



EAST MOUNTAIN ROAD REPAIRED

Sections of East Mountain Road in Killington will be closed from 7 a.m.-5 p.m. for the next few weeks as new culverts are installed and sections repaved. From Oct. 11-20 the road will be closed from Roundabout Road to Bear Mountain Road. From Oct. 20-Nov. 3 it will be closed from Bear Mtn Road to Route 4. Homeowners in Sunrise Village will be able to access their properties either via Route 4 or Killington Road. No through traffic will be permitted during work hours. Repaving is scheduled to begin the week of Nov. 6.



SWEATER SOIREE

Head downtown this Saturday donning your best sweater and you'll fit right in! Don't miss the debut of this new fall festival.

Page 14



IT'S BEGUN!

Killington Forward kicked off with a celebration at the future pump house for the municipal water line.

Page 2

Plymouth gets new store after 11 years

By Katy Savage

After 11 years, Plymouth has a new store on Route 100.

Chloe's Market and gas station, formerly the Plymouth Country Store, opened Oct. 3, giving a long-vacant stretch on Route 100 new life.

"We have nothing between Ludlow and Killington — nothing like this," said Rick Martin, the owner.

Plymouth Country Store closed just after Tropical Storm Irene in 2011, leaving the community without a place to buy groceries within

a 20-minute drive.

Martin, who sits on the Plymouth planning commission, bought the building in August 2022 and spent a year doing extensive renovations.

"The place shut down and sat derelict for 11 years," Martin said. "A lot of my friends said, 'Oh Rick, you should buy the store.' The community needed it. We needed it desperately and I kept hearing it all the time. I finally buckled and did it."

Plymouth saw a series of

closures around the time the country store closed.

Plymouth Elementary School on Route 100 closed in 2010 and Plymouth Notch, formerly Round Top, ceased operations after the 2017-18 season. A former restaurant and real estate office also closed.

Chloe's Market will join another new business, Green Union Dispensary, a cannabis shop, which opened on Route 100 earlier this year.

Chloe's market → 10



Courtesy Killington Resort

Mikaela Shiffrin will return for her sixth year at the Killington Cup over Thanksgiving weekend.

World Cup tickets go on sale Oct. 12

Tickets for the 2023 Stifel Killington Cup will be available for purchase starting Oct. 12 at 10 a.m. at Killington.com.

Taking place Nov. 24-26, the Audi FIS Ski World Cup will once again bring the women's Giant Slalom and Slalom races to Vermont. The event is expected to attract Stifel U.S. Ski Team superstars, including five-time Killington Cup Slalom victor and winningest Alpine skier in history Mikaela Shiffrin, as well as former University of Vermont skier and 2023 world champion Paula Moltzan.

Returning this year is the athlete bib presentation, fireworks display and festival village opening to kick things off on Friday Nov. 24. No ticket is required for the Friday night activities, which are free to the public.

Saturday and Sunday will feature world-class ski racing, as well as live music performances, starting at just \$10 per a ticket. The event will highlight Heroic, an initiative

empowering women in the ski industry, with panel discussions and a premiere of the women's ski film "Advice for Girls."

"I am thrilled to welcome the World Cup back to Killington once again. It is the best way to kick off the season, a testament to our snowmaking team and the strength of the ski community as a whole," said Mike Solimano, president and general manager of Killington Resort and Pico Mountain. "The Stifel Killington Cup is about the community as much as the competition. Last year, we were able to donate \$270,000 to support regional winter sports organizations through the Killington World Cup Foundation, and we are proud to continue this tradition and donate a portion of ticket sales, including 100% of VIP packages, again this year."

A percentage from all ticket options benefits the Killington World Cup Foundation (KWCF), Killington Cup → 10

Homicide victim was retired Castleton University dean

Honoree Fleming was shot walking the Castleton Rail Trail, Thursday

Staff report

The woman who was shot and killed on the Delaware & Hudson Rail Trail in Castleton Thursday was a retired dean at the nearby university, Vermont State Police (VSP) and university officials announced late Friday afternoon.

Honoree Fleming, 77, of Castleton, died as a result of a gunshot wound to the head, and authorities are now calling her death a homicide.

Detectives have received more than 200 tips from the public since the homicide occurred, according to VSP. They have been interviewing potential witnesses, nearby residents and people who were on the trail around the time of the shooting, among other individuals, according to VSP.

On Monday, members of the VSP Search and Rescue Team and Crime Scene Search Team canvassed the Rail Trail in search of any additional evidence that might be relevant to the investigation. A section of trail remains closed to the public as the investigation continues. Tips from the public remain a crucial component of this case. Detectives would like to speak with anyone who was on the trail between 3-5 p.m. Thursday, Oct. 5. Tips can also be submitted anonymously at: vsp.vermont.gov/tipsubmit.

Detectives have received more than 200 tips from the public.

The state police also has been working with outside agencies, including the Castleton Police Dept., Fair Haven Police Dept., game wardens from the Vermont Dept. of Fish & Wildlife, and New England K9 Search and Rescue.

In an email to the Vermont State University community late Friday, interim president Mike Smith called the shooting "an unbelievable tragedy for the Castleton campus and for all of Vermont State University. Honoree will be deeply missed."

Fleming was a former dean of education at the institution now known as Vermont State University's Castleton campus and "was beloved by faculty, staff, and students," he wrote.

Homicide → 5



Honoree Fleming

Submitted

Killington Forward kickoff attracts dozens of local, regional, state representatives

TIF designation and bond vote paved way for \$285 million village development

By Polly Mikula

Last Wednesday, Oct. 4, the town of Killington officially broke ground on its municipal water system — among the biggest drivers of the Killington Forward initiative, which, also includes a completely rebuilt Killington Road workforce housing development and new village at the base of Snowshed and Ramshead.

Over 60 local, state and federal officials gathered to celebrate the historic milestone at the future site of the pump house on Route 4.

“You’ve waited 35 years for this,” said Lyle Jepson, executive director of Chamber and Economic Development of the Rutland Region, as giant scissors snipped the ceremonial red ribbon. Jepson was referring to a village development that has long been planned and abandoned by various developers due to lack of municipal infrastructure. “This is moving Killington and Vermont forward!” Jepson added.

“TIF is a very ambitious program, but all of this is necessary and we have so many people and organizations to thank,” said Town Manager Michael Ramsey.

Voters in Killington approved a municipal infrastructure bond of \$47 million this past March on Town Meeting Day by a wide margin — 75% voted “yes.”

The debt, will be repaid through tax increment financing for Phase 1 of the water and the full reconstruction of Killington Road. According to projections, the resulting development of the first phase of planned and permitted development at the base of Snowshed and Ramshead will add \$285 million to the town’s grand list value — the incremental increase from that growth will pay the bond. Additionally, payments

are guaranteed through a development agreement with Great Gulf, the developer of the future village.

“This is moving Killington and Vermont forward!” Jepson said.

The town of Killington has also received approval for \$2.3 million in American Rescue Plan Act funding for the water infrastructure, as well as a nearly \$3.7 million forgivable loan from the state’s drinking water revolving fund and \$2.25 million from the Northern Border Regional Commission — all of which reduce the amount of bonded debt.

Casella, who received a \$18,244,850 contract with the town, expects to complete the first phase of the municipal water expansion in two years. From there the water line will progress down Killington Road.

“It’s highly likely that some of the condos up by the mountain will tap into the municipal waterline even before the new village is built,” Haff said.

For many businesses along Route 4, access to clean, reliable water could not come soon enough. Per- and polyfluoroalkyl substances (PFAS), also known as ‘Forever Chemicals,’ have been found in many establishments necessitating expensive treatment protocols to remedy.

A municipal water system will also allow for more business development along the road and housing, including a workforce. The town bought 70 acres of land at the base of Killington Road in July and plans call for up to 250 to 300 housing units — a mix of apartment buildings, duplexes and single-family homes.

For more information visit: MountainTimes.info/tif.



By Polly Mikula

Top: Town Manager Michael Ramsey (left in tie), Michael Sneyd, Great Gulf president of the resort residential division (with big scissors) and Selectman Jim Haff (with little scissors) are flanked by over 60 local, regional, state and federal representatives who were invited to the celebration, Oct. 4. Middle: A sign at the site of the pump house reads, “Project funded by President Joe Biden’s Bipartisan Infrastructure law and the American Rescue Plan... Town of Killington, Vermont, water systems improvements, contracts 1-3A.” Bottom: Planning Consultant Lisa Davis and Selectman Chris Karr take a turn ceremoniously sawing a log on site.

StartUp Rutland partners with gener8tor to launch accelerator program

In partnership with Global Venture firm and startup accelerator, Gener8tor, StartUp Rutland — a Chamber & Economic Development of Rutland Region (CEDRR) initiative—announced the launch of their new StartUp Rutland accelerator, focused on early stage tech-enabled startups. StartUp Rutland is supported by several stakeholders, including, but not limited to, the City of Rutland, Rutland Redevelopment Authority, and MKF

Properties. “We’re excited to partner with gener8tor to pioneer Rutland’s first national accelerator program,” said Mose Cassaro, director of Venture Capital at StartUp Rutland. “With CEDRR’s support, this partnership embodies our mission as an accelerator and venture capital fund to drive economic growth and sustainable progress in Rutland County. We aim to bridge Vermont’s venture capital and startup ecosystem gap, connecting

startups to the broader U.S. entrepreneurial landscape, enabling access to funding, expertise and growth opportunities nationally, all while staying rooted in Vermont.” StartUp Rutland is an accelerator and early-stage venture fund focused on attracting and retaining high-growth startups to Rutland. The newly-launched accelerator is powered by gener8tor’s gBETA program, free, Gener8tor → 27

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 (((LIVE)))
 on PEG TV 30th ANNIVERSARY
 OCTOBER 28, 2023 AT 6:30PM
 WATCH ON COMCAST CHANNEL 1075 - VTEL 163
 PEGTV.COM - 802-747-0151

Rutland-based Pure Water for the World, Inc. to close

After more than 24 impactful years of implementing comprehensive safe water, sanitation and hygiene education programs in some of the most rural and underserved communities of Haiti and Honduras, Pure Water for the World, Inc. (PWW) is closing its doors. Its headquarters were at 65 Grove St. in Rutland.

With the persistent economic realities of increased financial pressures and fundraising challenges inhibiting the organization’s ability to continue its sustainable development programming, the board of directors has voted to phase out work in both countries. PWW will fulfill its existing commitments to funded programs, with anticipated closure dates of Dec. 31 in Haiti and June 30 in Honduras. PWW will not be making any new program commitments.

Since its incorporation in 1999, PWW has served over 925,000 individuals living in more than 750 communities across Haiti and Central America. Over the years, PWW’s locally-based teams have installed more than 20,000 safe water filters and over 200 rainwater harvesting systems in homes, schools, orphanages, and health clinics. More than 3,000 bathroom facilities have been constructed. Community water systems have been built in 12 remote regions of Honduras. Teams have also delivered essential water, sanitation and hygiene (WASH) trainings to more than 17,000

families, over 3,000 teachers, and a wide variety of other nonprofit organizations and government entities. “We are honored to have spent the past 24-plus years working to serve so many families and communities. We could not have made this impact without the support and commitment of our benevolent donor community, Rotarians, corporations, foundations, volunteers, and partners,” said Bob Mohr, interim executive director and past board president. “Generations of children and families across Honduras and Haiti will continue to benefit from your generosity. Thank you so much.”

In the coming weeks, PWW will be working to connect with nonprofits in each country to contribute its assets and capital resources. PWW will also be meeting with local contacts to facilitate potential employment opportunities for staff members in Haiti and Honduras, many of whom have been with the organization for more than 15 years. “While there is sadness regarding the future of PWW, there is much for our teams and donor community to celebrate. The lives of so many people have been transformed and communities have been empowered with the lasting foundation for improved health, renewed hope, and greater prosperity,” Mohr stated. “It has been an honor and a privilege to be a part of this remarkable effort.”

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Ludlow’s Boot Pro Ski & Bike Shop receives Vermont Legacy and Family Enterprise Award

The Boot Pro received the 1st Generation Family Enterprise Award at the 2023 Vermont Legacy and Family Enterprise Award ceremony at the University of Vermont.

The University of Vermont’s Grossman School of Business (GSB) honored four businesses on Friday, September 29. The four selected businesses stood out for their innovative practices, corporate governance, community involvement and sustainability.

The Boot Pro is a first-generation, family-owned, full-service ski and bike shop located in Ludlow. Established in 2008 by owners Alex and Shon Racicot on the corner of the Okemo Access Road, the Boot Pro was founded on the importance of well-fitting ski boots and superior

customer service. Shon has been passionate about finding the perfect fit since his start in the industry in 1985 and has become renowned in

the ski industry for his professionalism and expertise. Alex, an alumna from UVM’s School of Arts & Sciences and Boot Pro → 26



The Racicot family, pictured (l-r): Alex, Haley, Shon and Luke Racicot.

MOUNTAIN TIMES

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

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OBITUARY

Janet Nelson Pace, 88

Janet Nelson Pace passed away on Saturday, Oct. 7, following a long and courageous battle with Parkinson's Disease at The Meadows in Rutland. She was born on May 14, 1935 to Carl and Helen Nelson in Ludlow, Massachusetts.

She was predeceased by her parents, Carl and Helen Nelson, and her brother, Carl Allan Nelson. She is survived by her husband, Ralph Pace, and three sons: Stephen, Jeffrey, Douglas; granddaughter Emilia, and daughters-in-law, Barbara Ohm and Veronica Jimenez.

She spent the first quarter of a century living in Springfield, Massachusetts. She attended Samuel Bowles Elementary School, Van Sickle Junior High School, and Classical High School where she was a constant honor student. She then attended the University of Massachusetts for two years followed by three years at Columbia University while training to become a registered nurse at Columbia-Presbyterian Hospital in New York City, graduating with a BS with honors and RN in 1957.

Upon graduation, Pace was associated with several San Francisco hospitals where, when not nursing, she managed to travel throughout the West. She, and a group of friends loved camping in the National Parks. They visited virtually every park system west of the Mississippi.

On her return to the East, Janet began working for the Visiting Nurses in Holyoke,



Janet Nelson Pace

Submitted

Massachusetts, which was the beginning of her long association with public healthcare.

On July 8, 1961, she married Ralph Pace, also of Springfield. This marriage would continue for over the next 62 years, involving three sons and many moves. All the while, she still continued working in the public health sector with gradual involvement in management.

Janet Pace managed to find time to attend graduate school at Pace University where she earned her MA degree in Public Healthcare

Pace → 10

Rutland siblings receive promotions in civil air patrol

Civil Air Patrol Rutland Composite Squadron celebrated the promotion of two of its members who happen to be brother and sister. David Burch, 15 years old, was promoted to C/CMSgt, the second highest before becoming a cadet officer.

Burch joined the squadron in 2021, and has taken on a number of leadership roles within the squadron including element leader, public affairs, and aerospace education.

His sister Lauren, 12 years old, joined the squadron in 2023 and achieved her first promotion to C/Amn. Her first promotion was based on taking a leadership test as well as a physical fitness test and participating in squadron activities.

The squadron has also welcomed their father, Stephen Burch, as a senior member in 2023 as well. He has been taking courses and working on his certifications



Courtesy Vermont Wing, Civil Air Patrol

Senior member Stephen Burch (center) stands with his newly promoted children, C/CMSgt David Burch (left) and c/Amn Lauren Burch (right). The Burch family is from Rutland.

to become the squadron chaplain and will play an important role in leading cadets in discussions on the core values of CAP, integrity, volunteer service, excellence, and respect as well as leading monthly discussions on character development. He comes to the squadron with a master's degree in

biblical studies and 15 years of teaching experience in history, religion, and music.

The Civil Air Patrol is a nonprofit organization for the purposes of youth development, aerospace education, and to promote general aviation.

For more info visit: GoCivilAirPatrol.com.



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← Homicide:

from page 1

Fleming was the spouse of Pulitzer Prize-winning journalist Ron Powers. The couple and their two sons, Dean and Kevin, lived in Middlebury in the 1990s. The family tragically lost Kevin to suicide after he was diagnosed with schizophrenia—a tragedy Powers has written about in many forums, including in his 2017 book “No One Cares About Crazy People,” which was development as an independent documentary film.

Now losing his wife, Powers has asked for some space for him and Dean to grieve.

“There is an area-wide dragnet out for her killer,” Powers wrote in a public post on his Facebook page Friday night. “Police believe that it was random, but all possibilities remain open.”

The hunt for a person of interest in the shooting continued as of press time Tuesday, Oct. 10.

Authorities spent the day searching for clues after Fleming’s body was found late Thursday afternoon on the Delaware & Hudson Rail Trail about a mile south from the Castleton campus of the Vermont State University.

At a press briefing early Friday afternoon, Maj. Dan Trudeau, head of the state police criminal division, said police had no suspects but were looking for a man who witnesses reported was seen carrying a black backpack and heading north toward the campus.

According to a press state police press release, Saturday, “Witnesses on the rail trail describe the person of interest as a white male having short RED hair, not dark hair as reported earlier, approximately 5’10”, last seen wearing a dark gray t-shirt, and carrying a black backpack. Anyone on the rail trail around this time who may have observed the male are asked to call the Vermont State Police.”

Fleming’s body was found at about 4:30 p.m., around the time that witnesses reported hearing gunshots coming from the area.

The trail was closed for most of Friday as investigators used police search dogs to look for clues. Detectives also spent time Thursday



Submitted

Honoree Fleming and Ron Powers

night and Friday canvassing residences of South Street seeking information, including any video surveillance images, near the entrance of the rail trail on the university’s campus, Trudeau said.

He said investigators reviewed some security camera footage from that area as part of the probe, adding, “It hasn’t been much of a help.”

Trudeau asked Castleton residents, business owners and hunters who may have game cameras in the area to check their video for anything that appears suspicious.

He later added, “We have no idea where this gentleman, suspect, took off, whether he exited the trail through the woods or just walked it all the way to its end.”

The trail comes out on Main Street in Castleton near the Amtrak train station.

Trudeau said there have been a “few names that have been provided to us,” from people who think they know who was “responsible” for Fleming’s death. Investigators, he said, are following up on all those tips.

Later in the press briefing, Trudeau advised people to be vigilant — locking doors and not leaving keys in vehicles — and to report anything suspicious to authorities.

“The suspect was, in all likelihood, armed and dangerous and so should be treated as such,” he said.

“I don’t want to come off as trying to scare people but this is legitimate,” he added. “We’re relying on the public to really help us here, we really need a good first clue.”

Later in the press briefing, Trudeau stopped short of calling the man authorities are seeking a suspect.

“When I say a suspect, we don’t have a name, we have a description of somebody, we don’t know who that person is, so that person is of interest very much so.”

In his email to the school community, Smith said that “scores of students at Castleton benefited from Dr. Fleming’s teachings and research. Before she joined Castleton, she was also a faculty member at Trinity College, Middlebury College, and the Icahn School of Medicine at Mount Sinai.”

Powers said he was in shock that his wife had been attacked while walking her favorite trail near the college. “There are moments when I wish to God I could cry,” Powers wrote on Facebook. “I will.”

People who knew Honoree “know that she was beautifully named,” he added. “I have never known a more sterling heart and soul than hers. She has taken far more than half my own heart and soul with her.”

Vermont State University closed its Castleton campus Friday “for the safety of the campus community,” according to a Facebook post.

“All events have been cancelled,” the post stated. “A shelter-in-place order continues for anyone who is on campus.”

Few people were seen on the campus Friday, and parking lots were mostly empty. Police cruisers traveled around campus throughout the day, with a Castleton police cruiser parked at the South Street entrance of the rail trail. Yellow crime scene tape also blocked off the entrance to the trail.

Reported sightings of a person matching a description of the man described by witnesses came in from other western Rutland County towns, and Trudeau said police followed up on all of those tips, but as of early Friday afternoon had not yielded any clues.

All Slate Valley Unified School District schools, including Fair Haven Union High School, canceled all home and away athletic events “due to the concerns in our community,” a notice posted on the district’s website

stated. Schools had already been planned to be closed Friday for a teachers in-service training day.

Monday, school resumed as normal, Slate Valley Superintendent Brooke Olsen-Farrell explained in a letter to the school community: “We plan to hold school as normal. However, there are some safety precautions we have implemented or enhanced at Castleton Elementary, Fair Haven Grade School and Fair Haven Union Middle/High School in response to this incident,” she wrote, explaining that advice from law enforcement would dictate future district decisions such as whether to cancel outdoor activities. “We will continue to keep you updated with any relevant information about the situation,” Olsen-Farrell wrote, adding “school counselors are available to support students who may be feeling anxious or upset due to recent events. Please do not hesitate to reach out if your child needs support”

The VSC Castleton Campus also reopened on Monday morning, Oct. 9, “providing a supportive environment for those who wish to come together,” according to a VSC post on Facebook. But “Castleton students will be excused from class on Monday, and classes taught by Castleton faculty will be canceled. Regular class schedules will resume on Tuesday. Classes on other campuses will proceed as scheduled on Monday, including at other main campuses, learning sites, and Killington.”

All events on the Castleton campus on Monday, including the Open House, were canceled.

Extra police coverage is expected through the week. The VSP continues to ask that anyone with information that could possibly be related to this case call the state police Rutland Barracks at 802-773-9101.

Alan J. Keays and Jimmy Nesbitt/VTDigger.org contributed to this reporting.



Submitted

Honoree Fleming

CCV receives \$1.2 million to support workforce development

Rural Vermonters and people in marginalized communities will have greater access to higher education and career advancement in the coming years, thanks to a \$1.2 million award from a federal partnership between the Northern Border Regional Commission (NBRC) and the U.S. Department of Labor that will support workforce education at the Community College of Vermont (CCV). The grant is part of the U.S. Department of Labor's Workforce Opportunities for Rural Communities initiative.

Funding will support CCV's Career Pathway Entry Program Plus, designed to prepare Vermonters for high-wage, high-growth careers.

The program combines college classes with industry-recognized credentials and paid job shadowing and leads to an apprenticeship or other earn-and-learn opportunity, with a particular focus on serving students with disabilities, students involved in the justice system, new Americans, veterans, high school students, and people in poverty. CCV is one of just three grant recipients in Vermont.

"We are proud to partner with NBRC to support hard-working Vermonters as they gain the knowledge and skills they need to enter high-demand jobs," said CCV President Joyce Judy. "Through close collaboration with local employers, we are creating practical pathways to meaningful careers, particularly for those Vermonters who may not have

thought college was an option."


As part of the Career Pathway Entry Program Plus, CCV is working closely with local companies such as BETA Technologies and UVM Health Network to establish job shadow sites, apprenticeship locations, and employment opportunities for those that complete the program.

"We hear from every rural community we visit about how challenging the current workforce environment is in the Northern Border Regional Commission's territory. We are incredibly excited about the award to CCV and their work which will directly improve the economic well-being of

Vermonters by helping them develop the knowledge skills that are needed by local employers," said Northern Border Regional Commission Federal Co-Chair Chris Saunders. "We know the opportunities created through CCV's work will help build a more inclusive economy across Vermont and the northeast."

CCV is Vermont's second-largest college, serving over 10,000 students each year. The Northern Border Regional Commission is an economic development partnership between the federal government and Maine, New Hampshire, Vermont and New York. For more information, visit: nbrc.gov.

"We hear from every rural community we visit about how challenging the current workforce environment is ... We know the opportunities created through CCV's work will help build a more inclusive economy across Vermont and the northeast," said Saunders.



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Fraud, scams, con artists: a risk to your computer, phone

By Karen D. Lorentz

Editor's note: This is Part 3 of recognizing and preventing scams from happening.

"I'm too smart to be scammed," many believe.

But the truth is that "Education puts you at risk and higher income makes you a target," warned Elliott Greenblott, noting that Steven Spielberg got scammed by Bernie Madoff.

For the most part, scammers target the 25-to-45 year-olds because they have 40 years to work on them. However, seniors lose more money to fraud, Greenblott said at a recent AARP Scam Jam.

All ages are potential victims and computers and phones make great tools for con artists to use.

The rationale for computer fraud is that they are "commodity items, not luxuries, and they are easy and inexpensive to acquire," Greenblott, a volunteer coordinator of the Vermont Fraud Watch Network, noted.

Greenblott explained that con artists use "social engineering to get you to do something that you wouldn't do under normal circumstances," using the emotions of fear, anxiety, social consensus, authority/credibility, scarcity, and excitement (generated by phantom riches). It's important to not respond immediately, to stop and think, he stressed.

If you win the lottery, they come to your door to publicize the event, they don't contact you by email or text you, Greenblott said.

Financial schemes are rampant via email, but never give out your info and don't fall for "you won money in a lottery or sweepstakes and just need to pay the taxes or fees to claim the big winnings." (I recently got an

email from "someone in Sweden" who would split \$10 million dollars with me if I would be the American needed to pay the fee. I deleted.)

Greenblott warned that the information used to defraud someone is readily available thanks to entire lives being shared on the internet through social media, photos, and comments that give additional information. The scammer's familiarity with one's life leads the potential victim to trust the schemer.

This makes phishing schemes easy for con artists. Phishing uses email to trick you into sharing personal information.

One common phishing email purports to be about a package delivery for something you never ordered. Delete the email. Don't give information.

Another very popular computer scam arrives in your inbox or via a pop-up message noting a problem with your computer. This tech scam is so convincing that many people turn over their credit card numbers to pay for unnecessary repairs, or worse, they let the swindler have access to their computer, which enables them to install malware that steals data so they can hack accounts. Turn off your computer and restart, and if there's a problem call the appropriate company's customer service.

Smish and spoof

With most people using cell phones today, there are additional ways for swindlers to defraud people and new ones come along frequently.

One common ploy is "smishing," the use of texting to get your personal information.

If you respond to a text, the scammer will know your number is viable and

may contact you to get more sensitive personal information. If you click on a link in the text directly, the scammer may be able to install malware that can collect your personal information like passwords or credit cards.

Scam calls to phones are prevalent and dangerous because the scammer uses a number to make it look real or like the number of someone you know. This "number spoofing" can also appear to be from a bank, government agency, or other important source which catches people off guard and can lead to sharing personal information or a credit card number.

When calling the familiar looking or friend's number, the caller finds out that the person had not called or the number doesn't exist.


To protect yourself, don't answer calls from numbers you don't absolutely know even if they look vaguely familiar—like your area code and the first few numbers of your town. If it was legitimate and important, they'll leave a voicemail.

Warnings to heed

Greenblott also warned about emails that appear to be from legitimate websites but aren't. Clues include bad grammar, misspellings, and addresses/URLS. For example, it's IRS.gov not IRS@gmail or IRS.com and the IRS won't contact you by email or text, so delete, he said.

Don't click on links in an email unless you know and trust the person sending them to you. Don't believe endorsements from pop-ups that appear on your computer, Greenblott said, showing how one woman had made 42 recommendations to get free stuff.

Scams → 9



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Tara Geraghty-Moats

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GUEST EDITORIAL

McCarthy's fail, GOP's travesty

By Angelo Lynn

Editor's note: Angelo Lynn is the editor and publisher of the Addison County Independent, a sister publication of the Mountain Times.

The ouster of House Speaker Kevin McCarthy is notable for many things — including the fact that it's the first time in the nation's history that a speaker has been dethroned, let alone in such a mindless manner — but one salient point stands out: the key antagonist, Rep. Matthew Gaetz, managed the coup with just seven other Republicans and did so without a plan to deal with the consequences.

For those readers who might only catch the headlines, it's notable that 210 House Republicans supported McCarthy. That a handful of self-absorbed bomb-throwers can render the House immobile is a travesty in itself — and an indictment of Republican leadership.

That it was done with no Plan B is beyond reckless. But that such recklessness fits Gaetz's *modus operandi*, along with a handful of allies, defines the dysfunction of the House under Republican control.

Their goal isn't to govern, but to score political points so their social media feeds appeal to individual donors moved by those willing to blow up the status quo. Trump and his supporters fit into this same mold. No realistic solutions are offered; but they're very good at blaming others for the complex problems the nation faces.

We're not sorry to see McCarthy go. He was a self-serving, double-crossing politician willing to lie to friend and foe while rarely putting the national interests ahead of his personal ambition. One of his few noble acts was staving off a government shutdown last week by partnering with Democrats at the last minute, but such brinkmanship was due to McCarthy's unwillingness to compromise much earlier and for putting the Speaker's role in such a precarious position in the first place.

As a footnote to history, his failed speakership (269 days, the third shortest in history) will define the unruliness of a Republican Party struggling to get its footing after the destabilizing influence of Trump.

What happens next is anyone's guess. Republicans are at each other's throats and certainly have no fondness for Gaetz and his rightwing gang. There is already talk among mainstream Republicans about expelling Gaetz. To that end, it's possible the party could elect a more moderate leader who would insist the self-imposed rules that strangled McCarthy be tossed out and a status quo be reinstated that allows the Speaker to compromise with Democrats when needed to approve necessary legislation in the national interest. That would make sense.

But don't hold your breath. The party has been in self-destruct mode since Trump came on the scene, and as long as he's defining their stage, not much is likely to change.

It's notable that 210 House Republicans supported McCarthy. That a handful of self-absorbed bomb-throwers can render the House immobile is a travesty in itself — and an indictment of Republican leadership.



Living in Interesting Times by John Darkow, Columbia Missourian

LETTERS

30 mph is unreasonable on some areas of Killington Road

Dear Editor,

Lowering the speed limit on Killington Road to 30 miles per hour probably makes sense on the stretch from the Lookout Tavern/Basin Ski Shop to West Hill Road. However from West Hill Road the speed limit should be raised to 40 mph

and enforced. Forty miles per hour on this northern section would be reasonable. Thirty miles per hour may be viewed as unreasonable. Reasonable laws and regulations are obeyed. Unreasonable ones are ignored.

I base this suggestion from my years on the planning commission and observations from my office on Killington Road. Lowering the speed limit on the northern section would only generate scorn from the reasonable drivers

and laughs from the quasi NASCAR wannabes who like to tailgate each other at high speed.

What is the opinion from a professional traffic engineer?

David A. Rosenblum,
Killington

Hard to see any good from No. 45

Dear Editor,

I am still waiting to hear why so many hold Trump up in a positive way. Listing bad things about him is easy as he has done so many things that hurt this nation.

I heard of a list of Trump accomplishments. What I found was an annotated list showing that 90% had nothing to do with Trump and 10% were made up. Lies.

We already know that Trump makes up stories as needed, and most are not believable.

He is now calling for someone to shoot masses of thieves. But, that is Trump. Seems to have no reverence for U.S. laws (execution only after a fair trial, etc.), and he shows that by trying to

get away with disobeying so many laws so often.

When will he finally be brought to justice, as a

When will he finally be brought to justice?

defendant in court? When will courts stop his tirades against our nation and justice system? He works newer and newer sets of lawyers to death trying to defend him.

And, I hear that he doesn't bother to pay those who have helped him.

Please, someone, tell me some good that Trump has done for this nation. His lies aren't enough.

Peter Grant, Bristol

We need better grasp of history

Dear Editor,

History, as seen by average North Americans, is merely the empty passage of time into the present, thus ignoring the activity between then and now. Knowing what happened is helpful in knowing how we got here. A lack of knowledge is commonly defined as ignorance. Current positions, opinions and actions, when less in-

formed, are less valid, useful or defensible. An education without history, political science and civics endangers the system upon which the nation depends. Ask the former president to name 25% of the former presidents, chronologically...or at random, if that helps...

Alec Lyall,
Middlebury

WRITE TO US:

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

Please limit submissions to 300 words.

Email letters to
editor@mountaintimes.info



CAPITAL QUOTES

The House of Representatives voted 216-210 Tuesday, Oct. 3 to remove Speaker Kevin McCarthy, R-Calif., from his position for the first time in U.S. history. A new speaker is scheduled to be elected Wednesday, Oct. 11.

“Kevin McCarthy enables dangerous extremism that has real consequences for Vermonters and working families across the country. He’s sold his speakership to the highest bidder: MAGA extremists — shepherding through their agenda to ban abortion, attack marginalized people, prop up billionaires, and pollute our communities. He has shown time and time again that he is not a partner we can trust, breaking every promise he has made over the last nine months. This Congress has urgent work to do,”

Rep. **Becca Balint**, D-VT, said.

“With all of the important decisions that the new Republican Leadership must address, which we are all eagerly awaiting, one of the first actions taken by the new Speaker *Pro Tempore* was to order me to immediately vacate my office in the Capitol,”

Former House Speaker **Nancy Pelosi** said, accusing new interim Speaker Patrick McHenry of kicking her out just hours after the chamber’s abrupt change in leadership.

“The Speaker’s appetite for worthy causes steered a narrow majority to seize historic opportunities for the American people and for conservative principles ... His willingness to face the biggest challenges head-on helped preserve the full faith and credit of the United States and showed colleagues how to handle every outcome with grace,”

said Senate Minority Leader **Mitch McConnell**, R-Ky, praising McCarthy.

“If you want to know what it looks like when democracy is in trouble, this is what it looks like. It should set off alarm bells that something is not right,”

said **Daniel Ziblatt**, a government professor at Harvard University.

COMMENTARY

Writing the global, influenced by the local

How moving to Killington provided me with a fresh perspective — and a more granular comprehension — of my globetrotting transatlantic subjects

By Lindsay Sarah Krasnoff

Editor’s note: Lindsay Sarah Krasnoff is a historian, speaker, and consultant, author of “Basketball Empire: France and the Making of a Global NBA and WNBA” (Bloomsbury), “Views From the Embassy: The Role of the U.S. Diplomatic Community in France, 1914” (U.S. Department of State), “The Making of Les Bleus: Sport in France, 1958-2010” (Lexington Books), and has contributed articles on global sport to CNN International, Just Women’s Sports, The Athletic, The Washington Post, The New Yorker, and more. She teaches on sports diplomacy and global sport at New York University’s Tisch Institute for Global Sport, and now lives in Killington.

If in January 2020 you told me that I needed to go “uberlocal in order to write a very global story, I would most likely have smiled and dismissed such well-intended advice. That month, I was on-the-ground in Paris for the historic first-ever NBA regular season match on French soil. As a historian of modern France and its sporting scene, since late 2014, I worked in fits and starts on a book project that tackled the question of how and why France became a main pipeline of basketball players to the U.S. league. Since 1997, our oldest ally has become the largest source of non-North American NBA players all-time. So, I was beyond thrilled that the world’s elite basketball championship was in the City of Light, a hopeful sign that U.S. attention might finally help make the case for a publishing contract.

Then the pandemic hit, paused our world, and forever changed our trajectories—all while eerily reinforcing just how interconnected we all truly are. At the time, I lived in Manhattan, working on my basketball book baby on the sidelines, as my communications consulting practice allowed. But I caught Covid-19 that March and, although my recovery was far less arduous than for so many others, months later my long Covid symptoms had not fully resolved. By that point, it was an easy decision to pull up stakes and move full-time to Killington; I’ve visited regularly since I was a kid, had family in town, and could finally take fuller advantage of the restorative Green Mountains.

Moving to Killington was a game-changer in numerous ways, especially for my basketball book. First, the time removed from city life, even during its other-earthly pandemic existence, provided greater mental bandwidth to think about the project in a more comprehensive fashion. It allowed me the space to take a step back, reevaluate the larger picture, and re-envision the “so what” that I hoped to add to our collective understanding about basketball, the ways that sports unify French-American ties, and the transatlantic cycles of fascination and disgust that drive the story.

Second, witnessing firsthand how local communities throughout Vermont came together for each other reinforced the importance of people-to-people connections in a way not always readily evident in more urban environments. This was vital, for “Basketball Empire: France and the Making of a Global NBA and WNBA” hinges upon the ways that citizens in France, the United States, and francophone Africa have, for more than 100 years, engaged in different types of informal sports diplomacy.

Sports diplomacy is a term used to describe the ways that the acts of diplomacy—communication, representation, negotiation—play out within and around today’s global sporting arena. Government-credentialed representatives are at the center of the kinds of sports diplomacy we read about most readily in the headlines, from the Saudi Arabian wealth fund’s takeover of professional golf in the United States to hosting sporting mega events such as the Olympics or FIFA World Cup. Informal or “unofficial” sports diplomacy, on the other hand, is predicated upon the citizen-to-citizen interactions that sports foster through cultural, technical, or knowledge exchange in a globalized world. It’s what happens every day, often out of the limelight. Experience how Vermonters banded together helped further delineate how such people-to-people connections fueled my transatlantic story, and the real-life impact they had beyond the hardwood.

Third, I began to view the project’s main topic in a far more holistic way, just as some of the town and state’s recovery responses were multidimensional—to think about the whole, not just more siloed strands. A reexamination of my project thus cracked it open into a broader topic, one that equally embraced women’s basketball. Although the WNBA is far smaller than the NBA in terms of the number of teams (12 versus 30) and thus the number of roster spots available each season (144 versus 450), France has sent a near similar ratio of women to the WNBA as men to the NBA all-time. The addition of that crucial element also illuminated how some of the most noted French basketball players in the NBA, from the very first one (Tariq Abdul-Wahad) to the league’s newest star (Victor Wembanyama), owe

Local perspective → 26

← Killington Cup:

from page 1

which supports athlete team services and provides grants to bolster winter sports infrastructure and access to winter sports throughout the region. Proceeds from 2022 ticket sales supported over 31 winter sports programs in nine states.

Ticket offerings vary:

General admission (\$10 per day) viewing areas are located all around the base of Superstar Trail and adjacent to the racecourse.

Two video boards will provide top-to-bottom race coverage while approximately 35% of the course will be visible from these areas.

VIP packages — sold in partnership with the Killington World Cup Foundation — offer silver, gold and platinum packages and include exclusive access to the VIP tent. Information about VIP package options or getting on the waitlist for individual tickets can be found at kwcfivesback.org.

Premier grandstand (\$100 Saturday and \$90 Sunday) offers guaranteed access to the highest five rows of the grandstands at the base of Superstar trail, providing one of the best vantage points of the course.

Grandstands (\$45 Saturday and \$40 Sunday) are located at the base of the Superstar trail, adjacent to the racecourse, and are general admission for all rows except the top five. The grandstand provides an

elevated view of the racecourse, along with two jumbo screens.

K-1 preferred parking is available again this year. Preferred parking is \$90 on Saturday and \$85 on Sunday and entitles purchasers access to the K-1 parking lots for one vehicle. Free parking and shuttles will continue to be available around Killington Resort.

For more information visit: killington.com/worldcup.

← Scams:

from page 6

Other common advice includes: Never give out your social security number, date of birth, or mother's maiden name to anyone you don't know. If they're sending you something free, *you* are the product, Greenblott stressed.

Don't click on "unsubscribe" because it confirms your existence. Just delete! Don't tell all on social media; send your news to your email list of friends and family.

"Back up, back up, back up and use a password manager, and never use the same password."

Any data you send over free public wi-fi (like when you stay in a hotel or go to a coffee shop) is vulnerable, so avoid online banking, checking emails, making credit card purchases or even posting on social media on public wi-fi. If you find you use public wi-fi regularly, play it safe and sign up for a Virtual Private Network (VPN) that keeps your data secure, Greenblott advised.

For more information visit: aarp.org/fraud. Also the AARP Fraud Watch Network,™ is a free resource for all. Call 877-908-3360 or visit aarp.org/fraudwatchnetwork.

← Pace:

from page 4

Management.

Among the places where she lived and worked were Boston, Connecticut, Pennsylvania, New Jersey, and Saudi Arabia. She managed to survive the societal restrictions in Arabia by learning Lebanese cooking and travelling to Beirut — the Paris of the East.

Janet and Ralph decided to retire to Ludlow purchasing a home there in 1996. Here she was involved in numerous local groups such as the garden club, the Friends of the Library (FOLA), the United Church of Ludlow, and quilting. It was this latter hobby that occupied much of her time and interest. She was honored by the Marsh-Billings-Rockefeller National Park for her quilting efforts. She also received a special award from Friends of Ludlow Auditorium of which she was a founding member.

She enjoyed traveling especially her trips to Paris, a Danube River tour, a trip to Tuscany, a tour of Costa Rica, many trips to Canada, an extensive tour of Turkey and Greece, Mexico, Sweden, and England.

She also loved to spend time with her remote sons in Utah, New Mexico, and Southern California. She was especially anxious to see her grand-daughter, Emilia. While the early days in Ludlow featured skiing at Okemo, a Canadian friendship started a 10-year annual ski trip to the Eastern Townships of Quebec. Pace dearly loved her home in Ludlow, especially its large front porch where she enjoyed entertaining family and friends. While still a "flat-lander" to Vermont, Ludlow was her home.

A celebration memorial is planned for Nov. 18 at the United Church of Ludlow. At 10 a.m. there will be a visiting session followed by the celebration of Janet Pace's life service at 11 a.m. A buffet lunch will follow. In lieu of flowers, donations may be sent to Michael J. Fox Foundation to support the research of Parkinson's Disease at P.O. Box 5014, Hagerstown, MD 21741. Arrangements are managed by Clifford Funeral Home.



By Katy Savage

Chloe's Market Store Manager Hannah Davidson smiles inside the newly opened store on Route 100 in Plymouth.

← Chloe's Market:

from page 1

Rick Martin chose to name the store Chloe's after his rescue dog who died of bone cancer in 2020. "I always promised her that if I ever did this I would name it after her," he said.

Martin plans to donate a portion of the store's proceeds to animal rescue groups.

Outside of opening the store, Martin, who moved to Plymouth from Massachusetts 20 years ago, is the head of quality of a biotech pharma company. He also owns rental properties in Massachusetts.

"Doing the renovation was easy for me," Martin said.

He's still learning the retail part of it.

"It's fascinating, Martin said, explaining the overwhelming gratitude he's heard so far from residents.

A number of people stopped in the

store a recent afternoon just to see what it looked like.

"People are coming in with huge grins on their faces," said Hannah Davidson, the store manager.

The building was an auto garage in the 1960s before it became a country store in 1972.

"The place is like a castle, it's so solid," Martin said. The interior, however, was "rough" and needed to be gutted. "We took everything down," Martin said.

The ceilings are now about 14 feet high. "We wanted to go for an industrial country store feel that was open and airy," he said.

The interior was sprayed with foam and Martin's using a pellet stove and heat pumps to conserve energy.

"We're trying to carry a lot of basic

needs, like cleaning supplies as well as cereal and we have a whole wall of double door refrigerators with wine and beer," he said.

There are also local products, such as craft beer and maple syrup made from trees on Lynds Hill Road in Plymouth.

The store will have a deli with breakfast sandwiches, soups and muffins.

"The plan is to expand everything as we get more input from the community," Martin said.

He also hopes to hold events, such as wine tastings on the store's property.

Chloe's Market is currently open Tuesday, Wednesday, Thursday and Sunday from 7:30 a.m. to 5:30 p.m.; Friday and Saturday from 7:30 a.m. to 7:30 p.m. and closed Mondays.

A grand opening is scheduled for Oct. 17.

WORDPLAY

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

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

- AGRESSION
- COMPASSION
- ETHICS
- HOARDING
- RESPONSIBLE
- TRAINING
- ANIMAL
- CRATE
- FOSTER
- HUMANE
- RIGHTS
- VACCINATION
- BEHAVIOR
- DECLAW
- GENETIC
- OUTCOME
- SHELTER
- VETERINARIAN
- COMMUNITY
- DISEASED
- GROOM
- PROTECT
- TESTING
- WELFARE

SUDOKU

Solutions →21

How to Play

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

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

Level: Intermediate

CROSSWORD PUZZLE

Solutions →21

- CLUES ACROSS**
1. Information
 5. Seaport (abbr.)
 8. Agricultural disease (abbr.)
 11. Riding horses
 13. Boxing's GOAT
 14. Hurt or discomfort
 15. A small sharp knife to trim vegetables
 16. A beaver builds one
 17. Horizontal passage into a mine
 18. Self-immolation by fire rituals
 20. Chain bar with lots of games (abbr.)
 21. Goo Goo Dolls' hit
 22. Agreeable
 25. In an early way
 30. In a way, struck
 31. It's there in the morning
 32. County in the S. Pacific
 33. Central Florida city
 38. Numbers cruncher
 41. Mexican beers
 43. Lawyers say you can indict one
 45. Capital of

- South Australia
47. Wings
 49. Drug used to treat HIV/AIDS
 50. Fencing sword
 55. Capital of Qatar
 56. Portable bed
 57. Afflicted
 59. Lying down
 60. Midway between northeast and east
 61. Spiritual leader of a Jewish congregation
 62. Inflamed
 63. Soviet Socialist Republic
 64. Impudence
- CLUES DOWN**
1. A way to fish
 2. Greek mythological figure
 3. Scarlett's home
 4. Assist
 5. More doleful
 6. Premeditated
 7. Dish featuring minced food
 8. San Diego ballplayer
 9. Eight
 10. Unwelcome picnic guests
 12. Human gene
 14. Bucket
 19. Make full
 23. Dirt
 24. Person cited as ideal example

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					
47	48								50	51	52	53	54
55						56			57				58
59						60			61				
62						63				64			

25. A part of (abbr.)
26. The 17th letter of the Greek alphabet
27. Very long period of time
28. Gas usage measurement
29. North American native people
34. It says "moo"
35. Folk singer Di Franco
36. Resinlike substance of certain insects
37. Residue
39. Grand homes
40. Popinjays
41. Man who behaves dishonorably
42. Figures
44. One who watches over children
45. Expressed pleasure
46. No longer living
47. Hebrew calendar month
48. Part of the ear
51. Swiss river
52. Prejudice
53. Italian Island
54. Resist authority (slang)
58. Criticize

Guess Who?

I am a race car driver born in North Carolina on October 10, 1974. I followed my legendary father into the racing business, but made a name for myself by winning the Daytona 500 twice in my career. I remain one of the most popular drivers of all time.

Answer: Dale Earnhardt, Jr.

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WEDNESDAY

10/11

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, and games! To register, email allie.griffiths@rcpcc.org. Info: rutlandfree.org.

Vermont Farmers' Wednesday Market

1-5 p.m. Depot Park, Evelyn St., downtown Rutland. Free to browse. Vermont Farmers' Market is one of the largest and most diversified farmers' markets in Vermont, and the first to operate year round. For more info visit: vtfarmersmarket.org.

Fall Storytime (5 and Under)

10:30-11:15 a.m. (Wednesdays through Nov.15) Fletcher Memorial Library, 88 Main St., Ludlow. 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.

Cyber Safety: Risks & Resources with Police Chief Swanson

1 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Free and open to the public. Police Chief Joe Swanson will draw on local expertise to share best practices to protect yourself from cybercrime. As we approach the busy season for online research and shopping, learn about what to be aware of and resources for reference if you suspect a crime. Please email programs@normanwilliams.org for more information or visit normanwilliams.org.

Mending Circle

2-3 p.m. (2nd and 4th Wednesdays.) Free. Norman Williams Public Library, 10 The Green, Woodstock. Join us to mend, patch, darn, and hem those items languishing in your wardrobe for want of a button. Or create your own darning sampler – simple or ornate – to practice the stitches. We'll explore the mending books in the library's collection and tap into each other's expertise to expand our skills. Info: normanwilliams.org.

Bingo (Ages 9 and Up)

3:45-4:45 p.m. Sherburne Memorial Library, 2998 River Road, Killington. Free. Info: sherburnelibrary.org.

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. (Last market of the season is 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

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

Game Night

6-9 p.m. Poultney Public Library, 205 Main St, Poultney. As winter closes in, game night with friends old and new helps to warm us up with fun and challenges. Open to all ages; participants under 12 must be accompanied by an adult. Reservations required, call the library to reserve your spot. 802-287-5556 Info: poultneypubliclibrary.com.

Name that Fish Stew! Cooking Class

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

Green Drinks– 'A Seed for the Future' Screening and Discussion

7 p.m. Virtual. Learn more about the White River Land Collaborative. We'll be showing 'A Seed for the Future,' a 15-minute documentary about the achievements, challenges, and aspirations of this community-driven initiative for farmland access, and why it matters in Vermont and beyond. After the screening, join their women-led team for a Q&A to learn more about the project. Register at: <https://seedforthefuture.eventbrite.com>.

Jazz Trio

7-8:30 p.m. Stone Valley Arts, 145 E Main St., Poultney. Suggested \$10 donation. Featuring the New Kanon Jazz Trio with Gary Schmidt on piano, Ron White on bass and Nick Aloï on drums. The weekly Jazz Café ends Oct. 25. Info: stonevalleyarts.org.

THURSDAY

10/12

Storytime! at Rutland Free Library

10-11 a.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Storytime promotes early literacy and socialization skills in a fun setting. Each session may offer stories, movement, and/or an activity. Geared toward ages 2-5. Info: rutlandfree.org. Weekly except Thanksgiving Thursday.

Killington Bone Builders

10 a.m. Sherburne Memorial Library, 2998 River Road, Killington. Free. 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. Free. 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.

Bridge with Friends of NWPL

2-4 p.m. (Thursday afternoons.) Members of the Friends will have priority at the tables. These are not bridge lessons though beginners are welcome to observe. Please email Peggy Fraser at fraserusa@gmail.com to reserve a seat or for more information. (RSVP requested) Info: normanwilliams.org.

Knitters Meet-up – Thursdays on the Mezzanine

2-4 p.m. (Thursday afternoons.) Free. Meet with other knitters in the library. All knitters levels are welcome. We will knit together, learn together, and provide each other assistance when needed. Show up with your current project, knitting questions or problems, or a pattern to share. Come when you can, stay as long as you like. For more information or to be added to the notification list, please email programs@normanwilliams.org. Info: normanwilliams.org.

Farmers' Market Fair Haven—final one of the season

3-6 p.m. Village Green, Fair Haven. Free to browse. Harvest is in, find apples, winter veggies and herbs, dairy, maple products, tasty foods prepared by local chefs, fun crafts, and much more. Info: vtfarmersmarket.org.

Killington Community Update

5-8 p.m. K-1 Lodge Killington Resort. Hear from the KPAA, Town, Resort and Great Gulf about upcoming plans for the season and beyond. Cocktail party to follow. RSVP required: Killington.com/rsvp.

Meet the Photographer: JuanCarlos González

5:30 p.m. Visitor Center Exhibition Barn, Billings Farm & Museum, 69 Old River Road, Woodstock. Meet the photographer behind the acclaimed Vermont Female Farmers exhibition. Light refreshments provided. Info: billingsfarm.org/events/member-event-meet-photographer-juancarlos-gonzalez.

Open Mic Night at ArtisTree

7-9 p.m. Artistree Community Arts Center, 2095 Pomfret Rd, South Pomfret. Free. (Every other Thursday Oct. 5-Dec. 14.) All levels and abilities are welcome to participate in the open mic experience. Info: artistreevt.org.

'An Evening with LIVE, Unplugged' at Paramount Theatre

7:30 p.m. Paramount Theatre, 30 Center St., Rutland. \$65-\$95. Live will perform an acoustic set. Info: paramountvt.org.

FRIDAY

10/13

Qigong (online)

8:30 a.m. (Friday mornings.) Free. Donations accepted. Led by Gerry Sandweiss, via Zoom. The practice of Qigong has been recommended to increase one's blood circulation, oxygenation, flexibility, stability, balance, and overall sense of well-being. Info normanwilliams.org.

Brandon Farmers' Market

9:30 a.m.-2:30 p.m. Central Park, Brandon. Free to browse. Locally made produce, goods, and crafts. Last day, Oct. 27. Info: brandonfarmersmarketvt.com/about.

Friends Book Sale

10 a.m.-2 p.m. Rutland Free Library, 10 Court St., Rutland. Free. Large selection of donated books, audiobooks, CDs, puzzles, and rare and antique books. In lieu of fixed prices, donations are gratefully accepted for the items you choose. Info: rutlandfree.org.

Story Time at the Library

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

Red Cross Blood Drive

11:30 a.m.-4:30 p.m. North Chapel, 7 Church Street, Woodstock. Residents and those from the surrounding communities are encouraged to sign up for the Red Cross Blood Drive in the social hall at North Chapel. Register at: redcrossblood.org/give.html/drive-results?zipSponsor=05091 or redcrossblood.org and enter: Woodstock, or call 1-800-Red Cross (1-800-733-2767). Info: <https://www.northchapelvt.org>.

White Cane Safety Day Observed in Rutland

Noon-2 p.m. Asa Bloomer Building Atrium, 88 Merchants Row, Rutland. Since 1964, White Cane Day celebrates the achievements of people who are blind or visually impaired and the important symbol of blindness and tool of independence, the white cane. Experiential walk downtown followed by light refreshments. Sponsored by the Vermont Division for the Blind and Visually Impaired and the Vermont Association of the Blind & Visually Impaired. Info: contact DBVI at 802-904-3697 or e-mail kate.bilinski@vermont.gov.

OLLI Lecture: Steve Costello presents 'Wildlife Through the Lens'

1:30 p.m. Godnick Center, 1 Deer St., Rutland. \$8. Steve will discuss his journey from journalist to wildlife photographer, explaining his new mission to help restore endangered species. Info: learn.uvm.edu/program/osher-lifelong-learning/olli-statewide/rutland.

Gypsy Jazz at the Summit lodge

3-10 p.m. O'Dwyer's Public House, 20 Summit Road, Killington. Free. Swing Era acoustic music performed by musicians from all over the Northeast. Small and large ensembles playing informal jams, indoors and out (weather permitting). Info: greenmountainjam.com.

'Basketball Empire' – Interview with Author Lindsay Sarah Krasnoff

4 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. Join us for a fascinating talk of basketball and history as Alexander Wolff interviews Lindsay Sarah Krasnoff about her new book, "Basketball Empire: France and the Making of a Global NBA and WNBA." Info: normanwilliams.org.

'Taylor Swift: The Eras Tour'

6 p.m. Woodstock Town Hall Theatre, 31 The Green, Woodstock. Tickets: \$19.19 adults; \$13.13 kids. The cultural phenomenon continues on the big screen. A concert film experience as Taylor Swift celebrates her meteoric rise in a musical autobiography. Eras attire and friendship bracelets are strongly encouraged. Info: pentanglearts.org.

On Stage at Walker Farm: benefit dinner and auctions

6-9 p.m. Walker Farm, 705 Main St., Weston. \$250. Join with friends old and new for an elegant evening with cocktails, dinner by Brownsville Butcher & Pantry, silent and live auctions, and entertainment by Weston standouts to benefit the Weston Theater Company (WTC). Dress for an evening at the theater. Info: westontheater.org.

Don McLean: 50th Anniversary of 'Bye Bye Miss American Pie'

7 p.m. Paramount Theatre, 30 Center St., Rutland. \$59-79. Don McLean is a Grammy award honoree. His smash hit "American Pie" resides in the Library of Congress National Recording Registry. Info: paramountvt.org. (Complimentary vouchers are not valid for this performance.)

Italian opera! Rossini's 'Cinderella' ('La cenerentola')

7:30 p.m. Barn Opera House, 1386 Pearl St., Brandon. \$25-\$50. Gioachino Rossini's effervescent 1817 score, vocal fireworks, memorable melodies, and Artistic Director Joshua Collier's innovative, kid-friendly staging. Info: barnopera.com/cinderella.



SWEATER SOIREE

SATURDAY AT 3 P.M.

← **Calendar:** Email events@mountaintimes.info from page 12

SATURDAY

10/14

Vermont Farmers' Saturday Market

9 a.m.-2 p.m. Depot Park, Evelyn St., downtown Rutland. Free to browse. The crops are in, just in time for fall recipes, plus handcrafted wear for the season, grass-fed meats, free-range eggs, honey, preserves, maple syrup and much, much more! Vermont Farmers' Market is one of the largest and most diversified farmers' markets in Vermont, and the first to operate year round. For more info visit: vtfarmersmarket.org.

Vt., N.H. Resorts Host Fall Wedding Open House

Oct. 14-15. Explore four resorts over two days and discover the Northeast's premier mountain wedding venues in Vermont and New Hampshire. Start your journey at Stowe Mountain Resort and Okemo Mountain on Saturday, then venture on to Mount Sunapee and Mount Snow on Sunday. RSVP by Oct. 9 to secure your spot! Registration link: <https://forms.office.com/r/7wJTNcKkt>

Fall Townwide Yard Sale, Poultney

All day. Free admission. With over 50 vendors, there's something for everyone. Food, fun, and bargains all over town; individuals and organizations join in, and businesses often hold their own sales as well. The Chamber rents out spots on Main Street and provides publicity for the event. Info: poultneyareachamber.com.

The Maxxis Eastern States Cup Intense Cycles

Downhill Series

9 a.m. Ramshead lift, at Killington Ski Resort. Race fees found in registration details. The Killington track has seen a lot of changes over the years and the racing experience just keeps getting better. As a bonus, Vermont's legendary fall foliage should be peaking on race weekend. A racer's top eight results will determine the Maxxis ESC Intense DH Series champion, with these finals delivering a 125% series points bonus. Info: killington.com. Registration: easternstatescup.com/events/killington-intense-dh-finals.

Friends Book Sale

10 a.m.-2 p.m. Rutland Free Library, 10 Court St., Rutland. Free to browse. Large selection of donated books, audiobooks, CDs, puzzles, and rare and antique books. In lieu of fixed prices, donations are gratefully accepted for the items you choose. Info: rutlandfree.org.

Make & Take Saturday Kids' Class for Ages 6-12

10:30-11:30 a.m. Chaffee Art Center, 16 So. Main St., Rutland. \$15. Weekly fun activity featuring arts and crafts. Five participants required for the class to take place. Must pre-register. Info: chaffeeartcenter.org.

7th Annual Chili Cook-Off, Cornhole Tournament & Beer Garden

11 a.m.-2 p.m. Pittsford Rec. Dept., 223 Recreation Area Road, Pittsford. \$10 to enter, \$5 to taste. Enter your chili for a cash prize. Liambro Tasty brewery will be back with their beer garden. Cornhole tournament, \$10. Raffle prizes, kids' activities, a free children's book for any child. All proceeds go to purchasing books for Sara's Stories, sponsor of the Dolly Parton Imagination Library for children. To enter the chili cook-off and/or cornhole tournament, email sarasstoriesvt@gmail.com. Info: maclurelibrary.org.

Ludlow Rotary Club's 32nd Annual Chili Cook-off

11 a.m.-2 p.m. Depot St., Ludlow. Free to attend. The cook-off will take place at the traffic light on Depot Street. \$20 to enter your recipe, over 20 entrants will compete for cash prizes. Sample a wide variety of chilis and enjoy great local cider and Vermont ice cream. For more info, contact Kevin Barnes at 802-558-0479 or ludlowrotary@gmail.com.



10TH ANNUAL TRACTOR PULL

SUNDAY AT 10 A.M.

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.

'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.

Harvest Dinner, Chester

1-6 p.m. Chester Community Greenhouse & Gardens, Canal Street, Chester. \$10 suggested donation. Join us for a harvest dinner, raffle, lawn games and music. RSVP to chestergreenhouse@gmail.com or 802-875-8194. We are also at facebook.com/people/Chester-Community-Garden/100092463915145. Info: chestercommunitygreenhouseandgardens.org.

DNA Motorsports Fall Bash: Demo Derby

2 p.m. The Vermont State Fairgrounds, 175 S. Main St., Rutland. \$12-\$140. Proceeds from this event partially benefit the scholarship fund of the Rutland County Agricultural Society Foundation Inc. Gates open at 12:30 p.m. Info: paramountvt.org.

Sweater Weather Soiree

3-8 p.m. Center Street Marketplace, 26 Center St., Rutland. Free. Celebrate fall with activities, decorations and kid-friendly spooky outdoor movie at 6 p.m. Enjoy live music and food from local food trucks. Info: comealiveoutside.com.

Gypsy Jazz at the Summit lodge

3-10 p.m. O'Dwyer's Public House, 20 Summit Road, Killington. Free. Swing Era acoustic music performed by musicians from all over the Northeast. Small and large ensembles playing informal jams, indoors and out (weather permitting). Info: greenmountainjam.com.

Urban Legend Guided Stroll

4:30-6 p.m. Depot Park, 15 Evelyn St., Rutland. Free. Join for a 1-mile stroll to discover truths and urban legends about Rutland. Info: comealiveoutside.com.

Vermont Ski & Snowboard Hall of Fame to celebrate 2023 inductees

5 p.m. K-1 Lodge, 4763 Killington Road, Killington. \$135-\$145. The "who's who" of Vermont's ski and snowboarding world will gather at Killington's new K-1 Lodge to celebrate the induction of the class of 2023 into the Vermont Ski and Snowboard Hall of Fame, along with the recipients of the Paul Robbins Journalism Award and First Tracks. Short biographical films created for each inductee shown before their acceptance speeches. Appetizers and hors d'oeuvres will be served. Vermont beers and signature cocktails will be available at a cash bar. Tickets are limited and usually sell out. For tickets and info: vtssm.org.

Artist Reception: SVA Artist Member Show

5-7 p.m. Stone Valley Arts, 145 E. Main St., Poultney. This year's artist members' show includes 21 talented artists from around the state who represent a variety of media including painting, photography, woodturning, pottery, collage, and mixed media. Info: stonevalleyarts.org.

'Taylor Swift: The Eras Tour'

6 p.m. Woodstock Town Hall Theatre, 31 The Green, Woodstock. Tickets: \$19.19 adults; \$13.13 kids. The cultural phenomenon continues on the big screen. A concert film experience as Taylor Swift celebrates her meteoric rise in a musical autobiography. Eras attire and friendship bracelets are strongly encouraged. Info: pentanglearts.org.

Brian Glowacki Standup Comedy

7:30 p.m. Paramount Theatre, 30 Center St., Rutland. \$25. Brian Glowacki's comedy style and originality have quickly taken him from a small-town class clown to a nationwide crowd favorite. Brian's likeability on stage paired with sharp observations on life have quickly catapulted him into one of the nation's premier emerging talents. Info: paramountvt.org.

Cinderella

7:30 p.m. Barn Opera House, 1386 Pearl St., Brandon. \$25-\$50. Rossini's effervescent music, complete with vocal fireworks, toe-tapping melodies, and Collier's innovative, kid-friendly staging, of Cinderella, is a must-see event for all of New England this October. Info: barnopera.com/cinderella.

Italian opera! Rossini's 'Cenerentola' ('Cinderentola') comes to Brandon

7:30 p.m. Barn Opera House, 1386 Pearl St., Brandon. \$25-\$50. Gioachino Rossini's effervescent 1817 score, vocal fireworks, memorable melodies, and Artistic Director Joshua Collier's innovative, kid-friendly staging. Info: barnopera.com/cinderella.

SUNDAY

10/15



Vt., N.H. Resorts Host Fall Wedding Open House

Oct. 14-15. Say "I Do" with a view and we'll host your first toast! Beautiful autumn foliage is the backdrop for our Fall Wedding Open House. Explore four resorts over two days and discover the Northeast's premier mountain wedding venues in Vermont and New Hampshire. Start your journey at Stowe Mountain Resort and Okemo Mountain on Saturday, then venture on to Mount Sunapee and Mount Snow on Sunday. RSVP by Oct. 9 to secure your spot! Registration link: <https://forms.office.com/r/7wJTNcKkt>

The Maxxis Eastern States Cup Intense Cycles

Downhill Series

9 a.m. Ramshead lift, at Killington Ski Resort. Race fees found with registration details. The Killington track has seen a lot of changes over the years and the racing experience just keeps getting better. As a bonus, Vermont's legendary fall foliage should be peaking on race weekend. A racer's top eight results will determine the Maxxis ESC Intense DH Series champion, with these finals delivering a 125% series points bonus. Info: killington.com. Registration: easternstatescup.com/events/killington-intense-dh-finals.

10th Annual Tractor Pull

10 a.m.-4 p.m. 1757 US-7, Danby. \$15. Come join us for a day of fun and great food! Food will be sold by Danby Mt-Tabor Fire Department. Gun raffle to be held after event. All antique tractors welcome. Contact Seth Beauregard for more information. 802-345-9813 or 802-293-5151.

Fall Woods Walk at Baird Farm

Noon-1 p.m. Baird Farm, 65 West Road, North Chittenden. Free. Must pre-register. Join Bob Baird and Jacob Powsner of Baird Farm for a walk through the woods to the old farm sugarhouse while they speak about the history of the farm, sugaring, and the maple industry. The walk will be followed by a brief walkthrough of their modern-day sugarhouse, a tasting, and syrup available for purchase in the farm store. Pre-register: bairdfarm.com/products/fall-wood. Info: rutlandvermont.com.

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 fresh apples from local orchards, you'll learn to make a light and delicious apple tart. For more info, call or email us to discuss. 802-342-1513 or visit odysseyeventsvt.com.

North Chapel's 2023 Chamber Music Series

2 p.m. North Chapel, 7 Church Street, Woodstock. Free. Donations welcomed. Trio Gaia, the resident professional violin, cello and piano trio at the New England Conservatory of Music will perform Clara Schumann's Piano Trio in G minor (Op. 17) and Johannes Brahms' Piano Trio No.2 (Op. 87) Info: northchapelvt.org/north-chapel-events-and-activities/news-events.

Fair Haven Historical Society Cemetery Walk

2-4 p.m. West Street Cemetery in Fair Haven. Free. Donations accepted. The Cemetery Committee will be available to give demonstrations on how to clean and repair headstones. Parking for this event will be on both sides of West Street. In order to reach gravesites, you will be walking on uneven ground that requires caution. Wheelchairs will be limited to sidewalks. For questions, contact fhvhistory@gmail.com.

Champlain Philharmonic Fall Concert Series

4 p.m. Grace Congregational Church, 8 Court St., Rutland. \$5-\$15. The Champlain Philharmonic will perform a collection of old and new works to celebrate the start of its 20th concert season. Info: vermontartscouncil.org.

'Taylor Swift: The Eras Tour'

6 p.m. Woodstock Town Hall Theatre, 31 The Green, Woodstock. Tickets: \$19.19 adults; \$13.13 kids. The cultural phenomenon continues on the big screen. A concert film experience as Taylor Swift celebrates her meteoric rise in a musical autobiography. Eras attire and friendship bracelets are strongly encouraged. Info: pentanglearts.org.

MONDAY

10/16



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, 2998 River Road, Killington. Free. Weights are provided. For additional information call the library at 802-422-9765.

Calendar: Email events@mountaintimes.info from page 13

Art Bar Open Craft Time!

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

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.

Chittenden Historical Society hosts a lecture on the CCC in Vermont

7 p.m. – North Chittenden Grange Hall, 3 Lower Middle Road, Chittenden Town. Free. Please join us, when author and historian Martin Podskoch will share his research, writings and knowledge about the CCC, illustrated with slides. The recently renovated Grange Hall is fully accessible. Light homemade refreshments will be served. For more information and/or driving directions, contact Karen Webster, kpwhillager@gmail.com.

TUESDAY
10/17

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 in books. Recommended for ages 0-5 but all are welcome. Info: hartlandlibraryvt.org.

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 songs, finger puppet plays, free play, and more. It is geared for children ages birth to 20 months. Info: normanwilliams.org.

Stories on a String

10-10:30 a.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Join Ms. Helen of Green Mountain Music for interactive storytelling and songs for all ages! No registration is required, free to all. Geared for ages 2 and up. Info: rutlandfree.org.

Book Discussion with Northern Ireland: "Things in Jars" with Jess Kidd

2 p.m. Norman Williams Public Library, 10 The Green, Woodstock. The Woodstock Library in Belfast, Northern Ireland, has reached out to libraries in Woodstocks around the world – including NWPL! We are invited to a transatlantic book discussion (obviously via Zoom) during NI Book Week in mid-October. Local folks can gather at the library and Zoom into Northern Ireland as a group or you may participate from home. Please email programs@normanwilliams.org for pricing or questions. Info: normanwilliams.org.

Italian Film Series—'Mediterraneo'

4 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. Local Italian language instructor Veronica DeLay is screening a series of Italian films for her students at NWPL and invites everyone to join. They will have English subtitles for those not fluent in Italian. Info: normanwilliams.org.

Play Backgammon and Chess

5-7 p.m. (Tuesday evenings) Join us for chess and/or backgammon at the Library. Play in the company of fellow enthusiasts where everyone is welcome: beginners and experts, seniors and youngsters (kids under 11 must be accompanied by an adult). Bring your own chess or backgammon set or use one of ours. Coaching and beginner help is available. And, of course, we have some books about chess. Info: normanwilliams.org.

Jen Ellis: 'Bernie's Mitten Maker: The Story Behind Vermont Senator Bernie Sanders' Infamous Inaugural Mittens'

6-7 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. Ellis shares her struggles with childhood trauma, infertility, and homophobia and shows us how crafting can build community and generosity can bring joy. Copies of "Bernie's Mitten Maker" will be available for purchase and signing. Info: normanwilliams.org.

Swing Dance Class

6:30-8 p.m. 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.

Chelcie Lynn: '2 Fingers and a 12-Pack'

7 p.m. Paramount Theatre, 30 Center St., Rutland. \$30-\$60. Chelcie Lynn is a comedian, actress, and internet personality extraordinaire. She started building a fan base in 2014 when her sketches featuring her alter ego, Trailer Trash Tammy, went viral. Her videos have since gained millions of views across the internet and have launched her career on screen and in comedy touring. Info: paramountvt.org.



By Victoria Gaither
Sweater Enthusiast Jadziah DeRosia overlooks a lake.

Sweater weather soiree to be held Oct. 14

By Victoria Gaither

Saturday, Oct. 14 at 3 p.m.—RUTLAND—The leaves are changing colors, pumpkin spice lattes have been on the menu at favorite coffee houses since August... now, finally, fall sweaters are ready for action.

"By August, I am ready for cooler weather to wear my fall outfits," said Brittany Marie Loyzelle from Rutland County.

There is nothing more noticeable to usher in Fall than sweaters; whether chunky, Cashmere, cotton, cable knitting, merino, lambswool, or alpaca, sweaters reflect a change of season and feeling.

"My favorite fall clothing essential is a sweater be-

cause it feels like a big hug," said Loyzelle as she sat on her chair with dog Fozzie.

"There's this comforting feeling I get when the weather starts getting cooler, leaves change color, and the home and outfits are cozier.

In Downtown Rutland, at Camille's Experienced Clothing, owner and sweater lover Jadziah DeRosia, said, "Everyone loves to feel the soft hug of a cozy sweater!"

At DeRosia's vintage, thrift, and consignment shop at 44 Merchant Row in downtown Rutland customers are now buying sweaters.

Sweater soiree → 20

KILLINGTON PARKS AND RECREATIONS 2ND ANNUAL TRUNK OR TREAT

Kids Costume Parade + Contest
Trick or Treating + Live DJ + Games
Best Pumpkin Contest

For more information and to register your vehicle for Trunk or Treat visit killingtonrec.com

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Town of Killington Parks and Recreation & Sherburne Memorial Library

Friday, October 27 from 5:30-7:30 p.m.
Sherburne Memorial Library
2998 River Road, Killington VT

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[MUSIC Scene]

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

WED

10/11

POULTNEY

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

QUECHEE

6 p.m. Public House Pub – Chris Pallutto

THURS

10/12

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 Grateful Gary

6 p.m. Rivershed – Chris Pallutto

8 p.m. Jax Food & Games – Jamie Snook

LONDONDERRY

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

LUDLOW

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

7 p.m. Off the Rails – Rick Clogsdon

POULTNEY

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

QUECHEE

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

RUTLAND

6 p.m. Strangefellows Pub – Trivia Night

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

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

FRI

10/13

KILLINGTON

6 p.m. Rivershed Killington – Mike Brown

6 p.m. Still on the Mountain – Rhys Chalmers

6 p.m. Summit Lodge – Green Mountain Jam

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

LUDLOW

6 p.m. Calcuttas – Ryan Fuller

7 p.m. The Killarney – Sammy B

8 p.m. Off the Rails – Chris P Duo

PITTSFIELD

8 p.m. Clear River Tavern – JD Tolstoi

POULTNEY

6 p.m. The Poultney Pub – Aaron Audet

QUECHEE

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

RANDOLPH

7:30 p.m. Underground Listening Room – The Village Idiots: 10th Anniversary Show

STOCKBRIDGE

7:30 p.m. Wild Fern – Heather Lynne

SAT

10/14

BRIDGEWATER

8 p.m. Woolen Mill Comedy Club – Comedy Night with Rodney Norman

KILLINGTON

6 p.m. Moguls Sports Pub – Duane Carleton

6 p.m. Rivershed Killington – Mike Brown

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

6 p.m. Summit Lodge – Green Mountain Jam

6 p.m. The Foundry – Nick Bredice

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

8 p.m. Jax Food & Games – Aaron Audet

LUDLOW

6 p.m. Calcuttas – James Joel

7 p.m. The Killarney – Eric King

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

QUECHEE

5:30 p.m. Public House Pub – Psylys

RUTLAND

3 p.m. Center Street Marketplace – Sweater Weather Soire

6 p.m. Moose Lodge – Scott Forrest

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

STOCKBRIDGE

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

SUN

10/15

KILLINGTON

12 p.m. Rivershed – Brunch with Mike Brown

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

RUTLAND

4 p.m. Grace Church – Champlain Philharmonic Orchestra

STOCKBRIDGE

7:30 p.m. Wild Fern – Rick Redington's Looping Mayhem

WOODSTOCK

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

MON

10/16

KILLINGTON

5:30 p.m. Mary Lou's – BAK'n

6 p.m. Off the Rails – Sammy B

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

QUECHEE

5:30 p.m. The Public House – One Night in Margaritaville: Jon Clinch sings Jinny Buffet

WOODSTOCK

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

TUES

10/17

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 Yakaits

LUDLOW

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

QUECHEE

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

RUTLAND

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

Have a big (or small) event coming up?

Let us know!

Email: events@mountaintimes.info



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Vermont Ski & Snowboard Hall of Fame to celebrate 2023 inductees October 14 at Killington

Saturday, Oct. 14 at 5 p.m.—KILLINGTON— The “Who’s Who” of Vermont’s ski and snowboarding world will gather at Killington’s new K1 Lodge on Saturday, Oct. 14 to celebrate the Induction of the class of 2023 into the Vermont Ski and Snowboard Hall of Fame. The event, hosted by the Vermont Ski and Snowboard Museum in Stowe, will also honor the recipients of the Paul Robbins Journalism Award and First Tracks. One of the highlights of the event will be the premier of short biographical films created for each inductee shown before their acceptance speeches.

This year’s Hall of Fame inductees includes Howard Buxton, a leader in the evolution of the sport of biathlon, extreme skier John Egan, Diane and Tim Mueller, former owners of Okemo Mountain Resort, and professional snowboarder and Founder of Stratton’s Green Mountain Series, Suzi Rueck. Paul Robbins Journalism Award is going to ski writer and author, David Goodman. The First Tracks Award will be presented to Tara Geraghty-Moats.

Since 2002, the Vermont Ski and Snowboard Hall of Fame has recognized more than 80 people who have made snow-sports history in the state. The purpose of the Hall of Fame is to honor athletes, special contributors, and pioneers of Vermont skiing and riding who promoted and/or contributed to their sports in Vermont; to document the histories of Inductees in the Museum’s collection, and to recognize their accomplishments through the Induction Ceremony. The Hall of Fame committee looks at candidates in three categories: Athletes, Pioneers, and Special Contributors.

All are welcome to join the Inductees and fellow ski and snowboard enthusiasts at a reception and Induction Ceremony on Oct. 14 at 5 p.m. Hearty appetizers and hors d’oeuvres will be served. Vermont beers and signature cocktails will be available at a cash bar. Tickets are limited and usually sell out. For tickets and more information about the Vermont Ski & Snowboard Hall of Fame, visit www.vtssm.org. Sponsors include KneeBinding and Killington Resort.

Howard Buxton

Vermont native, Howard Buxton was unquestionably a great leader within the sport of biathlon in the United States. In 1973 he was tasked by the Vermont National Guard with moving the US Army biathlon training facility from Alaska to Vermont.

Buxton led the evolution of a small US Army sport to an independent organization with its own governing body, the US Biathlon Association (USBA). Buxton served as its first president. He served as the Chief of Competition for Biathlon at the 1980 Lake Placid Winter Olympics and went on to be involved in five more Olympic Winter Games. He was a member of the US Olympic Executive Committee from 1988 to 1996.

He was a distinguished member of the Vermont Army National Guard, where he retired as a brigadier general.



Courtesy of VTSSM

Diane and Tim Mueller

the next generation.

He is recognized around the world as a pioneer of Extreme Sports.

Diane and Tim Mueller

The dynamic couple of Diane and Tim Mueller have made significant contributions to the world of skiing and snowboarding. Together, they played instrumental roles in the development and success of Okemo Mountain Resort, in Ludlow, Vermont.



Courtesy of VTSSM

Howard Buxton

consistently ranked among the top resorts in the East. In 2018 the Mueller’s sold Okemo Mountain Resort to Vail

Suzanne (Suzi) Rueck

In 1986, Stratton skier, Suzi Rueck applied her ski racing skills to win her first US Open Snowboarding title in Slalom and 2nd place in Giant Slalom. She was immediately signed as a Burton Snowboard team rider and began travelling the world as a sponsored rider.

A mainstay at Stratton, Rueck helped develop a snowboard school and started a snowboard racing and freestyle program for kids and coached a generation of snowboarders including Olympic gold medalist Ross Powers and Olympian Tricia Byrnes.

Rueck founded the Green Mountain Race Series, a feeder program that prepared young riders such as Lindsay Jacobellis, Jeremy Jones, Kelly Clark and others to move to bigger New England Cup Races, FIS events, and the US Open.

John Egan

Longtime Mad River Valley resident and renowned Sugarbush ambassador, John Egan cut his teeth on the US Pro Tour, Mogul Tour, and at the US Snowboarding Championships.

In the early 80’s he emerged as a prominent extreme skiing figure starring in seventeen Warren Miller films, captivating audiences with his daring descents of treacherous mountain terrain by pushing the boundaries of what was considered possible in the sport at the time.

Egan has inspired countless individuals to embrace the spirit of adventuring and exploring. Today, John Egan continues to ski, explore, and share his passion for the mountains. He serves as a mentor and guide for aspiring skiers, passing on his knowledge and wisdom to



Courtesy of VTSSM

John Egan

Bringing the east and west coast together, Rueck helped form the USASA and the USSA Nationals. She worked tirelessly on the series she founded creating a path that helped produce many of the top level snowboard athletes in the world.

David Goodman - Paul Robbins Journalism Award

David Goodman, an award-winning journalist, who has inspired countless skiers to make their own tracks in the winter wilderness, will be presented with the 2023 Paul Robbins Award for excellence in snow sports journalism. Goodman is the best-selling author of *Best Backcountry Skiing in the Northeast*, which is widely known as “the bible of Northeastern backcountry skiing.”

He writes for the *New York Times* about skiing, weaving in issues such as climate change, social justice, and community revitalization. He has been a contributing editor for *Ski, Powder, and Backcountry* magazines, and his articles have also appeared in *Outside*, *Mother Jones*, *Boston Globe*, and other local and national publications. He is the author of over a dozen books, including four *New York Times* bestsellers.

Tara Geraghty-Moats - First Tracks Award

Tara Geraghty-Moats, an accomplished Nordic skier, biathlete, ski jumper and Nordic Combined competitor will be presented with the First Tracks Award in memory of Ian Graddock. This award honors a young Vermonter, under 35, who is contributing to, and enriching skiing or snowboarding in Vermont and/or beyond. Awardees will serve to provide models for future generations to emulate.

Geraghty-Moats began training and skiing competitively at a young age notching top results in the Junior USA Junior Biathlon Nationals, Junior Nordic Nationals and Junior National Ski Jumping events. She earned a spot on the U.S. Ski Jumping National Team. In 2020/21 she was the overall World Cup Nordic

Combined winner. Tara recently joined the U.S. Biathlon Team and trains with the U.S. National Guard, where she completed basic training in 2023.

The Vermont Ski and Snowboard Museum thrives by collecting, preserving, and celebrating Vermont’s skiing and snowboarding history. The Vermont Ski and Snowboard Museum is a 501c3 non-profit organization that welcomes visitors from around the world to share, reminisce, and enjoy the collections and their stories. The museum creates visually stimulating and historically in-depth exhibits, along with year-round educational programming and statewide community events.

For more information, visit: vtssm.org/hall-of-fame.



Courtesy of VTSSM

Suzi Rueck



'90s rock artist 'LIVE' to perform an acoustic show at Paramount Theatre

Thursday, Oct. 12, at 7:30 p.m.—RUTLAND—LIVE have established themselves as one of the most successful rock bands of the '90s. With over 22 million albums sold worldwide and two No. 1 albums, "Throwing Copper" and "Secret Samadhi," their impact on the music industry is undeniable. Songs like "Lightning Crashes," "I Alone," "All Over You," and "Lakini's Juice" have become timeless classics on rock radio. On October 12, 2023, LIVE will be performing a special acoustic set at the Paramount Theatre in Vermont.

"Throwing Copper" is the album that propelled +LIVE+ to stardom. Released in 1994, it celebrated its 25th anniversary with a deluxe edition in 2019. The album topped the Billboard Top 200 chart and went on to sell over 10 million copies, earning the band a place on Rolling Stone's list of "1994: The 40 Best Records From Mainstream Alternative's Greatest Year." The standout track, "Lightning Crashes," spent an impressive 10 weeks at No. 1 albums on the Modern Rock radio charts.

In 1997, LIVE released their fourth studio album, "Secret Samadhi," which immediately debuted at No. 1 album on the Billboard Top 200. The album achieved double platinum status and spawned hits like "Lakini's Juice" and "Turn My Head." With the release of their fifth studio album, "The Distance to Here," in 1999, LIVE reached new heights of success. The album showcased their evolution as musicians and saw them transition from arenas to stadiums. It became another platinum-selling record and featured the hit singles "The Dolphin's Cry" and "Run to the Water."

Despite a hiatus of over a decade, LIVE returned to the music scene in 2018 with the release of their five-song EP, "LOCAL 717." The new music was met with critical acclaim. Their ability to captivate audiences with their powerful performances remains unchanged, making their upcoming acoustic set at the Paramount Theatre a must-see event for fans old and new.

If you're a fan of '90s rock and grunge, this is an opportunity you won't want to miss. Join LIVE for a night of stripped-down acoustic renditions of their greatest hits.

Tickets are available at \$65.

For more information and to purchase tickets, visit <https://www.paramountvt.org/event/live-unplugged/>.

Don McLean: Celebrating 50 Years of American Pie

Friday, Oct. 13, at 7 p.m.—RUTLAND—The iconic Don McLean will be take the stage at the Paramount Theatre for a special performance celebrating the 50th anniversary of his legendary song, "American Pie." With tickets priced at \$59, \$69, and \$79 plus tax/fees, this promises to be an unforgettable evening of music and nostalgia. Don McLean's contributions to the music industry have earned him numerous accolades, including a Grammy award, induction into the Songwriter Hall of Fame, and a BBC Lifetime Achievement Award. His iconic hit, "American Pie," is honored in the Library of Congress National Recording Registry and was recognized as one of the top 5 songs of the 20th century by the Recording Industry of America (RIAA).

A Legendary Songwriter

Don McLean, a native of New York, is widely regarded as one of the most revered and respected songwriters in American history. He began his musical journey by performing in the vibrant New York club scene in the late 1960s, where he honed his craft and captivated audiences with his heartfelt lyrics and soulful melodies. It wasn't long before McLean's talent caught the attention of the music industry, and he went on to achieve great success with hits like "Vincent (Starry, Starry Night)" and "Castles in the Air."

McLean's catalog of songs has left an indelible mark on popular culture, with artists such as Madonna, Garth Brooks, Josh Groban, Drake, and "Weird Al" Yankovic all recording his compositions. His music transcends generations and continues to resonate with audiences worldwide.

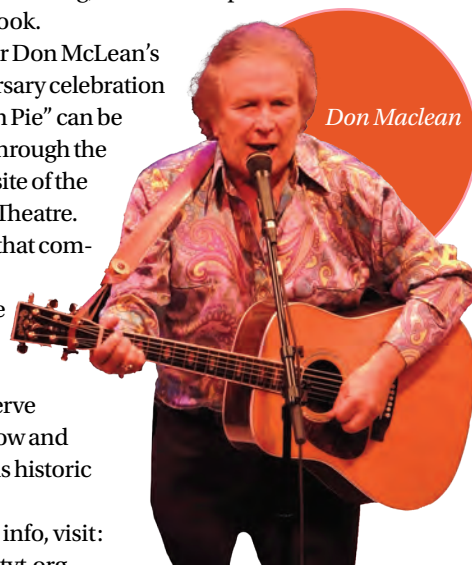
In 2015, Don McLean made headlines when the handwritten manuscript of the lyrics to "American Pie" was auctioned by Christie's, fetching a staggering price of over \$1.2 million. This event served as a testament to the lasting impact and cultural significance of the song. In 2019, McLean was honored with a star on the Las Vegas Walkway of Stars, and his song "And I Love You So" was chosen as the theme for Prince Harry and Meghan Markle's wedding.

The year 2020 marked a new chapter in McLean's career as he signed a recording contract with Time Life. This partnership resulted in the release of a catalog of recordings, as well as a new album titled "Still Playin' Favorites." McLean's music also found its way into the silver screen in 2021, with his song "American Pie" featured in both the Avengers' Black Widow and Tom Hanks' movie "Finch." Furthermore, he received a star on the Hollywood Walk of Fame, celebrated the 50th anniversary of "American Pie," collaborated with a *cappella* group Home Free on a rendition of the song, and even inspired the creation of a children's book.

Tickets for Don McLean's 50th anniversary celebration of "American Pie" can be purchased through the official website of the Paramount Theatre.

Please note that complimentary vouchers are not valid for this performance. Reserve your seats now and be part of this historic event.

For more info, visit: paramountvt.org.



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The Maxxis Eastern States Cup Intense Cycles Downhill Series lands at Killington

Saturday and Sunday, Oct. 14-15—KILLINGTON—The Maxxis Eastern States Cup Intense Cycles Downhill Series is a gravity mountain bike racing series that spans over 20 races at a dozen venues across the Northeast United States, from Pennsylvania to Maine. The series is recognized for its professionalism, high level of competition, and emphasis on fun. In its 14th season, the series culminates with the Maxxis Eastern States Cup: Downhill Finals at Killington, Oct. 14-15.

Killington - Intense DH Finals

The Maxxis Eastern States Cup: Downhill Finals at Killington, Vermont, is the final stop of the Maxxis Intense DH Series. The Killington track has seen a lot of changes over the years, and the racing experience just keeps getting better. This event is open to all. The Killington track offers a challenging course with steep descents, tight turns, and jumps that will test the skills of even the most experienced riders.

The Maxxis Intense DH Finals offers a 125% series points bonus, making it a critical event for racers looking to win the Maxxis ESC Intense DH Series championship. A racer's top eight results will determine the series champion. The Maxxis Eastern States Cup presented by Kate's Real Food exists to ensure the future of gravity mountain bike racing on the East Coast, and the series is recognized for its professionalism, high level of competition, and emphasis on fun.

Volunteers are essential to the

success of the Maxxis Eastern States Cup: Downhill Finals. Volunteer course marshals will be needed on Saturday, Oct. 14, and Sunday, Oct. 15. Volunteers will receive lunch for the day and a voucher for a free lift ticket, good for the next calendar year at Killington Resort, for each volunteer shift completed. Registration for volunteering is available online.

Registration

Registration for the Maxxis Eastern States Cup: Downhill Finals is now open online. Online registration will close on Wednesday, Oct. 11, at 11:59 p.m. After that, registration will be available only on-site (cash only) starting on Saturday, 10/14, at 9 a.m. Killington Resort has gone cashless, and there are no longer any ATMs on-site, so plan accordingly.

The 2023 Intense Downhill Classes include Kates Kids 12U, Youth 14U, GT Juniors Boys 16U, GT Juniors Girls 18U, Amateur 18U, Amateur 19-29, Amateur 30-39, Amateur 40-49, Masters 50+, Single Crown Open, Expert 16U, Expert 18U, Expert 19-29, Expert 30-39, Expert 40+, Amateur Women, Pro/Expert Women, and Pro Men. No points will carry over to a new class when a racer upgrades or downgrades their class. MAXXIS ESC Racing Age is

the racer's age on December 31, 2023. No racing license is required, and racers must start with their class and at the assigned time. If a racer misses their class starting times, they will incur a time penalty or disqualification.

Schedule/Registration

Friday will have no registration, and the K1 Gondola will not be operating. Lift spins will be available from 10 a.m.-5 p.m., and passes will be available onsite from Killington. Killington lift tickets need to be purchased online and can be picked up on-site.

On Saturday, registration will be open from 9 a.m.-1 p.m., with the Ramshead lift load for Intense DH Track Walk only from 9-9:45 a.m. Intense DH Practice will be from 11 a.m.-2:45 p.m., with Timed Intense DH Seeding Runs for Pro, Expert, and 50+ Classes at 3 p.m. After Timed Intense DH Seeding ends, Intense DH Practice Resumes until 5 p.m.

On Sunday, late registration will be open from 9-9:30 a.m., and the Ramshead Lift spins from 9 a.m.-5 p.m. Intense DH Practice will be from 9-10:45 a.m., and Intense DH Race Start will be at 11 a.m.

Register at: easternstatescup.com/events/killington-intense-dh-finals. For more information, visit: killington.com or visit: easternstatescup.com.



Submitted

A mountain biker navigates one of the trails at Killington's mountain bike park. The Maxxis Eastern States Cup Intense Cycles Downhill Series will take place on Saturday and Sunday, Oct. 14-15 at the resort.

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Sweater soiree:

from page 14

“Our cashmere and wool sweater racks are our biggest sellers as well as our flannels, which I like to call the ‘Vermont Uniform’ in the colder months,” she said.

Whether buying from a consignment shop or retail, DeRosia discussed how to look for a good sweater: “While there are still a few folks (both small and large scale) producing high-quality sweaters, it’s true that most new sweaters are not made to the same standards as older garments.”

So, buying natural fibers like cotton, merino, alpaca, and Cashmere will be your best bet.

DeRosia added to check out Vermont brands like Think Tank in Waitesfield, Muriel’s of Vermont in Grand Isle, and Slow Process in Burlington.

Also, consider where you plan to wear the sweater; if you need ideas, the folks at Rutland’s Come Alive Outside, in partnership with the Real Rutland program and Downtown Partnership, are having a Sweater Weather Soiree on Oct. 14 from 3–8 p.m. at Center Street Market Place in Rutland.

“The event will include all the comforts of Fall, including live music, food, and craft vendors, pumpkin-themed games, The Butternut Goldens, and a sweater and flannel auction,” said Arwen Turner,



By Victoria Gaither
Brittany Marie Loyzelle with dog Fozzie cozy in a cozy sweater.

executive director of Come Alive Outside.

Turner said this new Fall event aligns with the nonprofit’s mission is to get people outdoors and enjoy the benefits of nature.

Haley Rice, Sweater Enthusiast and Communications Manager for Come Alive Outside, is already getting into the fall mood, saying, “My favorite sweater is an alpaca sweater. Having a good sweater is a labor of love. You have to baby them, let them air dry on a special rack, and treat them with Woolite.”

That’s the thing about sweaters: owners usually pay special attention to them, and DeRosia says to keep them for a long time; reading the labels for care is a good idea.

“Just be sure to read the care tag before throwing them in the wash!”

Brittany Marie Loyzelle goes as far as looking for sweater ideas on Pinterest.

“I’ve always loved clothes and putting a look together. It’s satisfying when every piece looks effortless. I use The Like To Know It app and Pinterest for inspiration.”

Although, she admits you can’t go wrong with a slouchy or oversized sweater with a fitted bottom like jeans or a skirt.

Turner hopes to see everyone at her first Sweater Weather Soiree sporting the fall staple and taking plenty of selfies.

For more information about the soiree, visit Come Alive Outside’s Fall Events at .comealiveoutside.com.

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SUDOKU

PUZZLES—from page 11

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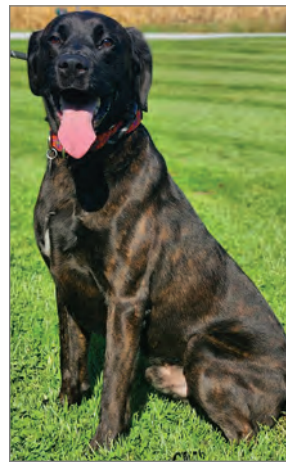
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Ella—2-year-old. Spayed Female. Husky/German shepherd mix. Are you a sucker for a dog with blue eyes? Then Ella is your girl.



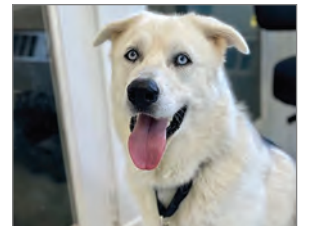
Turner—1-year-old. Neutered male. Labrador retriever mix. He is a totally happy-go-lucky, go-with-the-flow type of boy!



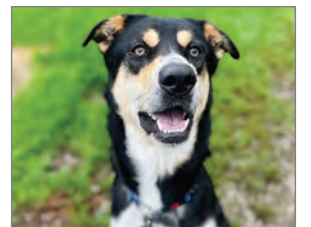
Miracle—2-year-old. Spayed female. Domestic shorthair. Tortoiseshell. Miracle is a beautiful girl who is very sweet and loving.



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



Gus—2-year-old. Neutered male. Siberian husky mix. Gus has the most adorable floppy ears so get ready to smile!



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



Smokey—3-year-old. Spayed female. Domestic shorthair. Grey tiger. This beautiful girl has gone through a lot in her short life.



MISTY

Misty—1-year-old. Spayed female. Domestic shorthair. Brown tiger with white. Misty is the sweetest girl.

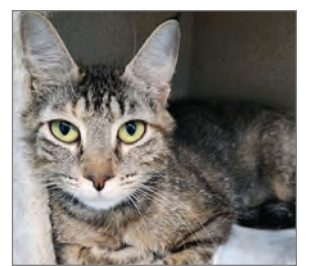
All of these pets are available for adoption at
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Hooch—3-year-old. Neutered male. Akita mix. As if his sweet, loving personality wasn't enough you will instantly fall in love with his big squishy face and perfect smile!



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



Sophie—1-year-old Spayed female. Domestic shorthair. Brown tiger. Sophie is a quiet, shy girl who just needs someone who will be patient with her.



Coco—9-month-old. Neutered male. Shepherd mix. Coco is a handsome young fella with a lot of excitement to share.

Help support RCHS by becoming a monthly donor!

Do you want to make a difference for the homeless animals every month? You can now sign up for our monthly giving program, and let the animals in our care know you're there for them all year long! It's super easy to sign up once, and then all you have to do is kick back and relax, knowing that you're helping those animals that need food, medical care, and love. Monthly giving is an easy, efficient, and tax-deductible way to make a difference for the animals all year long. You can make a big impact with a small monthly donation while helping so many animals each year. By becoming a monthly donor, you can give the animals in our care hope, as we work towards a more humane community. Visit rchsvt.org and click on the blue "Donate" button to sign up today or call our business office at 802-483-6700 for any questions.

Cosmic Catalogue



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Aries March 21 - April 20

You're being invited to go deeper into a relationship than is usual for you. Rather than skimming the surface, this week's Eclipse will cast a shadow over the areas you're likely to gloss over for the sake of keeping the peace. This may get worse before they get better. However, you're more empowered to go to where angels fear to tread than usual – and that is a good thing!

Leo July 21 - August 20

You could benefit a lot from getting back to some kind of daily ritual you know is good for you. It may be some form of spiritual practice or simply devoting more time and energy to topics you're curious about. You don't have to turn your life upside down, though you would benefit greatly from doing small things regularly and let the compounding effects of your effort yield rewards over time.

Sagittarius November 21 - December 20

Your circle of acquaintances and friends is about to change. As you rub elbows with new people, it's to be expected that you'll spend more time with them. This may upset some of your longer-standing friendships. Keep the peace if you must, but also be aware that the revolving door of connections spins to help you separate the wheat from the chaff in your life from time to time too.

Taurus April 21 - May 20

We all have to do what we have to do in order to keep the lights on, so to speak. There is always another problem to solve, another obligation to honor. That being said though, if you're feeling like little more than a rat in a cage, then free yourself. More often than not, it's the way you think about the problem is the problem. Save yourself, because no one else is going to do it.

Virgo August 21 - September 20

With Venus' arrival in your sign, you'll be in a position to put your best foot forward. Sprucing up your image or appearance may be just what you need to improve your self-confidence and your self-image. It's time to be investing in yourself. If it's not a physical or aesthetic improvement you're looking to make, anything to do with self-improvement or development will be supportive for you now. Do something for yourself that your future self with thank you for.

Capricorn December 21 - January 20

Changes brought by this week's Eclipse land in your Career and Life Direction Zone. This might mean you're changing jobs or at the least, you're likely to be weighing up what you want out of life overall. Just because you spent a long time reaching the summit of your current position doesn't mean that there aren't new mountains to climb. Sometimes it's best to cut your losses and start over but you don't have to burn bridges in the process.

Gemini May 21 - June 20

You are probably spending so much of your personal energy on fun, children and simply having a good time. Good for you! Chances are, this week's eclipse will also help you see what true joy means in your life. It may not be what it used to be, and that's OK. In fact, when it comes to living your best life now, it's the simple things that are often the best.

Libra September 21 - October 20

It's time to scratch below the surface and ask yourself what it is that YOU want. If you're tired of going along to get along, events of this week may ask you to take a good hard look at yourself and let something go. It is the image of what you thought your life should be? Is it the story you keep telling yourself? If you truly want a new plotline in your life, then you have to be willing to let go of the current plotline.

Aquarius January 21 - February 20

Sometimes life hits us with a set of circumstances that prompt the changing of everything. What once held meaning no longer does. What was once purposeful, no longer feels like a challenge. Sometimes life tests our faith. It's OK to no longer want what you once did and decide you're ready to change your mind. Changing your mind doesn't come easy for you, but change is inevitable so best start flowing with it.

Cancer June 21 - July 20

Your home life is under the it's spotlight this week. Whether is a situation of locality or the level of domestic harmony – or lack thereof, you're dealing with, things are likely to shift this week. Let the applectart get upended if that is what needs to happen. If you've been playing Mr. Nice Guy, it might be time for you to change that. You don't have to compromise at your own expense.

Scorpio October 21 - November 20

Sometimes our fears and phobias are little more than scary monsters we imagine are under the bed. Then there are times where those scary monsters reflect real issues that need to be dealt with. An eclipse in your "scary monster zone" will backlight the real, the imagined and everything in between. With Mars in your sign, you'll have the cosmic weapon to slay whichever dragon that is currently disturbing your peace.

Pisces February 21 - March 20

It's been a difficult year for you so far. New responsibilities have meant having to reinforce a few boundaries. As such, the entanglements you share with others have probably changed too. Maybe you simply aren't capable of giving what you once did. Compromise is key. However, that doesn't mean simply falling into old ways. You've come too far just to come this far. You may need to lose in the short term to gain in the long term.

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Empowering you to lead a divinely inspired life.
Cassandra has studied astrology for about 20 years. She is an international teacher of astrology who has been published all over the globe.

Something gained, something lost

A total Solar Eclipse in Libra this week will backlight the eerie yet obvious imbalances of truth, justice and beauty in our personal lives as well as the collective landscape. As a New Moon, this eclipse holds the promise of bright new beginnings. Attached to the South Node, there is a purging or purifying component that reminds us old ways won't open new doors. If something is to be gained, something has to be lost.

In Libra, acute awareness of injustice, untruths and unfairness is heightened. It may no longer be enough to go along just to get along, especially if withdrawals have outweighed deposits, either metaphorically or literally. Where have the scales become so imbalanced within soci-

etal structures that are meant to uphold the epitome of truth?

So while eclipses are renowned for upsetting the apple cart, they have a way of turning things on their head in order to get things back into balance. Issues of relationship are likely to be redefined. Is marriage still a viable technology? What do diplomatic relations either personally or politically look like now? What are the tenets of truth, beauty and justice when it

appears the whole world is on fire?

*The ultimate in vanity
Exploiting their supremacy
I can't believe the things you say
I can't believe the price we pay
....And Justice For All, Metallica*



Cosmic Catalogue
By Cassandra Tyndall

Black cats and their pumpkins

Roaming around pumpkins,
The black cats sit,
Smiling,
As the pumpkins are carved,
Turned into jack o'lanterns.
Now the black cats roam,
Around art,
Creepily watching you,
Their eyes follow you,
The moon as bright as fire,
Whole and beautiful,
Shining down on the Pumpkins,
Jack o'lanterns,
And the black cats,
That roam around them.
All making this Halloween,
Halloween.



Poetry Is Power
By Bree Sarandrea

A return to the magical Bear Cave

We have embarked on a magical journey with the hearts and minds of animal spirits. I can't explain its how and why, but believe it is based on our natural connections. Many things we can't see are real. Western society and the scientific way have taken much of what is magical away.

Modern day people, for the most part, have lost, forgotten or are unaware of our ability to communicate with living beings from our natural world. It is another symptom of contemporary man's disassociation with nature. Egos, distractions, materialism, and greed have contributed to this sad separation.

But humans have communicated with animals for eons—not to do so is unnatural.

Consider the close attachment of shepherds to their dogs and flocks, of hunters

with their hounds, of naturalists with their beloved subjects, circus trainers, zoo keepers and therapy pet owners — and the many patients they help. Think of the elderly with loyal pet companions, of Eskimos and their sled dogs, cowboys and their horses.

Animals help us reach deeper feelings and give us a fuller understanding of life. For Native Americans and other indigenous peoples, animals who are hunted receive respect and gratitude for offering their lives to nurture the tribe.

Primitive cultures surpass our understanding of the spiritual nature of all things. Think of early man's worldwide cave art. Painting animals was a spiritual act and marked a major shift in early man's spiritual and linguistic devel-



Mountain Meditation
By Marguerite Jill Dye

If a tree falls in the woods, it creates opportunity

In May of this year, when a cottonwood measuring nearly 3 ½ feet in diameter and more than 100 feet tall fell across a trail in the Saint Michael's College Natural Area, I saw the event less as a tragedy, and more as a circle of life opportunity. As the saying goes, "Nothing in nature is wasted," and a fallen tree provides opportunity to an array of beings, from the smallest organisms to the seeds that may grow into the next big tree.

When a tree falls in the woods, it creates a new gap in the canopy allowing light to reach previously shaded saplings — and increasing their chances to reach maturity. The fallen tree's decomposing wood provides a base for the detritivore food chain, from insects to woodpeckers and on to their predators. Rodents and other animals find shelter under bark and grounded branches. The dislodged roots leave a hole in the ground that can become a small pool filled with life. Soil from tree-fall root balls forms mounds on the landscape. "Pit-and-mound" topography caused by tree falls is a defining characteristic of old-growth forests.

Ecologists call fallen trees — from their roots to their broken branches to their solid, now sideways trunks — "coarse woody debris." This material provides essential habitat and, until it decays, stores carbon. Although much of that carbon will eventually end up in the atmosphere, some of

locked away indefinitely.

This particular cottonwood, however, presented a human-centric problem. The now horizontal trunk created a 4-foot-high barrier across a busy trail. It took considerable chainsaw work, a front end loader, and a team effort to cut an 8-foot-long section and move it from the trail. This part of the Saint Michael's College Natural Area is a young flood-

plain forest, growing on what was once the farm that supplied milk and potatoes to campus. The last vestige of this farming operation, some 65 acres, was leased for corn production until 2018. To improve wildlife habitat and provide new learning opportunities, the college has worked to convert the fields to forest.

In the five years since the last corn harvest, cottonwood trees have grown to heights of 20 feet and have been joined by silver maples, speckled alders, and black willows. A mixture of goldenrod, New England aster, and Joe Pye weed has filled every available gap, providing food for pollinators. In addition to fostering insect diversity, floodplain forests like this one reduce soil erosion, filter phosphorus from runoff, and capture carbon as the trees grow, live, and die.

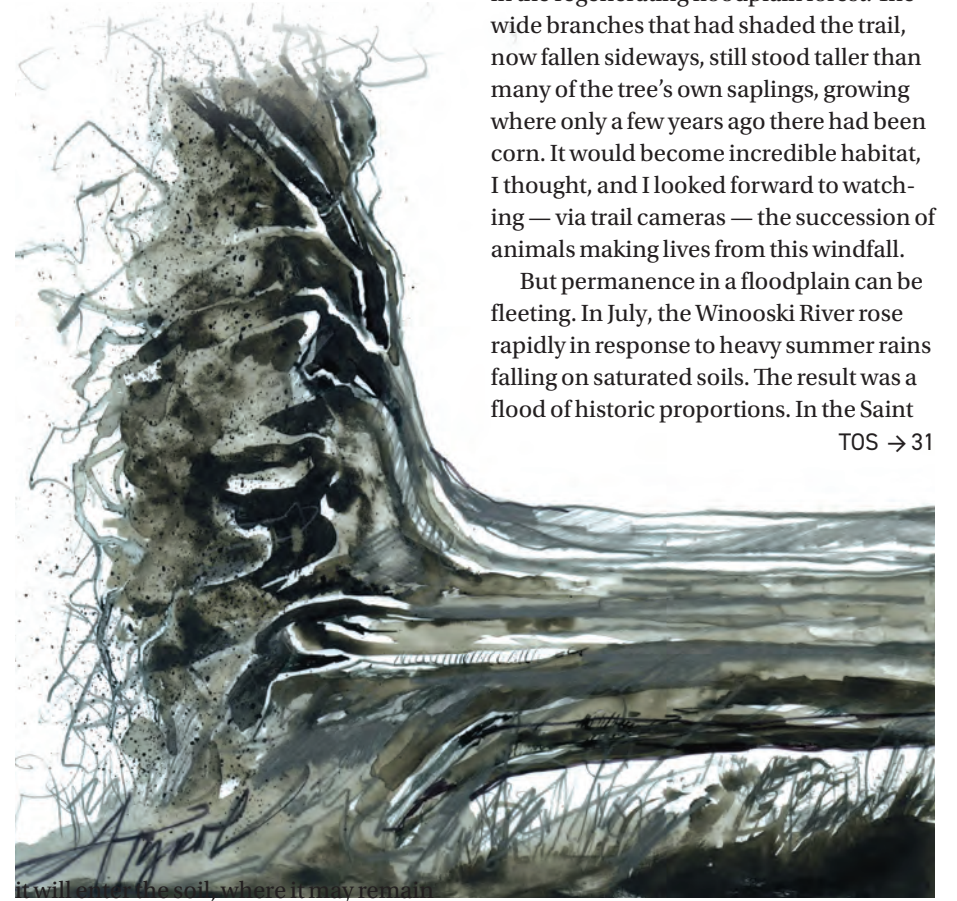
The giant cottonwood toppled from the edge of an older forest across an area of this newer growth. After it fell, I explored the crown of the tree, imagining its future in the regenerating floodplain forest. The wide branches that had shaded the trail, now fallen sideways, still stood taller than many of the tree's own saplings, growing where only a few years ago there had been corn. It would become incredible habitat, I thought, and I looked forward to watching — via trail cameras — the succession of animals making lives from this windfall.

But permanence in a floodplain can be fleeting. In July, the Winooski River rose rapidly in response to heavy summer rains falling on saturated soils. The result was a flood of historic proportions. In the Saint

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The Outside Story
By Declan McCabe



Exorcising your demons

My nephew came over this past weekend to visit. He's a great kid with a solid head on his shoulders who's trying to figure out his next steps in life. With football playing on my TV in the background, the two of us had an engaging hour-long talk that touched on a variety of subjects.

My nephew is currently a college student at an out-of-state university, and like all college students, he's learning to fend for himself (and given our conversation, he's also learning how to tap a keg, cure a hangover, and pick up girls). However, it hasn't been the easiest road since his mother and father previously took care of most of his needs.

He admits that he loves being on his own, but he also freely admits that the intricacies of life were a lot easier when his parents were around. He said that the little things that his mom and dad always took care of tend to pile up while he's distracted by his studies and other extracurricular activities.

I had this same experience when I went off to college. I learned quickly that if someone didn't do the dishes, they would eventually become unusable due to mold. I also learned that fresh-smelling clothing and bedding can go sour quickly if the laundry isn't utilized on occasion.

But what really got me rattled was the little things like making an appointment and getting there on time or going to the grocery store before I ran out of toilet paper or paper towels.

Those basic acts of adulthood seemed to be beyond my reach at 19 years old and the same seems to be ringing true for my nephew.

I think it took me a good decade before I finally started making comprehensive lists of grocery items and home products before I went to the store. To this day, if I go shopping and forget one thing, it grinds on me. Thirty years ago, it happened every time I walked out the door.

But I guess that's how we humans learn. I tell my son all the time that some of the best lessons come from making mistakes. Those screw-ups tend to burn in, while life advice from your dad during a casual conversation often drifts in one ear and out the other.

For instance, I've told my son a thousand times not to text and drive. And he swore he never did (even though he'd answer my texts when I knew he was driving).

Well, a few weeks ago, I got a call from my son at 10 p.m. on a Sunday night. He had been

at work and had just left to come home. I could tell by his voice that something was wrong, and when I inquired, he sheepishly admitted that he was on the side of the road with a flat tire. Given that I had just purchased four new tires for his car only months early, I replied with a pointed, "What happened?"

It turns out that my son was indeed texting while driving, and while it may have been late at night with no traffic (which was his argument for why he 'looked at his phone just once'), he conveniently hit the median and blew out his right front tire. And to add insult to injury, the back tire had a bubble in it, which meant that it had to be replaced as well.

I was beside myself in anger, but I held it in. I asked him if he was okay then proceeded to drive to his location. Once there, I surveyed the scene, took a deep breath, and announced that he was about to learn how to change a tire.

Thankfully, it was nighttime, because had this happened during drivetime hours, changing the tire would have been incredibly dangerous given how thin the road was.

I took him through the step-by-step process and made him do all the heavy lifting. Occasionally, we would have to stop when a car drove by, but other than that, things went smoothly. Eventually, we succeeded in getting the tire changed and got the car back to our home, at which point I made my son schedule a service appointment at a local garage. I told him I'd pay for the two new tires, but that he was mine for the next two weekends.

I promise you, after all the ensuing yardwork he faced, he will definitely be thinking twice about texting and driving again.

For me, I'll certainly be thinking twice about watching another installment in the Exorcist franchise. In this week's feature, "The Exorcist: Believer," we confront a sequel to the original Exorcist film. And while that may sound enticing (especially around Halloween), the results were less than frightening.

"The Exorcist: Believer" was nothing less than a money-grab for fans of the original film. This movie lacked substance and a cohesive story, but more than anything, it was boring and devoid of suspense — two requirements for a good horror film.

A hellish "D" for "The Exorcist: Believer," now playing in theaters everywhere.

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



The Movie Diary
By Dom Cioffi



Earth is a teacher, if you tune in

A few steps beyond my front door and I am engulfed in a swarm of leaves. The wind lifts their lifeless yet multicolored selves off of the cold ground and they swirl around me. My hair flies all around me, caught up on the energy of the wind. I am part of the experience, the centerpiece to this small tornado of leaves and I feel like a cartoon princess for a moment.

You can hear the rustling, the crunch of leaves when you walk through them now wraps itself around you. I've heard some Vermonters call them our version of a tumbleweed, rolling across the open fields of still brightly colored grass. They swirl like a light layer of snow across a bitterly cold trail that's been groomed solid. Nothing is holding them to the earth and so they lift up, almost back to the height of their original life on the tree branches.

It is so much fun to have nature swirling around you, but kind of disconcerting when you're driving along and suddenly feel like your windshield is being attacked from all directions. The leaves are the color

of bricks and your mind plays tricks on you as you drive through what might trigger as a brick wall that is somehow moving. A magician's trick.

Like the leaves themselves, these swirls live a short life. Just enough for us to see mother nature breathing. Normally, we cannot see the wind though it surrounds us. But as it lifts up the leaves or the snow, we can almost imagine that we are seeing its actual movements, that it almost has a color to it.

While we know that's not possible, that air and wind are just clear molecules and don't refract or attract light, leaves and snow share their colors. And so we can see, if only for a moment, that which cannot be seen. That which is invisible becomes visible and our eyes are open to the patterns and colors of the wind.

I remember hearing the lyrics of this song when it came out in 1995, listening as Pocahontas chastises John Smith for thinking that the earth was just a dead thing he could claim. My father, the builder, had

Living the dream → 31



Livin' the Dream
By Merisa Sherman

Falling into winter

"October, tuck tiny candy bars in my pockets and carve my smile into a pumpkin," said Rainbow Rowell.

There is a chill in the air and maybe even the smell of wood smoke. The days are shorter and the night's are cooler. October is considered a time when both nature and people start preparing for winter. We get out the crock pots and start to cook more. We all make pumpkin bread but how about considering the sweet potato. They are very tasty and contain multiple vitamins and minerals including beta-carotene, known to help lower inflammation. Beta-carotene is converted into vitamin A, helpful in preserving your vision and safeguarding against night blindness. Sweet potatoes are good for digestion because they have so much fiber.....actually two kinds of fiber.....soluble and insoluble. Their Vitamin A (which in topical form called retinol) is very good for our skin. You can boil, mash or fry them and add them to that first batch of fall chili.

Thanks to Laura Djordjalian for sharing an opportunity for our senior group to help out at our elementary school. It would be one hour any day between Wednesday and Friday. The "work" would involve simply staying in the cafeteria while the children

eat, ensuring good manners and giving permission to return to their classrooms or go to the bathroom. Then we would wipe the tables down after they leave and be gone by 1 p.m. The teachers and the principal would really appreciate the extra time. Get in touch with Principal Mary Guggenberger at the Killington Elementary School.

The Little White Church is a busy place. They are currently hosting bus tour dinners to earn funds for the operation of the church. They also have a year round food pantry that gives to those in need as often as they are contacted. Currently they have a need for the following: Tissues, canned pineapple, peaches etc., paper towels, hash, dish soap, mayonnaise, cereal, oatmeal, mustard, cake, cookie, brownie mixes, packaged potatoes, rice and pasta, canned chicken, stuffing.

When you go shopping pick up a few things for those who are in need. It will be appreciated far more than you can imagine. Call Nan Salamon for pick-up 802-422-9244. Monday afternoon at the movies is popular at the library. The movies start at 1 p.m. and there is even popcorn! The next two upcoming this month are: "Boston Strangler" on Monday, Oct. 17 and "Hocus Pocus" Monday, Oct. 30.

Book Ends Book Club meets the last Wednesday of every month. This month's selection is "The Whistling Season" by Ivan Doig. "Can't cook but doesn't bite" begins the newspaper ad offering the services of an A-1 housekeeper with sound morals and ex-

Senior Scene → 27



Senior Scene
Gerrie Russell

← Boot Pro:

from page 3

veteran ski instructor, administers all of the assets of the company today. Alex and Shon, along with daughter Haley and son Luke, have always worked together as a family at The Boot Pro, which they consider a blessing.

"These awards epitomize the entrepreneurial spirit and the enduring pursuit of excellence and sustainability. Dedicated focus on community values fuels trans-generational success," said Dr. Sanjay Sharma, dean, Grossman School of Business.

Receiving the 1st Generation Family Enterprise Award is not only an achievement for Alex and Shon, but it also serves as a reminder that small businesses in Vermont can succeed in their industry, while making an impact in their community.

"This award is such an honor. We don't do what we do to win awards but the recognition is gratifying and energizing. We love working together as a family, and also want to recognize our dedicated team of employees who believe in maintaining a level of excellence that draws people to our shop from all over the country," said Alex.

Forty-six inspiring enterprises have been awarded since the inception of these awards in 2012. The winners are selected for their qualities to inspire a successful transition to the next generation of business leaders.

"We are humbled to receive this prestigious award. It's given me an opportunity to reflect back on the journey of The Boot Pro and realize how proud I am of all of our accomplishments and has given me renewed enthusiasm to keep doing what we all love and do best," said Shon. For more information, visit thebootpro.net

← Local perspective:

from page 9

their hoops origin stories to growing up as sons of female basketballers.

Lastly, the experience of settling into a different environment provided a much better firsthand comprehension for how my globetrotting transatlantic basketballers had to similarly immerse themselves in different environments, cultures, and contexts. While I've uprooted and settled in new places at several points in life, for school, for study abroad, for work, this was different. Most of the Americans, French, or Africans who contributed their firsthand accounts to "Basketball Empire" to take the reader behind-the-scenes found themselves in smaller cities or towns on both sides of the Atlantic, rarely (at least, at first) in an international cosmopolitan hub like Paris, New York, or Los Angeles. They had to figure out how to tap into a new, smaller locale and become part of that community fabric. My lived experience of doing just that

improved my understanding and appreciation for how the offcourt experiences impacted my subjects, and allowed me to write their stories

They had to figure out how to tap into a new, smaller locale and become part of that community fabric.

in a far different way than I had originally envisioned.

They often say to write what you know. While I was never (nor will ever be) an elite-level basketball player, writing "Basketball Empire" from my new homebase in Killington provided me with a fresh perspective—and a more granular comprehension—of this story.

Join Krasnoff and fellow Vermont author, legendary 36-year Sports Illustrated veteran Alexander Wolff, for a conversation about *Basketball Empire* at the Norman Williams Public Library, Friday Oct. 13 at 4 p.m.

← Meditation:

from page 24

opment. They knew what many have not yet awakened to: that we are connected and we flourish as one.

Now, with the wave of new healing energy, the practices and acts that revive these connections are widely available to those who seek them and whose lives are blessed and enriched.

So, open your mind to new possibilities and sources of knowledge you may not expect. If we're open to the spirits of animals, I've discovered they are eager to connect.

I begin meditation with four deep breaths, raise my eyebrows as I breathe in then exhale as I lower them which helps my body fully relax. I go to a river or pond's edge and stand in the water, feeling its coolness. I set my intention for further connection, then walk to the mound of tree branches and limbs. Down on my knees, I crawl into the den where to my amazement, Bear awaits me.

"Good morning, Bear. I am grateful to see you!"

"My pleasure," Bear replies. "I look forward to our beneficial conversation."

"I hope it is helpful for you as well."

"Thank you, Jill. It is good to review these obstacles in life and how to overcome them with a higher vibration. You know your challenges are encountered by many, although the details may change with each human. Some obstacles are ours, too—animals living in your midst."

"I am afraid most of your difficulties begin with the actions of us humans. I am very sorry for that."

"Remember polarity and duality? These are constant occurrences for all beings. Weather has certainly altered our behavior and it will soon alter human beings' too."

"Long overdue!"

"But for today, let's return to you. I hope you can see the health problems you've felt manifested so you can learn new lessons."

"So many lessons at this time! I'd like to know just what they are so I won't have to repeat them next time!"

"That is a wise perception," Bear said.

"My eyes?" I asked, mystified by the frustrating condition of blepharospasm that has left me functionally blind at times.

"Eyes are how we perceive the world—for all creatures and humans we interact with. When our eyes are out of whack, what we see is misshapen too. Think of what you'd like to see and the dynamics that do not fit. Perhaps your eyes are protecting you from seeing undesirable reality. What would you like to change? Relationships, habits, experiences, feelings—these things do not have to be set in stone. They can be malleable and transformed, shape shifted into your dreamworld.

"Visualize every detail so no stone is left unturned. Uproot old behaviors and senses so new and better ones can bear fruit. What's undesired? Take it out. Replace it with the behavior you want. The only obstacle is your mind's eye. Meditation (or hibernation) provides the silence to quiet your mind and relieve the daily grind.

"Lift yourself up with pure thoughts, prayers and mantras that affirm your Being as part of the whole that connects us to Source."

"What is Source to you, Bear?"

"Source is the Creator of every life form. Source is our guide in natural form—the whole of this world and other dimensions—we can't imagine how great is our Source. Source is goodness, brotherhood and love."

"Thank you, Bear. I treasure our time together. You are wise and teach life's essence."

"Thank you, Jill. Stay uplifted. Today is a gift—so go live your life!"

Marguerite Jill Dye is an artist and writer who divides her time between Vermont and Florida.

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Face Painting
Crafts
Refreshments

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Senior Scene:

from page 25

ceptional disposition that draws the attention of widower Oliver Milliron in the fall of 1909. So the ever whistling Rose Llewellyn and her font-of-knowledge brother, Morris Morgan, arrive in Marias Coulee, along with a stampede of homesteaders drawn to the area by the promise of the “big ditch,” a gargantuan irrigation project intended to make the Montana prairie bloom. When the schoolmarm runs off with an itinerant preacher, Morris is pressed into service, setting the stage for the “several kinds of education” none of them textbook variety, that Morris and Rose bring to Oliver and his three sons and the rambunctious students in the region’s one room school house. Please pick up your book at the library and join the group on Wednesday, Oct. 25 at 1 p.m. at the library to discuss.

I read an article the other day where people of a certain age were sharing things they no longer tolerate. It was a long list and I’m sharing part of it with you more as food for thought to prompt you into thinking about things you no longer tolerate. We are allowed to be cranky once in a while! Here are some of the things our contemporaries no longer tolerate: daylight savings time, passwords, amusement parks with long lines, the hassle of getting in touch with companies, going anywhere that doesn’t have a parking lot, caring about what people think of them, rudeness, blaring music and digital coupons. I’m sure you can think of a few more things. It’s nice to have choices and to say “no more” every once in a while!

“52 Small Changes for the Mind” by Brett Bluementhal is still with us. We are on weeks 45-48. What a journey this has been. Listening to music, being creative, reading, being a mentor and the many other little things that we have added to our life should have some effect if we keep it up.

We just have this month and November to go and we will have finished this project!

Week 45: Build close relationships

“Friendship is like money, easier made than kept,” said Samuel Butler.

Having dozens or even hundreds of friends may seem worth a great deal, but, having just a few true close friends is priceless. We live in a world where social media has resulted in accruing friends by the hundreds or thousands. This has given friendship a whole new meaning. However, studies show a few close friends provide the most benefits to our health and happiness.

Week 46: Schedule to-dos

“He who fails to plan, plans to fail,” said Winston Churchill.

No matter what you want to do, scheduling activities and tasks increases your chances of actually doing them. Things easily slip through the cracks. Planning helps eliminate wasted time and energy and frees up your mental energy because it relieves you of the responsibility of having to remember everything that needs to get done.

Week 47: Play

“You can discover more about a person in an hour of play than in a year of conversation,” said Plato. When life is packed with work, have-tos and obligations, it is easy to forget to have fun along the way. Building fun into your life, even at work, is essential to happiness. It has the power to help you manage stress, strengthen relationships and boost creativity and productivity levels.

Week 48: Set intentions

“Our intention creates our reality,” said Wayne Dyer.

Setting intentions connects us to our values, our aspirations, our character and our beliefs. This can bring a sense of peace to our life. All of us are works in progress and so are our lives. We are always shaping and navigating our lives as we respond to changing circumstances. In consciously setting expectations we give ourselves a chance to step back and remind ourselves of the good and the bad, the things we care about the most and the type of person we want to be.

Helpful little hints

I have enjoyed this book but have not been 100% successful in carrying out all the changes. However, I’m certainly more aware of what’s going on within myself.

As you must know by now I love books and I love sharing what I believe to be helpful little hints. For instance, I am always reminding you to practice getting up off the floor. Growing older is a normal part of life and there’s a lot to learn on how to do it well. Losing our balance is one of the most common issues in old age. A friend made me aware of a book called “5 Minute Balance Exercises for Seniors” by Alfred Allen. I have read through it and for the last week have been doing the exercises that are suggested in the book. I will be sharing a few each month so we can all work on improving our balance. I found these to be very easy and not at all time consuming.

The first is called “weight shift.” Stand up as straight as you can and lift one leg off the ground. Hold this position for 20 seconds. Then lift the other leg and do the same. Practice at least three times. The second is called “rock the boat.” This is very similar to weight shift but you raise your legs out to the side and hold for 20 seconds. These simple exercises require no equipment and will provide you with more mobility. I know they sound simple but it is a start and I will share a few more next month.

Our monthly Discussion on Aging continues this month with the theme of relationships. Why do we sometimes have to be careful with what we say to our adult children? Is it really worth the effort to start dating again if you suddenly find yourself alone after many years of being a partner? — Yes, we talk about everything. But the best part is what is talked about at these sessions stays at these sessions.

Everyone’s opinion or story is respected. We don’t solve many problems but we sure have a lot of ideas. Join us on Wednesday, Oct. 18 at 1 p.m. at the library.

Gener8tor:

from page 3

seven-week, zero-equity accelerator that provides startup founders with concierge coaching and access to a gener8tor’s network of mentors, customers and investors across the United States. The program is designed to set a path for eligible and promising startups that graduate via the accelerator program to be considered for investment capital via StartUp Rutland’s Venture Capital Fund.

“Our partnership with gener8tor takes a significant step in our work to support the Rutland

County economy,” said Lyle Jepson, executive director at CEDRR. “We will capitalize on the pride and energy that the citizens in our city and county bring to their work, as we all focus on stewarding the growth of high-paying, high-skill and high-demand opportunities.”

The StartUp Rutland Accelerator will recruit startups nationally in an effort to support startups based in or interested in relocating to Rutland. All participating startups chosen for the accelerator program will undergo evaluation for eligibility to gain access to follow-on resources, including up to \$100,000 investment each in exchange for an equity stake, incubation space and relocation assistance, amongst a host of additional perks.

“We’re looking forward to this partnership and the incredible economic impact that StartUp Rutland and gener8tor will bring to the region,” said Lauren Usher.

“We’re thrilled to partner with StartUp Rutland to bring this program to life and continue to support the technology enabled industries in Rutland,” said Lauren Usher, partner at gener8tor. “We’re looking forward to this partnership and the incredible economic impact that StartUp Rutland and gener8tor will bring to the region.”

The StartUp Rutland Accelerator will be the first of its kind in Rutland. “With our city primed for growth, StartUp Rutland in partnership with

gener8tor is precisely the type of program that Rutland both needs and can support in its growth,” said Rutland City Mayor Mike Doenges. “This initial program, along with subsequent initiatives, will be a welcome enhancement to both our city and greater community.”

The StartUp Rutland Accelerator program manager will lead recruitment of startups and guide founders through the programming.

Applications for the StartUp Rutland Accelerator are open now, and the program will kick off April 18.

For more information, visit: gener8tor.com/gbeta/startup-rutland.

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← **Living the dream:**
from page 25

taught me to walk the land, to feel the differences in soil beneath my feet and to look for the path of the sun.

Only when we know the land, he taught, can we decide where to build. We cannot just come in and force the land to our bidding, we must listen. We must learn. But I didn't realize that there was life there, I, too, just thought the earth was a thing to build upon.

So I began to listen, to take long walks in the woods and be open to the sounds, smells and sights around me. The sound of the rain on my roof had always captured my attention, but now I began to open my mind; to taste the forest on my tongue after a good, strong rain and listen to all the different noises the animals made while I lay in my bed at night. To listen to the life all around me, to notice the beautiful patterns on the back of a snake and not just its creepiness.

Something changed in me that summer and I began to read about the traditions of native peoples, originally just to fact check



the production company. But I began to truly see beyond the edge of the forest and look deeper and allow nature to guide me. I started to listen, to look and feel the world

around me and awaken myself to that which had always surrounded me. I still have a long way to go to learn about this land, its history and its energies, but I am learning.

I am not native to this land, nor am I a native Vermonter. However, I can read.

I can listen to the forest and I can study the changes from season to season. I can let nature surround me, let the leaves swirl around me. I can feel the changing of the seasons as I meander through the forest, I can breathe in the air from the summit of a mountain, I can float across the water on my canoe and move my body with it as it moves me.

And now, almost 30 years later, I can sing with the mountain, I can dance with the wind, I can draw strength from the earth beneath my feet. I am part of the world around me, not its master. The earth is my teacher and for that, I will always be grateful.

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

← **TOS:**
from page 24

Michael's College Natural Area, the water levels exceeded those recorded during 2011's Tropical Storm Irene — and kept me out of the floodplain for more than a week.

Once the water receded, I returned to the cottonwood. The cut section of trunk and tree crown were gone. Evidently, flowing water 16 feet deep was more than enough to float the huge tree downstream. All that remained was the section of the tree attached to the root ball. The roots had settled farther back into the hole and the cut trunk was now at eye

level. By mid-August, leafy sprouts had emerged from the bark at the highest

point of the stump. And while some of the saplings crushed by the fallen tree were past recovery, others had already sprung back to fill the vacant space.

Life is eternal!

Did the tree make a sound when it fell, or again when it was lifted from the landscape and floated away? If it did, I can guarantee there were beings there to hear it on both occasions.

McCabe teaches biology at Saint Michael's College. His courses include Aquatic

All that remained was the section of the tree attached to the root ball.

Biology, and a new course taught in the Dingle Peninsula called Coastal Biology of Ireland. 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 N.H. Charitable Foundation: nhcf.org.

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