$22, green pudding pies were \$50 (green is the color of the PMSF and Chase loves pudding) and for the messiest of all, the PMSF Chaser — a pumpkin pie topped with pudding and whipped cream — could be purchased for \$100.

Chase Kuehl was diagnosed with PMS in January 2012 when he was a little over 1 year old. He is one of only 2,700 children diagnosed worldwide. The prevalence of those with PMS is estimated to be between 1 in 25,000 babies born. There is no cure, but it is PMSF's goal to find effective therapies to help those with PMS, and, eventually, a cure.

"I'm blown away by the love and support the community continues to show Chase and PMSF," said charity co-founder DJ Dave Hoffenberg. "Businesses from Killington, Rutland, Woodstock, Ludlow and beyond step up and donate. Please go to our Facebook page (Pie in the Face for Chase) to see videos and photos from the event but more importantly to see all these wonderful businesses."

The pie class this year was Sophomores: Whit Montgomery (Killington Chief of Police) and Jen Wheatley; Juniors: Brian Hughes, Bernie Kuehl (Chase's Uncle) and Andrew Schain; Seniors: Bill Conn, Brooke Englert and Matt Kopicki; Post Grads: Annie Johnson Kuehl (Chase's mom); Masters: Jared Hall, Karena Kuehl (Chase's sister), Kyler Kuehl (Chase's brother), Dave Parnell, Jeremy "Creep" Rayner and Don Sady, O.P's (Original Pie-ees): DJ Dave Hoffenberg, Rick Kuehl (Chase's dad), Sal Salmeri (owner of Moguls), Kelly Spear; Team Canada's Peter Whittier; and Referee Jason Evans.

DJ Dave added, "This charity is near and dear to me, and I'm honored that so many people volunteer to get pied over and over and help us raise much needed money. I love Chase dearly and will go out of my way to raise money for him and to help the other children affected by it."

This year DJ Dave raised a little over \$6,900 and took 163 pies to the face, shattering all previous records. "The hills will be alive with the sound of Judah and a Merman," he said.

This charity started in 2014 with a small event at Moguls, raising \$1,400. Each year it grows and grows. "We're very proud to see where the event is at," said DJ Dave. "The Charity would like to thank the title sponsors that gave generously to the event like Killington Resort, Farrell Distributing, Fiddlehead Brewing, Von Trapp Brewing, and the Vermont Roofing Company. The event would not have been possible without the help from Sal Salmeri and Moguls Sports Pub providing the event space. The following businesses donated these items which are a big help-Shirts: Initial Ideas, Posters: Boss Office Works, Pumpkin Pies: Mendon Mountain Orchards, Pudding: Public House Pub and Whipped Cream: Stewarts Shops. There are lots of businesses that donate to the silent auction and raffles, and they will be thanked on Facebook. Lastly the press is always a help in promoting this event so thanks goes to the Mountain Times, Rock 94.5 and WEXP."

For more information visit: pieinthefaceforchase.com. The 11th annual event is slated for Sept. 8, 2024. Stay tuned...

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Stone Valley Arts' New Kanon Jazz Trio to perform with special guest Zachary Hampton on the Saxophone

Wednesday, Sept. 27 at 7 p.m.—POULTNEY—Stone Valley Arts will present the classic Jazz Cafe series featuring the New Kanon Jazz Trio with special guest saxophone player Zachary Hampton on Wednesday at 7 p.m.

Hampton is a career musician, teacher, and student himself. He is committed to the study, performance, and education of jazz, using it as a vehicle to explore all aspects of the human condition. Along with the talented music intellectuals and performers he surrounds himself with, Hampton is most known for his work in the ensembles Moose Jr. and Moose Crossing, in which he was a creative partner for over 10 years.

Hampton has directed elementary, middle, and high school music and bands for over 10 year, here in Rutland County. He has long been affiliated with district and Vermont All State competitions, serving as coordinator, adjudicator, and player, among other roles. Many of Zak's students go on to be regionally and state recognized musicians who have an interest in music as a career path.

As an undergraduate, Hampton attended Green Mountain College, Berklee College of Music, and Castleton University, all of which offered him a wealth of knowledge and experience in the fields of music performance, improvisation, education, and

advocacy. Hampton went on to receive his masters of music education from Castleton University.

With over 13 years of experience on stage, Hampton hand-picks band members and charts for each performance that are exclusively tailored to the venue and listeners. Zak captivates kids and adults alike with his wild enthusiasm and passion for performing and teaching music. From The Wiggles, Rafi, and The Beatles, to Sonny Rollins, Frank Sinatra, Stevie Wonder, and many more, Zak's background in jazz and his improvisational style makes each "familiar tune" sound new, fun, and engaging to listeners of all ages.

Hampton has selected a set of his favorite jazz charts for his appearance with The New Kanon Jazz Trio at Stone Valley Arts, which will include Gary Schmidt on piano, Ron White on bass and Nick Aloï on drums.

Listeners can expect to be indulged with works from the bebop and swing era of jazz performed with inspiration and knowledge taken from the great tenor saxophone players like John Coltrane, Sonny Rollins, Coleman Hawkins, and Stan Getz.

For more information, visit: stonevalleyarts.org.



Zachary Hampton has hand-picked a set of his favorite jazz charts to perform during his appearance with The New Kanon Jazz Trio at Stone Valley Arts on Wednesday.

Submitted

Stay warm with Chilli at the Poultney Chili cook off

Saturday, Sept. 30, 11 a.m.-1:30 p.m.—POULTNEY—
The Poultney Rotary Club brings its 33rd annual Chili Cook Off to downtown Poultney this Saturday.

In addition to the chili cook off competition and tasting, EnerJazz Big Band will provide musical entertainment, a silent auction will line the center of Main Street and the famous Chili T-shirts will be back. The Poultney Pub (formerly the Tap) will offer beer in your own Chili Cook Off glass for a nominal fee, and this year Chili Cook Off will include the Rolling Rooster food truck.

\$1,000 in prizes will be awarded. Anyone interested in entering as a chili cooker (at no charge) should reach out to Rotarian Craig at bmwride2012@yahoo.com or text 518-321-6354.

The fall Chili Cook Off serves as the club's largest fundraiser and businesses and individuals in Poultney make the club's ongoing work possible.

Poultney Rotary Club was instrumental in providing scholarships to five deserving Poultney graduates this past spring, contributions to various summer recreation programs, an annual back to school drive.

For more information, visit: poultneyareachamber.com/events/33rd-annual-chili-cook-off.



Fair Haven solicits fall clothed stick figures

For the fourth year, Fair Haven's Itty-Bitty Committee will be displaying clothed stick figures around the town park. Community members are invited to create their own stick figure for display. Participants may pick up their figures and materials at 47 So. Main St. at the gazebo on Sunday, Oct. 1, between 10 a.m.-4 p.m.

The installation dates will be Saturday, Oct. 7, 10 a.m.-4 p.m. and on Sunday, Oct. 8, 2-4 p.m. The figures will remain up until the first week in November.



Submitted

Stick figures will be on display on the streets of Fair Haven this October.

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Lauren Teton, Artist

All materials will be provided. Consider wearing an old shirt. Bring a drink if you like. Program is free and sponsored by the Friends of the Library.

Killington's Mountain Bike Season Passholder Appreciation Day is a "Beast" of a party

Friday, Oct. 1 at 11 a.m.—KILLINGTON—Free with summer pass. As another great Killington mountain biking season winds down, Killington Resort invites all summer passholders to a day full of racing, music, giveaways, and food on the hill. From 11 a.m. to 1 p.m., the Bike Bum course on lower Rabbit Hole will hold a timed run. From 2 to 4:30 p.m., the Snowshed Umbrella Bar will host an outdoor BBQ buffet. To participate, visit Snowshed ticket windows beforehand to have your passes scanned. After the BBQ, there will be a free raffle for all passholders starting at 4:30 p.m. For more information, visit killington.com.



Submitted
Mountain bike season passholders will celebrate with biking, music and a barbecue this Friday at Killington Ski Resort.

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Bigfoot tracker to share his research at Sherburne Public Library

Thursday, Sept. 28 at 6 p.m.—
KILLINGTON—Join producer, lead investigator and New Jersey native Mike Familant at 6 p.m. as he shares his experiences researching and tracking down the truth behind North America's most iconic cryptid, Bigfoot at Sherburne Public Library on Thursday, Sept. 28.

Bigfoot, Sasquatch, Grassman, Skunk Ape or Big Red Eye, whatever name you choose to call this large, bipedal hominid, Mike has probably tried to track it down.

Mike has been researching this amazing creature for over 12 years and is producer of the show, "In the Shadow of Big Red Eye."

He will share some extraordinary evidence backed by facts which he and his team have collected throughout their journeys, along with some of the unfortunate experiences which come along with Bigfooting. A Q&A will be held after the presentation and Mike will be available after for photographs and autographs.

For more information, visit: sherburnelibrary.org.



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SUDOKU

PUZZLES—from page 11

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*Open by appointment only. spfldhumane.org



JAKE

I'm a 6-year-old neutered male pitbull mix who just can't wait to be your best friend! Things in my last home didn't quite work out for me. As it turns out, I'm not meant to be around cats (who knew!), so I found myself at Lucy Mackenzie in the hopes of...no, scratch that, the certainty of finding the perfect home! I'm a sweet and (not-to-mention) incredibly gorgeous pup who just loves to go on walks and give lots of affection! I mean, who doesn't love that?

This pet is available for adoption at

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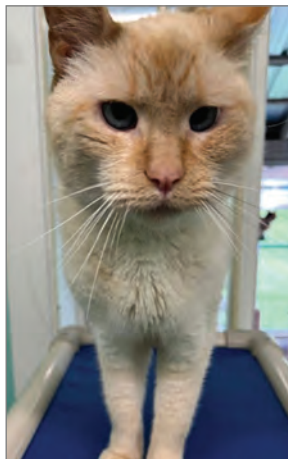
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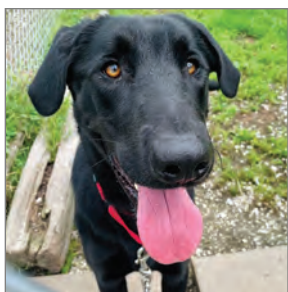
Augustus—9-year-old. Neutered male. Domestic shorthair. Siamese mix. One thing that was mentioned about Augustus was how wonderful he was with everyone in the household including an infant.



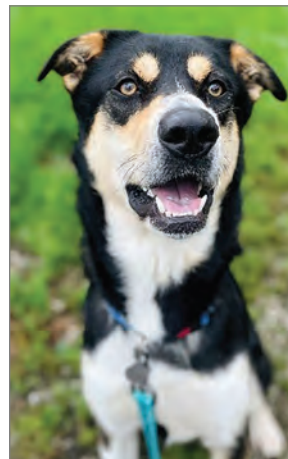
Genesis—7-year-old. Neutered male. Pit bull mix. Genesis is a goofy fella who loves toys (squeaky toys are his favorites!) and can catch them in mid-air.



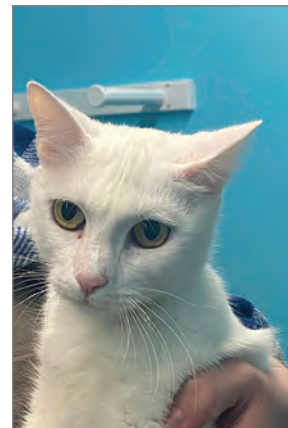
Arya—5-year-old. Spayed female. Domestic shorthair. Grey tiger. Arya is a beautiful girl who has been through a lot in her life.



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



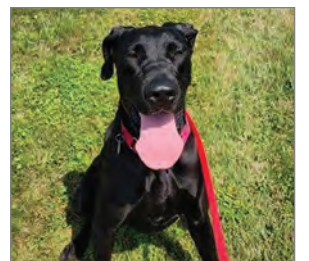
Mowgli—2-year-old. Neutered male. Shepherd/husky mix. He has a bubbly personality and is always up to making new friends.



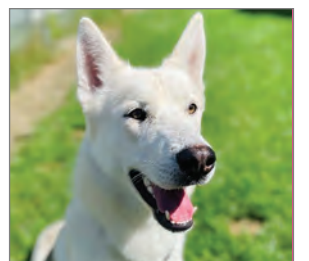
Fi—3-year-old. Spayed female. Domestic shorthair. White. She takes a little bit to warm up to but, once she does, she will be your best friend.



Hobbes—3 year-old. Spayed female. Domestic shorthair. Hobbes is as sweet as can be.



Mia—2-year-old. Spayed female. Great Dane. Mia loves people and is a total goofball.



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



Rocko—8-month-old. Neutered male. Jack Russell terrier mix. Rocko is a very sweet young fella who needs lots of love and attention.



Bella 13-year-old. Spayed female. Domestic shorthair. Bella is a very sweet girl who just wants love and attention.



ZOEY

Zoey—2-year-old. Spayed female. Retriever mix. Zoey is a timid girl who is looking for a family who will give her lots of love and build her confidence.

All of these pets are available for adoption at
Rutland County Humane Society

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

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Closed Sun. & Mon. • www.rchsvt.org

October is Adopt-A-Shelter-Dog month

Tips from RCHS about avoiding wildlife when driving
With fall arriving, more wildlife is moving about, and the Rutland County Humane Society (RCHS) has a few tips. It's important to be particularly alert when driving, especially at night. Slow down in rural areas such as near ponds, rivers, farms, and woods. Pay attention to both sides of the road for animals that might be ready to step out in front of your car. Look for the animal's reflective eyes which are often visible from a distance. Motorcyclists are especially at risk of a collision with a larger animal such as a moose or deer. However, large deer and moose can damage a car greatly and cause serious injuries. Because animals often travel in groups, if you see one on the road slow down to avoid others who may be following. Your car is not recognized by animals as a predator and even if they see it they may run out in front of you. If you hit a deer or moose, pull off to the side of the road and put on your flashers. Don't approach the animal. Report the collision to the state wildlife agency or police.

Cosmic Catalogue



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Aries March 21 - April 20

Important partnerships in your personal or professional life, or both, are your raw nerve now. Your usual headfirst approach into situations are not going to serve your longer-term joy now. If you find yourself tempted to poke the bear, do that at your peril. Instead, go your own way, do your own thing. Someone who is really special to you needs some space. Give yourself the chance to cool off so they too have some room to breathe.

Taurus April 21 - May 20

You tend to have practicality in spades. Slow and methodical in your approach, you tend to look for in-real-life solutions to your problems. Sometimes, our greatest problems can't be fixed by a new diet or a new routine. You've arrived at a point in your life where if you've exhausted all the tried-and-true methods that work for you, it's time to lift the lid on the place you avoid – your inner landscape. Current practical problems may require an emotional or therapeutic solution.

Gemini May 21 - June 20

This week could turn out to be quite lucky for you. After some uncertainty or confusion regarding your living situation, a solution may arrive. It's also possible you might opt to think differently about problems you can't solve right now. "Let go and let God" may be an ethos worth practicing. Also, a Full Moon may inspire a focus on friendship or the chance to rub elbows with people who can take you to the next level socially, professionally or both!

Cancer June 21 - July 20

Every now and then we have to turn our attention away from our default setting. Sometimes, this is also known as a comfort zone. Despite your reputation for being a homebody, when it comes down to it, you can be quite savvy when it comes to your career aspirations. This week as you see the Moon grow full, let it be known that it's pulling you toward your desires, even if those desires look different from how they usually do.

Leo July 21 - August 20

You may not be feeling quite yourself this week, especially as your ruling star, the Sun, almost gets eclipsed. With that in mind, pay special attention to the tides within you this week. You might feel the need to switch up your daily routines a bit. For some Lions, this will mean setting your sights on your next holiday, while for others, heeding the call to develop your spiritual life beckons. Whatever sets your soul on fire, follow that path.

Virgo August 21 - September 20

Close attention needs to be paid on your finances this week. If money that goes out is greater than what comes in, a correction will need to be made. This doesn't just have to be about cash, neither. It could also be about the emotional scales being out of balance or feeling like you're giving more than you're getting. The tide is shifting, but you may need to see what you've been avoiding first. If you receive wise advice, then be sure to heed it.

Libra September 21 - October 20

People seem to be so afraid of the term co-dependent nowadays. So much so, that unfortunately, it's been misconstrued to the point that some people avoid expressing their feelings or speaking up about unmet needs. Asking for more doesn't mean you're needy or lacking in independence. You're in a phase now where you need to redefine what partnership means to you. You can't take old habits into new situations and expect things to be different. Be the change you need and want.

Scorpio October 21 - November 20

You've been in a very private space for a while now. Getting lost inside yourself, in your thoughts and feelings have isolated you a bit. It's nourishing for the soul to navel gaze every now and then. However, at some point you have to attend to the matters in life that keep the lights on. So if you've been ignoring certain practical tasks in your life, this week will shine a bright light on what needs to be done so don't avoid it!

Sagittarius November 21 - December 20

Time appears to be so sped up nowadays that it's easy to forget what it means to live simply. Sure, we all need to do what we need to do to keep the wheels turning, but where is the room for joy, happiness or creativity? When was the last time you laughed? Remembered who you were before life got in the way? This week, focus on returning to a simpler joy. Make sure that joy has a solid dose of healthy selfishness too.

Capricorn December 21 - January 20

This week begs the question, what are you hungry for? Are you ambitious to hit the next career peak or are you hungry for a simpler life or a happy home with those you call family? If excess time at work has left you feeling on the edge of beginning to feel bitter or resentful, then it's up to you to refocus. Remember the reasons why you're doing what you're doing. If family matters to you, make sure they know that this week.

Aquarius January 21 - February 20

It's easy to put aside life's existential issues when money is the imminent priority. What does it mean to have a spiritual pathway when you're not sure how you're making ends meet this month? It can feel selfish and irresponsible. That said, staying aligned with a religious, spiritual or purposeful pathway can help bring meaning to troubled times or a troubled mind. This week, try and find solutions to everyday problems from a source of faith or a higher power.

Pisces February 21 - March 20

Joint finances are spotlighted this week as what you earn, owe and own are in focus. Whether you're partnered or not, if you have debt, savings or investments, you'll be focusing on how you can maximize that. Helpful windfalls are promised and if they do arrive, be sure you've got a plan for where that money goes before it's gone. You've been working hard to be extra responsible lately, don't blow it now. Short term pain for long term gain is where it's at now.

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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.

Hold your peace or speak up

Stunning progress and resolutions that have been blocked, delayed or beyond frustrating may, all of a sudden, reach a conclusion as September turns into October. This might involve receiving a piece of news or information that helps uplift and inspire you to keep pushing forward. A tricky situation or a complex problem since late August may turn around through an act of good faith. You might be the lucky recipient of help or support or you find yourself in a position to assist someone else. I've said in many circles now that we are in the season of divorce. A Full Moon in Aries

illuminates the tail of the week, making the art of compromise increasingly challenging, while the art of making enemies seemingly easy. While this Full Moon is more a suggestion of an eclipse than an eclipse itself, it will most certainly be a flashpoint in any partnership already experiencing stormy weather. This week may be about discovering the gumption to walk the path of conflict even if that means upsetting the apple cart. The peace you think you're maintaining in the short term may ultimately be creating irreconcilable conflict in the long term. If you cannot forever hold your peace, speak up now.



Cosmic Catalogue
By Cassandra Tyndall

The painting of beauty

Water folds,
Rippling over rocks,
Painting a picture,
Glowing in the sunlight,
Shimmering,
As the rays of glitter,
Land on the surface,
On the face of the water,
Smiling,
The water laughs,
Making ripples over the rocks,
Sprinkling the glitter,
As it goes,
Making a painting,
Of beauty,
Of life,
Of kindness and,
Of happiness,
The painting of,
Beauty.



Poetry Is Power
By Bree Sarandrea

Connecting with Mother Nature and her creatures

Have you ever felt one with the universe while gazing in awe at the twinkling stars? Have you communed with nature while hiking on a trail through Vermont forests and woods? Have you absorbed the Earth's energy while standing on a rocky peak? Feeling our connection to the natural world is a vital part of being human. Ancient cultures and civilizations that survived remained in harmony with Mother Earth by revering and honoring her to maintain balance.

Dad's love of nature first brought us to Vermont in 1958, the year Killington first opened. While my brother Billy attended Colton ski camp, Dad bought our two acres under 6 feet of snow from Orin Bates, a local legend. Vermont's the ideal playground for kids to ski and



Mountain Meditation
By Marguerite Jill Dye

explore mountains and forests and make friends with Mother Nature and the creatures who dwell here.

Four decades ago, a Charlottesville friend loaned me a book by a Hollywood producer (or writer/director, I can't recall). He dog sat for an actor's German Shepherd. The brilliant former police dog taught the man myriad lessons, including ESP. The producer worked for hours in his office and realized, if he thought for a moment about going for a walk, the dog leap into action from the house's other end, rushing in with hiking boots in his mouth, licking his face then fetching the leash.

The man began a series of experiments with the dog, and then with a skunk who lived out back near his home. He treated the skunk
Meditations →31

Why do some mushrooms glow in the dark?

I recently found myself sitting in the crawl space of my house holding a bioluminescent mushroom. I'd been on a quest to find one of these light-producing mushrooms and, on my birthday, had collected a jack o'lantern (*Omphalotus illudens*), so named for its bright orange color and nighttime glow. As my eyes adjusted to the dark, no present was more exciting than watching that green glow appear along the mushroom's gills.

Bioluminescence is light generated from chemical reactions in the bodies of living things, and beings from fireflies and jellyfish to some bacteria and —yes— fungi can produce this effect. Bioluminescent reactions in fungi follow a basic formula: an enzyme interacts with a light-emitting compound with help from additional enzymes, water, and oxygen. The light-emitting molecules are called luciferins, and the enzymes that interact with them are called luciferases. All 120 known bioluminescent mushrooms use the same family of fungal luciferins and luciferases.

Mycologists have speculated for centuries about the reasons fungi produce light, but they don't yet have all the answers. For one thing, which part of a fungi luminesces is different across species, implying different uses for their light.

Mycelium, the network of thread-like hyphae that are often called the "body" of a fungus, can glow, sometimes dramatically. I once saw a nighttime photograph of an entire truckload of neon-green firewood, possibly lit by the prolific mycelium of *Armillaria*, which lives on wood and is common throughout the Northeast.

It's possible that glowing mycelium is merely the irrelevant side-product of an important metabolic pathway that happens to make luciferin. Alternatively, it could attract the predators of arthropods that feed on unprotected hyphae, like a fungal blue light calling in the night guard. Mycology professor emeritus Dennis Desjardin of San Francisco State University shared a story with me about watching video footage from Brazilian colleagues of spiders sitting on glowing mushrooms and ambushing arriving insects. In one case, a cockroach is actively feeding on a mushroom when a hunting spider catches it. Desjardin suspects glowing mycelium would attract arthropod predators, too, but his hypothesis has yet to be tested.

For many species, only their mushrooms —the cap, stem, gills, or all of it— are the luminescent part of the fungus, rather than the mycelium. In the case of the jack o'lantern, only the gills glow, and that is also true of one other local bioluminescent mushroom, the

bitter oyster (*Panellus stipticus*). Researchers hypothesize that glowing mushrooms attract nocturnal arthropods, which will eat the mushrooms or lay eggs on them. Sitting on a bright mushroom, they would also be vulnerable to a spider attack, as in Desjardin's story. Presumably the mushrooms use all this arthropod activity to assist their spore dispersal, in a relationship similar to flowers and pollinators.

Most of the bioluminescent fungi that have been investigated glow around the clock, if water, oxygen, and metabolic conditions are favorable, even though bioluminescence is outshone by daylight. However, Jay Dunlap of Dartmouth University's Geisel School of Medicine has investigated a mushroom that saves its glow for nighttime.

Dunlap's research focuses on circadian rhythms, the internal biochemical clocks that living things use to guide cycles of activity. The human circadian clock regulates most processes in our bodies, and when it malfunctions, it can contribute to disease, including cancer and obesity. To understand how that can happen, Dunlap's lab usually experiments on a fungus that has a biochemical clock very similar to ours, but it's a mold that doesn't glow. In 2014

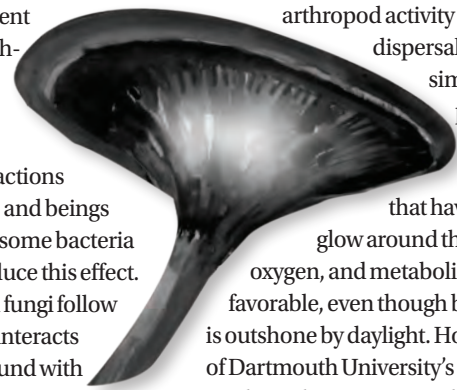
Dunlap was contacted by colleagues from Brazil who suspected the bioluminescent mushroom they were investigating was timing its light with a circadian clock.

Working together, they found that this tropical bioluminescent mushroom was using its circadian clock to achieve peak luciferin and luciferase levels during the night, when the resulting glow is most visible. If this fungus schedules its light output for maximum effect, that implies its bioluminescence has an adaptive use and isn't simply a biochemical side-effect.

Using acrylic model mushrooms that could be lit from within by green LEDs, Dunlap found that the illuminated models attracted far more beetles, bugs, flies, wasps, and ants than dark versions, supporting the hypothesis that bioluminescence is important for mushroom-insect interactions.

As exciting as a present that keeps giving, the intricacies of fungal bioluminescence and circadian clocks have so many more mysteries waiting to be discovered. As Dunlap puts it, "There is a whole lot more that we do not know than that we do know."

Rachel Sargent Mirus lives in Derry, New Hampshire. 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 Rachel Sargent Mirus

Running into trouble

I worked for a global company for many years where I met a lot of interesting and diverse people. It was a melting pot of cultures, beliefs, and attitudes that, more often than not, made the work exciting and engaging.

During the interview process for this company, I met with several people, including HR reps, my potential manager, a couple of leading executives, and a young guy in his 30s whom I was told I would be working with closely.

I thought all the interviews went well except for the young guy. He was tough to read. He had a mid-sized build with black greasy hair and a pale complexion. His eyes were small and beady, and he spoke in a monotone voice that hinted at a sustained nervousness. Had he worn glasses, he would have been the dictionary definition of a computer geek.

I did my best to soften him up with a periodic quip or lighthearted response. I wanted him to know that, while I was immensely capable of doing the job, I was also an easy and likable guy to work alongside.

Needless to say, I made little headway with him other than somehow realizing that we were both fans of Monty Python.

I was eventually hired and set to task in the marketing department. The 30-year-old ended up sitting in the cubicle next to me so, like it or not, we would be interacting daily.

This guy kept to himself but over the course of a few weeks, I gradually made headway with him. I learned that he had a girlfriend (absolutely shocking given his interpersonal skills), that he had a master's degree (not surprising given his level of competency), and that he was heavy into jujitsu (baffling since he came off as clumsy and uncoordinated).

But the biggest surprise with this guy was revealed itself one afternoon when we were walking into the parking lot together. As we approached his vehicle, I happened to notice a bumper sticker on his back window. It was the relatively common oval that runners place on their cars that usually say "5K" or "10K." (I always laugh when I see the people who place the "0K" sticker on their car.)

However, in this instance, the sticker read "70K."

I pointed at the sticker and snidely asked, "What's that all about?" He incorrectly as-

sumed I was talking about the stormtrooper decal adjacent to it, so he responded that he was a bit of a Star Wars fan. I corrected him and pointed at the 70K sticker, again questioning the validity.

"Did you actually run a 70K race," I asked.

"Not recently," he replied. "I did one about five years ago but I'm thinking about doing another next year."

"Hold on!" I snapped. "You ran a 70K race? That's like 40 miles."

"43.5 actually," he said sheepishly.

Now, I'm a runner; I've been running for years. I run almost every day and pride myself on my ability to go for a good clip when needed. With that said, the longest run I've ever been on was 17 miles – and I was wrecked the next day (that 17-mile run was supposed to lead up to a marathon, but cancer

put an end to that dream).

A marathon is 26.2 miles. A 43.5-mile race is not quite double that distance, but it's close.

I stood there flabbergasted, partly because I'd never met anyone who's run that far and partly because the

human standing next to me did not appear anywhere capable of the physical or mental demands of an ultra-marathon-level race.

For a moment, I thought he might be lying, but after a flurry of probing questions, I determined that his story was legit.

My opinion of this young man changed dramatically after this revelation. And I learned an important lesson: Most people have hidden talents lurking beneath the surface.

Sometimes you just have to dig a little to locate them.

In this week's feature, "Champions," Woody Harrelson stars as a professional basketball coach who's forced to mentor a group of intellectually disabled young men who all have hidden talents lurking beneath the surface. While initially reluctant to take on the task, Harrelson eventually warms up to the team and changes their lives.

This is a feel-good movie from beginning to end, and while it may not have provided the depth required to make it a true winner, it did interject enough humor and humanity to make it compelling enough to watch.

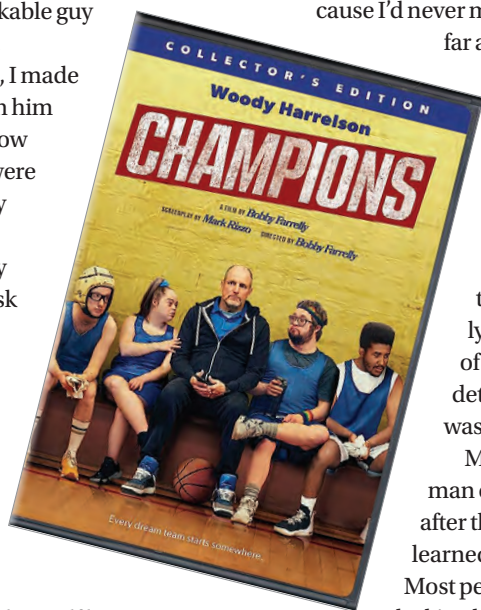
Check this one out if you're looking for relaxing mid-week distraction.

A "C+" for "Champions," now available to stream on Amazon Prime Video.

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



The Movie Diary
By Dom Cioffi



Submitted

A better way to get there

Ahhh, foliage. The air is crisp and clean as the humidity literally vanishes into thin air. The trees, once a vibrant shade of green, begin to mute and change, dying off before our very eyes. Once almost all the same, they now show their differences to us, the varieties within varieties, as each turns at their own unique pace. Some are already browning, while others are just starting to fade from emerald.

The dirt roads of Vermont, once covered in a thick and luscious canopy of green, are now full of an increasing amount of light. The gravel road, once a full gray allowing for two cars, now seems smaller. A lush border of brown, dead leaves line the path on either side, creating a runway feeling. The leaves draw your eyes farther down the road and I can imagine how far this journey might take me.

There are over 8,700 miles of dirt roads in Vermont, accounting for over 55% of existing travel byways. That's a lot of room for exploring and adventuring throughout the state. In fact, except for mud season, that is absolutely amazing. When you wonder about taking the road less traveled by, make sure some of the roads you travel in life are dirt.

Dirt roads remind us to slow down. Life moves pretty fast but not when you are traveling on a dirt road in the middle of what feels like nowhere. Dirt roads force us to look around, to notice the variable terrain underneath our wheels rather than simply floating along on the freeway without a care in the world.

Because you have to look out for your undercarriage, slowing down so you don't snap an axle in an unmarked pothole or start leaking oil when you miss a large, pointy rock. You have to pay attention, maneuvering your car around the natural features of the road including its varying width and potential lack of guard rails.

Most beautifully, you have to travel within the forest, underneath the thin-

ning canopy of the fall season. The roads are usually firm this time of year and you can venture out into the woods just like a hiker. You don't just get to look at the Green Mountains, you get to experience them, be surrounded by them and feel their energy as you drive through rather than around them.

This is your reminder to take the long way home at some point this foliage season. Open your windows and allow yourself the

opportunity to breathe in the smells of the Vermont forests. Yes, the summits of our mountains are beautiful and you can see for miles across the ridge lines, but you must also open yourself up to the underbelly.

You must look at the roots of the trees and not just the beauty on her branches. Notice the ferns as they change color and the way the earth rolls under-

neath you. Dirt roads are never smooth, never flat and never without movement. For many Class III roads, you don't need a jeep or big knobby tires — you just need to pay attention and focus as you guide your skis through the woods.

Take advantage of this magical time of year to truly see how the cycle begins. The leaves,

falling and returning the nutrients back to the earth. You can smell the changes, as the rot begins to take place and the soil grows stronger in preparation for the long winter ahead. Now is your chance to take Wheelerville Road, North Bridgewater Road, Upper Michigan Road, and so many, many more to explore.

But go, take the road less traveled and see the foundation of our beautiful Green Mountains. See what only hikers usually get to see and experience. Take a bike, take a car or just take a walk. But slow down, take a deep breath and let yourself truly take the time to see Vermont and understand her. Don't just drive by at 55 miles an hour looking for the next maple creemee stand. There's a better way to get there.



Livin' the Dream
By Merisa Sherman

There are over 8,700 miles of dirt roads in Vermont, accounting for over 55% of existing travel byways. That's a lot of room for exploring.

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Mac's: from page 1

Violette said. "It's a good growth opportunity for us." Violette said the company is also under agreement to purchase a grocery store in Johnson, Vermont, which was damaged by flooding.

Violette said they plan to keep all the current employees at Mac's.

"I'm sure we'll look to reinvest in the stores and incorporate what we do with the other stores," he said. "Most of

"It's a good growth opportunity for us,"

Violette said.

(the employees) are pretty familiar with us— that will provide them with a great degree of comfort with what the future is."

Mac's Market was family owned and operated for about 30 years by Sherman V. Allen, Inc., in Rutland. Global Partners LP acquired 13 Mac's Market locations in 2021.

The purchase of the Mac's locations came after a Mac's Market in Rochester closed in March of this year, leaving the community without a local convenience store briefly until the building was purchased by a new owner.



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← Meditation:
from page 26

with respect and asked him to do the same and not spray his yard. It vanished for a time, then reappeared with skunk kits in tow as his “thank you” and “farewell.” The other creature he described was a fly he named Freddy who arrived when he’d shave, landing on his nose every morning, then on his mirror if brushed away. The man was quite irritated until he asked, “why?” Then an amazing dialog ensued between the two unlikely friends. The man asked Freddy a series of questions then the answers downloaded into his brain. They carried on a profound discussion that included the purpose and meaning of life! I can’t find the book but wish I could.

I discovered I had to beware of my thoughts because our dog, Luke Skywalker, knew right away if I dared let “walk” enter my brain. Luke reacted just like the German Shepherd and raced to my side with tail wagging. I didn’t want to disappoint him so learned to think “walk” only when I really meant it. Luke also knew when I felt blue. He’d fetch and squeeze his Mr. Piggy, then squeak and throw his toy in the air. Luke was our family therapy dog but he also knew, in a crowd of people, if someone were hurting and stayed by their side. All three of our Labrador Retrievers were healers. Luke was our last one. We miss him so much.

I’ve always been drawn to indigenous peoples and their rich cultures around the world. I’ll always remember the Naxi Shaman in Lijiang, China in the Himalayan foothills. We communicated through two translators but felt an immediate connection to each other. He wrote a blessing for our home in Naxi—the only living pictograph language—about our work going out in the world. We learned his shamanic family lineage could be traced back hundreds of years. He works with spirits to heal the sick and holds ceremonies and blessings for the Naxi People. Shamens are medicine men and women healers with knowledge of energy and plant medicine, priests, peacemakers, truth seekers, “dreamers” (like mediums), exorcists, soul retrievers

and ancestral healers who care for the people in their community. We also saw shamans dance and chant in similar rituals to Native Americans. Indigenous peoples haven’t lost their connections to their spirit helpers and nature. Shamanism is often passed down, but sometimes initiated through severe illness, a lightning strike, accident or narrow escape.

Our Ukrainian friend Sasha was identified as a shaman by the foremost Siberian shaman at a UN Conference on Shamanism. He blessed our home and helped my husband rediscover his path following his retirement. But Sasha had an incurable illness that he couldn’t find help for. He’d been poisoned in the Chernobyl explosion by radioactivity (which claimed his mother’s life). It caused his thyroid to severely malfunction and feeling hopeless, he committed suicide.

Losing our friend made me want to avoid shamanic studies of any kind, but opportunities to learn more reappeared and continue to fascinate me. Sometimes I wonder if my series of weird illnesses (like arachnoiditis, Lyme, Babesia Duncani—a malaria-like red blood parasite, a tibia plateau fracture in 20 pieces from a Florida bicycle crash, two concussions and Blepharospasm eye lid spasms that cause functional blindness, along with a lightning strike in the Alps) seem to be calling me to learn shamanic practices. So I listen to Sandra Ingerman (American), Roel Crabbé (from Belgium), Sounds True and the Last Mask Center podcasts on shamanism with wisemen like Angaangaq (an Eskimo from Greenland) to rediscover our connection with Mother Earth and her magnificent creatures.

This is how my journey began communicating with the spirits of animals. I’ll share our conversations with you in my next few columns. You’ll likely be as amazed as I was (like the Hollywood director with Freddy the fly) to receive answers to my questions in insightful dialogs with intelligent creatures’ spirits.

Marguerite Jill Dye is an artist and writer who lives in Vermont and Florida.

Former Gov. Madeleine Kunin to discuss poetry downtown

Sunday, Oct. 1 at 2 p.m.—RUTLAND—
Former Vermont Governor Madeleine May Kunin will be on hand at Taso on Center, 22 Center St. in downtown Rutland, Sunday to share the release of her second collection of poetry, “Walk with Me.” Appetizers and

beverages will be available to purchase from Taso. In “Walk with Me,” the well-versed poet and three-term Vermont governor invites the audience to discuss her poetry.

For more information, visit: phoenix-books.biz/events.



By Pat Wise

Serene solitude, Saturday

An island on Kent Pond stands out in stark contrast to the still misty waters that surround it.



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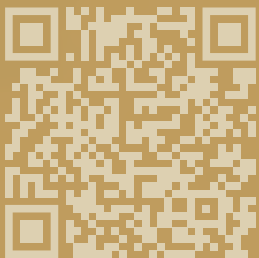
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