

## IT'S RAINY, BUT STILL NOT WET ENOUGH?

According to the U.S. Drought Monitor map most of the state is still "abnormally dry" (shown in yellow) with a north central section even classified as "moderate drought," (orange). So believe it or not, despite the recent string of rainy days, it's still not wet enough!

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## ANNUAL CAR SHOW FEATURES CLASSICS

The 43rd annual RAVE Car Show and Flea Market returns to the Vermont State Fairgrounds in Rutland, Saturday and Sunday.

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## TWO LOCAL BUSINESSES OPEN, ONE CLOSES

Local diners said goodbye to the beloved Table 24 in Rutland after 15 years as a pillar downtown, but welcomed back Baja Burrito in Killington. Ludlow got a new retail store, too!

Page 2

# Total tax rate increases 18% in Killington

By Polly Mikula

Just days after the Killington Select Board approved a virtually flat municipal tax rate (\$0.5444) at their June 26 meeting, the town received the state's calculations for the education portion of the bill, which makes up about 80% of the total tax bill.

The Vermont Dept. of Taxes has calculated that residents of Killington will pay \$2.4713 per hundred for their homestead education tax rate; non-residents will pay \$2.2581, plus the municipal tax rate. That puts the total for homestead owners at \$3.0157 and for non-homestead owners (second homes, businesses, etc.) at \$2.8025. Last year the total tax rates were \$2.5457 and \$2.4803, respectively. So this year's rates are 18% more for homesteaders (a \$0.47 increase) and a 13% more for nonhomestead properties (a \$0.32 increase).

For a homestead listed on the grand list at \$400,000 that's an increase of \$1,880 — from \$10,182.80 to \$12,062.80.

Town leaders were expecting a significant increase, but acknowledge that many residents, second home owners and business owners will be shocked.

"This portion is out of town control," said Selectman Jim Haff.

Residents can expect to see the increase on their next tax bill, which the town is required to send out by July 15. The first payment is due Aug. 15.

"Your Homestead Education Tax Rate is calculated from your city/town voter-approved per pupil education spending adjusted by the common level of appraisal (CLA)," the June 30 letter from the dept. of tax explained. "Your city/town nonhomestead Education Tax Rate is the statewide rate adjusted by the CLA."

Killington has the lowest CLA out of all 251 towns in the state at 61.6%. This means home values on the town grand list are estimated to be only 61.6% of their real value. Thus, Killington also now has the highest homestead and nonhomestead tax rates in the state. The CLA is a state metric to ensure taxpayers pay their fair share toward education despite a grand list that is undervalued.

Although in most communities, nonhomestead properties pay a higher tax rate relative to homesteads, in 88 towns the opposite is true, including all seven towns in the Windsor Central Unified Union School District (Killington, Bridgewater, Woodstock, Barnard, Pomfret, Plymouth and Reading).

It is also relevant to note that those who qualify — 64% of homesteaders in 2023 — can pay education taxes based on income rather than their property value, which can significantly decrease their tax burden. The maximum qualifying household income was this past fiscal year was \$136,900. Nonhomestead properties do not have this choice.



By Polly Mikula

## Patriotism on parade, ice pops and all

The sun came out just in time for Fourth of July parades Tuesday. In Killington, the resort handed out patriotic ice pops in the parade, as has become their tradition. Tony Sudol (above) enjoyed!

# New chief ready to take over Killington fire department

By Katy Savage

As Paul Ginther gets ready to step into his new role as Killington fire chief, he knows his job will be difficult.

"It's going to be a challenge from top to bottom," he said.

Ginther, 53, is taking over a department on Monday, July 10 after 13 members of the search and rescue team and 13 firefighters quit or were fired under Chris LaHart, who resigned from the chief position in June after just over five months on the job. Assistant Chief Glenn Burres was fired on June 19 after two months on the job.

There were 21 people on the roster as of June 26, down from about 40 at the start of the year.

"Man power is less than ideal," said Ginther, who has visited the Killington firehouse twice so far.

Ginther grew up in Jacksonville, Florida, where he had decades of experience in emergency services and was most recently the fire captain of the Jacksonville Fire and Rescue Department. He applied for the fire chief position in Killington last year but was turned

down over LaHart.

"I was trying to get out of Florida — too many people and too hot," Ginther said.

Ginther and his wife originally thought of moving to Maine to be close to family but a drive through the Vermont landscape changed their minds.

Despite not getting the chief position, Ginther made it to Vermont anyway. He moved to Williamstown in January and became director of emergency services in Barre, where he currently manages a staff of 12 people.

"It's a different pace of life up here," said Ginther.

Ginther holds multiple certifications in Florida and has training as a hazmat technician and paramedic. He's working to get licensed in Vermont.

"He was interviewed by the search committee and is highly qualified for the position," Town Manager Hagenbarth wrote in a June news release. "Paul is an experienced career fire officer looking to further a 34-plus year career by serving and leading the town of Killington."

Ginther → 5

# Lake Rescue celebrates first loon chick in recorded history

Fishing line removed from mother's beak

By Lisa Hamm-Greenawalt

A loon couple that has made Lake Rescue in Ludlow its home for several few years finally succeeded in hatching an egg in June, producing the first successful chick ever recorded on the 200-acre lake in Ludlow.

The adult loons, large birds with striking dappled black-and-white feathers, blue necklace markings, and a haunting variety of vocalizations, had built a nest in the same spot last year, on the shoreline of a small island protected by the roots of a fallen tree. The egg laid in 2022 failed to produce a chick, though, and was likely the victim of a predator, speculated Eric Hanson, the biologist who coordinates the

Loons on Lake Rescue → 31



By Lisa Hamm-Greenawalt

Lake Rescue's first recorded loonlet was born in Ludlow last month, locals celebrated.



# Stormwater reduction plan underway in West Rutland

Through a bidding process, the Rutland Natural Resources Conservation District (RNRCD) hired Fitzgerald Environmental Associates, LLC to develop a stormwater master plan (SWMP) for the town of West Rutland's Clarendon River Watershed.

The goal of this project is to work with West Rutland on treating and reducing overall stormwater volume by developing a stormwater master plan.

The overall objective of this project is to provide West Rutland with a strategic ap-

proach for meeting stormwater management needs in the Otter Creek watershed, to address pressing water resource concerns in an efficient and targeted manner.

Local knowledge provided by municipal staff and other key landowners or stakeholders will serve to jumpstart the SWMP effort. The SWMP will identify a mix of distributed Green Stormwater Infrastructure (GSI) practices, end-of-pipe stormwater solutions, and practices that will address runoff from roads and onto

roads from private properties.

Project selection and ranking will follow identification and prioritization guidelines developed by the Vermont Department of Environmental Conservation (VT DEC).

For further information regarding Stormwater Master Planning visit the VTDEC website [dec.vermont.gov/water-investment/cwi/solutions/developed-lands/municipal-stormwater](https://dec.vermont.gov/water-investment/cwi/solutions/developed-lands/municipal-stormwater)

The project is a collaboration among

RNRCD, the Town of West Rutland, and the Addison County Regional Planning Commission (ACRPC).

Funding for this project is provided by ACRPC in its capacity as Clean Water Service Provider through a clean water planning grant.

Twice per year the Clean Water Service Provider issues a request for proposals for projects that will improve waters in the Otter Creek Basin.

For more information, visit: [acrpc.org](https://acrpc.org).



Submitted

Rutland's Stephanie Schaffer visits Ludlow on her book tour.

## Stephanie Schaffer speaks in Ludlow

Stephanie Schaffer ended her "Finding New Roads Tour" in Ludlow last week.

Schaffer is from Rutland and her story begins in the summer of 2018 when her family had planned a summer vacation to the Bahamas. They had three glorious days together as a family. On the fourth day Steffanie's family had planned a boat tour to the island of Exuma; to visit the swimming pigs; one of the Bahamas most famous attractions. But this trip did not turn out to be the fun day the family had planned.

The boat they were traveling on exploded three short minutes after departure. The explosion occurred directly under Steffanie's seat. She does not recall the events from the explosion to one month later when she awoke from a coma in a hospital in Florida and was told she had lost both of her legs.

Schaffer → 28



Submitted

## Baja burrito reopens at new location, still on Killington Road

Staff report

On Friday, June 23, Baja Burrito Company reopened in a new location less than a quarter mile uphill from its previous one. It now occupies where Taco X previously had been (many still refer to it as the former Peppers Restaurant location) at 2841 Killington Road.

Prior to its reopening, Baja Burrito it had been part of the Chalet Killington building at 2685 Killington Road.

It did not open this past winter season, 2022-23, as the Chalet sold.

"The Chalet Killington has been sold to the resort for housing. We will not be open this winter season. Thank you to all," owner Thomas Bartlett posted on Baja's Facebook page.

The new location allows for the restaurant to expand and offer outdoor seating.

For more information, visit: [bajaco.com](https://bajaco.com).

## Tygart Trading Post opens in Ludlow

The Okemo Valley Regional Chamber of Commerce recently celebrated a ribbon cutting ceremony for the grand opening of Tygart Trading Post in Lamere Square in Ludlow, June 30. Chamber Director Carol assisted owners Angie and Patrick in cutting the ribbon along with Jared (inventory and online director), Abbey (trading post general manager) and Charlie (ski shop general manager). Angie and Patrick also own Tygart Mountain Sports in Ludlow.



By Donald Dill

## Table 24 closes in downtown Rutland

Staff report

Owner Steven Sawyer has closed Table 24 in downtown Rutland after 15 years as a pillar of the dining scene downtown.

Sawyer said he made the decision to focus on his family more, namely his almost 9-year-old daughter.

The restaurant at 24 Wales Street closed its doors abruptly at the end of June, surprising many locally.

Table 24 opened in 2008 and offered what it described as "upscale comfort food," sourcing many ingredients locally and offering a nice semi-formal, semi-casual atmosphere.

"I think the time is right for someone to come in and carry the mantle," he told the Rutland Herald. "This is an amazing turn-key opportunity. Someone could come in and really run with it really easily."

A few new restaurants have opened downtown recently, including: Taco Fresco, West Street Grille and The Mad Rose, according to Tiffany Saltis, executive director of the Downtown Rutland Partnership.

The restaurant and the name are now for sale. The 5,000 square foot retail building is listed at \$850,000 (\$170 per square foot). The executive summary for the property listed on Loopnet.com (a commercial real estate site) states: "You won't find a more turn-key restaurant property than this... 5,000 square feet of space, as well as the business for sale. Located in the heart of Downtown Rutland, just 20 minutes from Killington Resort."



# Forest School opens at Barstow

## New director, teacher hired for 3- to 5-year-olds

Fox Hollow Forest School in Chittenden has hired Jennifer Popp, of Pittsford (the current director of the Pittsford Recreation Center) to be the school's first director.

Popp previously owned and ran the Children's Garden Daycare for 19 years, a highly regarded nature-based child-care program.

Joining her as lead teacher is Cristy Lauzon, a former kindergarten, grade one and grade two teacher at Barstow Memorial School and a yoga instructor for 3- to 5-year-olds at Mindful Monkeys in Rutland.

"Nature-based learning is an effective way for children to fulfill their learning potential," said Popp.

The two teachers have been joyfully welcomed through comments on Fox Hollow's Facebook page by local community members, many of whom had their own children in one or another's care in years past.

"I'm very excited for this opportunity to implement and execute a nature-based preschool program," said Popp. "Nature-based learning is an effective way for children to fulfill their learning potential. I'm very excited to have the opportunity to work with our terrific staff and creators of this endeavor!"

Popp and Lauzon will welcome up to 20 children on site at Barstow Memorial School and conduct the school's outdoor based program on the grounds of the East Creek Trails,

five days a week, year-round.

Otherwise known as a nature-based preschool, the program conducts the majority of the day outside in nature, using the children's natural curiosity and nature's cycles as the foundation to meet VELs learning standards for that age group. It is the only full-time preschool option in the Chittenden/Mendon area and the only nature-based preschool within an hour's drive of Rutland.

An initial enrollment period closed June 30 with rolling admissions continuing as long as spots are available.

"People keep stopping us at the library or the Wooden Barrel to say what a wonderful team they are," said board member Kristin Lucas. "These two teachers are the heart and soul of the school and we're so thrilled to have found such experienced educators who embody the values of curiosity, a love of nature and child-led learning."

It's a welcome milestone for Clair Purcell and Kristin Lucas, local Chittenden residents who spent the better part of two years securing a location for the school. The Barstow Memorial School Board approved the leasing of a classroom to the private preschool in May, citing a lack of full time preschool options in the district and the connection of local children who would be attending Barstow for primary school as key drivers for the decision. A Make Way for Kids grant is providing the initial funding for set up.

There will be an open evening for all enrolled and curious families on Thursday, July 13, 6-7 p.m. at Barstow Memorial School, room 107.

For more information visit foxhollowforestschool.com.

# Bove to head RRA

By Katy Savage

The Rutland Redevelopment Authority has a new executive director.

Ed Bove, who was the executive director of the Rutland Regional Planning Commission for eight years, is starting his new role Sept. 6.

"It is an honor to be chosen to lead this prestigious organization," Bove said in a news release. "I am thrilled to have the opportunity to help grow Rutland's economy and enhance our built environment, working with the amazing RRA staff and board, as well as the DRP [Downtown Rutland Partnership], mayor, DPW [Dept. of Public Works], Board of Alderman and other local and regional partners."

Bove stepped down as executive director of the Rutland Regional Planning Commission in January to focus on his family but he continued to work part-time on special projects.

Bove was selected to head the RRA after a two-month search.

He has a master's degree in urban and regional planning from the University of Arizona and a background in housing development, economic development and planning. He was formerly the executive director of the Shires Housing Trust in Bennington.

RRA Board President Ed Clark said they had six or seven applications for the position.

"Ed has really great experience,"



Ed Bove Submitted

"We thought he had the strongest credentials. He was also very excited about the job. I was impressed with how excited he was," RRA Board President Ed Clark said.

Clark said. "He knows a lot of the players, a lot of the people we team with. He's very familiar with a lot of the state regulations and grant opportunities."

Bove will replace Brennan Duffy, who resigned in October 2022 after some members of the Board of Aldermen publicly questioned the direction and lack of momentum of the organization.

Barbara Spaulding, the organization's grant administrator and sole employee since Duffy left, has been

leading the RRA since. Spaulding will step into a new role as director of grants and outreach.

"She's so knowledgeable when it comes to grants," Clark said. "She knows all the ins and outs."

Clark said he had lunch with Spaulding and Bove a couple weeks ago and was "blown away" by their chemistry.

"These folks are speaking the same language," Clark said. "Barbara has worked with him well in the past. We thought he had the strongest credentials. He was also very excited about the job. I was impressed with how excited he was."

The RRA has been undergoing a strategic planning process since Duffy's departure to develop a direction for future projects. Clark said Bove will be part of the strategic planning going forward.

"We're there to be an economic development driver for the city," Clark said.

Though the RRA didn't need Board of Aldermen approval, Clark said board members were "100% on board" with Bove.

Bove will be the face of the organization, responsible for networking, working with other organizations and business people to enhance economic development for the city.

"I'm excited to get Ed on board," Clark summarized.

### KILLINGTON FOOD SHELF

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

**Sherburne UCC "Little White Church," Killington, VT**

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## MOUNTAIN TIMES

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

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# 'I don't see how I can manage'

## Rutland a motel resident struggles with uncertainty after new legislation last week

By Lola Duffort/VTDigger

Susan Ladmer, of Rutland, first wrote to reporters in early June, asking for help.

"I am currently housed in a homeless motel. I am a 77-year-old woman who suffered a stroke in December. Despite tremendous efforts to find out where I will be in July, at the end of the emergency housing program, no one can tell me," she wrote at the time. "Just the stress of trying to find out and of trying to make certain I have somewhere to live is presently life threatening."

Ladmer would not get clarity until last week. Two days before she was initially set to be booted from a pandemic-era program sheltering homeless people in motels, Gov. Phil Scott signed a measure that gives her and nearly 2,200 other people the option to stay where they are until April. (Participants will need to leave sooner if the state can identify alternate shelter for them.)

That extended help comes with new strings, including the requirement that motel residents

begin paying 30% of their incomes toward the cost of their stays. The rule mirrors one that was included in the state's pre-pandemic shelter program, as well as the federal standard for Section 8 vouchers.

Sen. Jane Kitchel, D-Caledonia, who played a key role in negotiating the new law, argued it's only fair to ask households to begin paying in.

"There has to be some reciprocity here between the household and their responsibilities and the publicly funded benefit," she said.

But this latest news, which Ladmer received only days before she was told she would have to pay, has left her panicked and infuriated. She said a state worker calculated that she'll owe about \$300 a month, a third of her monthly Social Security check.

"I'm out of money now. I mean, I'm at the end of the month, and that was with the \$300," she said last week. "I don't see how I can manage without it. I mean — I know I can't."

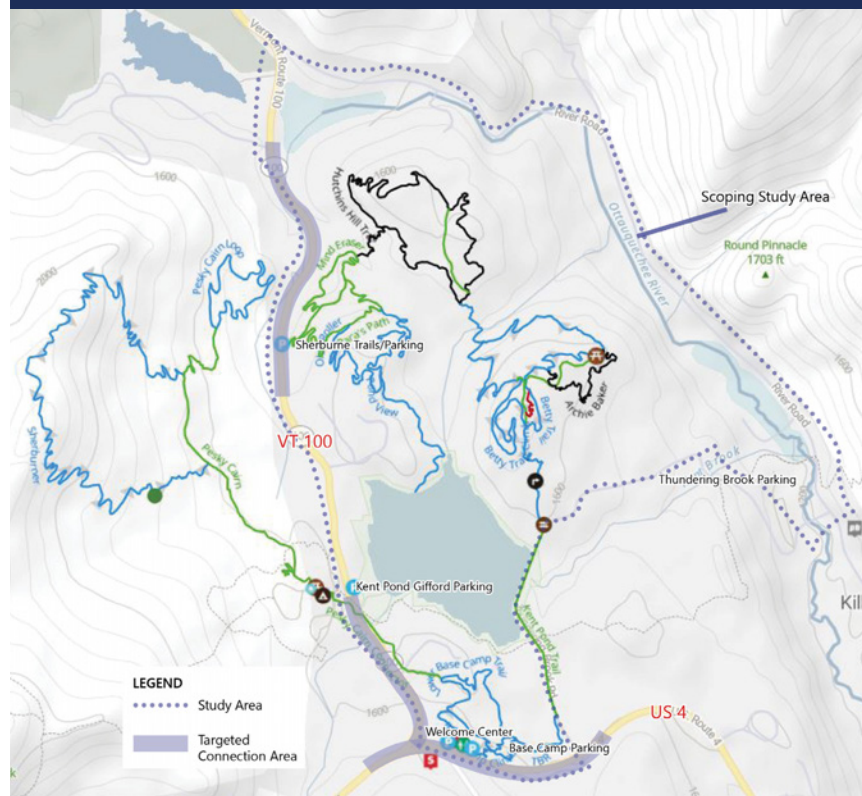
Ladmer noted that those

who are eligible for vouchers until April, such as herself, qualified for the help in part because they met certain special criteria. They are elderly, receive federal disability benefits, have children, are pregnant, or are fleeing domestic violence, for example.

The state is "putting the load of handling the motels on the vulnerable people," she said, "as if that answers the money problem, when the money problem is created by the overpayment to the motels."

Motel struggle → 9

## KILLINGTON CONNECTING TRAILS SCOPING STUDY



### MEETING DETAILS

**DATE:** July 13, 2023

**TIME:** 7:30 PM

### IN-PERSON LOCATION:

**Sherburne Memorial Library**  
2998 River Road,  
Killington, VT 05751

### VIRTUAL OPTION:

**Join Zoom Meeting**

**Meeting ID:** 889 6464 4941

**By Phone:** +16468769923

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

## New leader is well known at RRMCMC

By Paige Fisher/VTDigger

Rutland Regional Medical Center announced on Friday, June 30, that its board of directors has named Judi Fox as president and CEO.

Fox has been the hospital's interim president and CEO since November 2022, when Claudio Fort resigned. She previously served as the hospital's treasurer and chief financial officer for seven years, and has worked there for over 33 years.

"It is truly a privilege to serve Rutland Regional Medical Center as President and CEO," Fox said. "I look forward to working collaboratively with our board of directors, physicians, leaders, and staff to ensure that our patients continue to have access to timely high-quality care while maintaining Rutland Regional's reputation as a great place to work."

The 144-bed medical center is the largest community hospital in Vermont and has 256 people on its medical staff with a total of 1,700 employees. It serves primarily the western part of southern and central Vermont, along with eastern New York.

In recent months, Fox has led collaborative efforts with physicians and the hospital's leadership team, working to address financial and staffing challenges, the statement said.

"Judi was selected through a rigorous process that considered dozens of well-qualified individuals," Joe Kraus, chair of the hospital's CEO search committee, said. "The process was very structured and focused on skill sets, critical thinking ability, emotional strengths, and leadership skills."

Fox was the unanimous recommendation of the search committee, Kraus added. The committee considered several dozen candidates and interviewed six, according to hospital spokesperson Rowan L. Muelling-Auer. Fox was one of three finalists in the selection process, she said.

The CEO position entails developing and implementing the medical center's vision and strategy, identifying future collaboration opportunities and overseeing the organization's operations, according to Muelling-Auer.

In addition to her role at RRMCMC, Fox is on the board of directors for Brattleboro Retreat and the United Way of Rutland County. She also serves on the Board and Finance Committee of OneCare Vermont. She participates in numerous organizations, including the Vermont Association of Hospitals and Health Systems, and several workgroups on Vermont's vision for health care payment reform.



Courtesy RRMCMC  
Judi Fox is the CEO of RRMCMC.

## LOCAL CONCERNS MEETING

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

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





## Celebration of life for Michael Aponowich to be held Friday, July 14

Michael Aponowich, 76, was a long time Killington resident who passed away April 12, 2023.

Join Nikki Aponowich and his friends to remember him on July 14 at the Rutland Country Club from noon to 3 p.m.

Michael Aponowich was a member of the Rutland Country Club for many years.



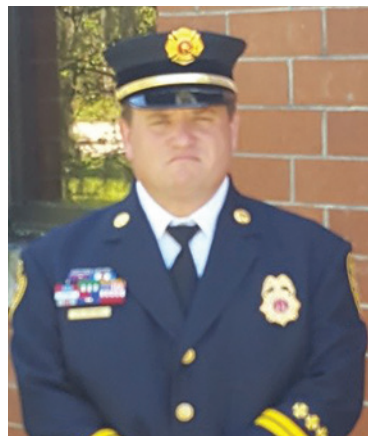
Michael Aponowich

← **Ginther:** .....  
from page 1

lington Fire and Rescue Department.”

Ginther was hired for \$82,000 without benefits as the town transitions from an all volunteer department to a hybrid volunteer and paid department. He’ll be responsible for recruiting new members and managing all aspects of the call volume.

The Select Board decided June 26 to move the Killington Search and Rescue team from jurisdiction under the fire department to the police department. So that will no longer be the responsibility of Ginther.



Courtesy Paul Ginther  
Paul Ginther will begin work as the new Fire Chief in Killington, July 10.

Ginther got interested in emergency services as a child watching the “Emergency!” television show in the 1970s.

“I oohed and aahed at the firetrucks,” he said.

He became an explorer on the fire department in Florida at age 14, before becoming a full-time firefighter at 18 years old. He worked his way up to becoming fire captain of the 1,600-person Jacksonville Fire and

Rescue Department.

Ginther acknowledged the Killington fire department, which responds to about 400 calls a year, will be different from what he’s used to.

“In all honesty, it’s apples and oranges,” he said. “There’s a big difference from the Killington situation.”

Ginther was unsure how to address the firefighters in Killington who quit and may want to come back. He said he wants to “kind of get a feel for what it is I’ve inherited — how do we best move forward,” before he makes a decision.

“I love the job — getting to make a difference,” he said. “As I’ve gotten older, I still like to think I’m a people person and I get the opportunity to help people.”

He said he’s excited to step into a firehouse again.

“That’s the culture I know,” he said. “I’m looking forward to working with the town and working with the department.”

Ginther expects to work another 10 years and after his first winter in Vermont, he and his wife think they’ll stay.

“We both have the spirit of adventure and we like to learn new things,” Ginther said.

Though Ginther lives about an hour away, he hopes to move closer to the Killington area eventually. He said he’ll put an emphasis on protecting the people that work for him.

“I may be hired as the chief, but it’s not about me,” he said. “The department is only going to be as good as its people. I need to be able to facilitate taking care of those people.”



TOWN OF  
**KILLINGTON**  
VERMONT

## PLANNING COMMISSION PUBLIC HEARING NOTICE

### PROPOSED READOPTION OF KILLINGTON TOWN PLAN

The Killington Planning Commission will hold a public hearing on the re adoption of the Killington Town Plan on Wednesday, July 19, 2023, at 7:00 p.m. at the Public Safety Building, 800 Killington Road, Killington, Vermont, with attendance available in person or via Zoom

Invite Link <https://us06web.zoom.us/j/86571219532>.

This public notice is given pursuant to 24 V.S.A. Section 4444.

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

### Statement of Purpose:

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

### Geographic Area Affected:

The Town Plan covers the entire Town of Killington.

### List of Section Headings:

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

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

Dated at Killington, Vermont this 26th day of June 2023.

**Jennifer Iannantuoni**, Planning Commission Chair, Town of Killington, Vermont



# Despite recent rains, much of Vermont remains unusually dry

Parts of Vermont continue to experience 'moderate drought,' while other areas are just 'abnormally dry'

## Staff report

Rain fell over much of Vermont this past weekend and was forecast to continue, disrupting some Fourth of July celebrations.

Fireworks at the Vermont State Fairgrounds scheduled for Monday evening, July 3, were canceled Monday morning. A Vermont State Fair Facebook message explained: "It is with tremendous disappointment that we must announce the cancellation of tonight's scheduled fireworks display that was to be presented by The Paramount Theatre and The Vermont State Fair. Please know that this decision was not made without a lot of thought and consideration... the weather forecast is just too challenging to predict and we want to be able to put on the BEST show for you! Worry not — we will announce a make-up date later in the year!"

However, according to the National Weather Service, overall precipitation during the month of June in Vermont has been relatively normal, with higher overall precipitation in the Northeast Kingdom, and south and central regions of Vermont. According to Brooke Taber, a meteorologist with the

Locally, Rutland County is mostly categorized as "abnormally dry," while most of Windsor County has experienced average rainfall in June.

National Weather Service in Burlington, precipitation has varied greatly from town to town.

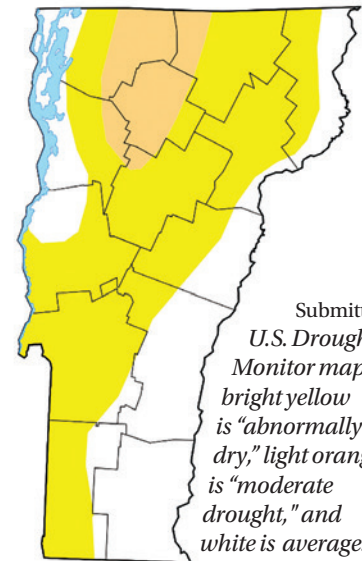
"I expect many areas for the month of June will be just above normal precipitation," Taber said. "But it's highly variable."

Despite the recent rain, much of the state has been experiencing unusually dry conditions so even if June's precipitation numbers are higher than average, dry conditions could persist.

According to data from the U.S. Drought Monitor, a majority of Lamoille and Franklin counties, and parts of Orleans, Chittenden and Washington counties, continue to experience "moderate drought." Elsewhere in Vermont, in parts of every county except for Windham, conditions have been categorized as "abnormally dry," experiencing slightly less severe dryness.

Locally, Rutland County is mostly categorized as "abnormally dry," while most of Windsor County has experienced average rainfall in June.

*Olivia Q. Pintair/VT Digger contributed to this reporting.*



Submitted  
U.S. Drought Monitor map: bright yellow is "abnormally dry," light orange is "moderate drought," and white is average.

## New law expands access to adoption information

Beginning on July 1, changes to Vermont Adoption Law will allow adopted Vermonters greater access to their adoption information.

"This new law makes original birth certificates, information about former parents, and details about their adoptions available to adoptees," said Dept. for Children and Families Commissioner Chris Winters. "The adoption registry is there to help hundreds of adoptees find information and answers about their own history. Now that access is even easier."

Starting July 1 any adult adopted person who was born in Vermont will get unrestricted access to a certified copy of their original birth certificate. It does not matter where or when the adoption took place. They may get this from the Vermont Department of Health's Vital Records Office.

Those adopted in a Vermont court may get identifying information about a former parent, unless the parent

filed a request for nondisclosure before July 1. They may get this from the Vermont Adoption Registry.

The changes above also apply to the direct descendants of adopted people who are deceased.

Biological/former parents may file a form with the Vermont Adoption Registry indicating their preference for contact with the adopted person. The preference information listed on this form will be shared with an adult adopted person requesting their original birth certificate.

The Vermont Adoption Registry is the central point of contact for information about all adoptions that have taken place in Vermont since 1940.

Additional details about access will be available on July 1 on the Vermont Adoption Registry's webpage: [dcf.vermont.gov/registry/adoption](https://dcf.vermont.gov/registry/adoption).

The Vermont Adoption Registry is part of the Department for Children and Families.

## Funding available to support Vermont's LGBTQ+ communities

Funding is now available through the Samara Fund, which is directed by a group of queer and trans Vermonters committed to a vision of transformational grants and scholarships to the people and groups throughout Vermont who demonstrate their dedication to the empowerment, health, and safety of lesbian, gay, bisexual, transgender, queer, and HIV positive (LGBTQ+) people.

The Samara Fund will accept applications for LGBTQ+ led projects and organizations in Vermont.

Funding for 2023 will reflect the Samara Fund's new guiding values, including:

Being anti-racist and anti-oppressive by practicing intersectionality, power-shifting, and transformative justice both internally and externally. This includes being proudly trans-inclusive in every level of Samara's work.

Being transparent with the community and funders about how Samara works

Queering fundraising and redistributing wealth for a bigger impact on the Vermont LGBTQ+ community.

Prioritizing accessibility, gratitude, and accountability while queering Samara's work to make it fun, connective, and sustainable.

With these values in mind, the Samara Fund's priorities for the 2023 grantmaking cycle include:

- Queer and trans-led projects and organizations
- Projects that center, are led by, and/or prioritize BIPOC and/or trans Vermonters
- Elders and youth
- Queers with disabilities
- Work that is harm reduction (including HIV/AIDS prevention and advocacy)
- Projects meaningfully working beyond Chittenden County
- Smaller budget projects
- Long-term projects

Samara offers four distinct types of grant funding: general organizational support, project-specific support, emergent support for organizations (unplanned needs), and sponsorship of queer events. Samara also offers scholarships to Vermont LGBTQ+ youth, which is a separate process through the Vermont Student Assistance Corporation (VSAC).

Nonprofits or community groups may apply at any time this summer for up to \$5,000. Applications will be accepted through 5 p.m. Thursday, Aug. 31. Emergent and sponsorship funding is available year-round as long as funds last. Visit [vermontcf.org/samara](https://vermontcf.org/samara) to learn more and apply.

## Hoffer releases memo declaring Orange County Sheriff's Dept. cannot be audited due to financial management irregularities

Vermont Auditor Doug Hoffer released a memo June 27 announcing that the Orange County Sheriff's Department cannot be audited at this time due to financial management irregularities. Arriving at such a conclusion is extremely rare for a public agency, Hoffer said, and reflects a judgment that the sheriff's books cannot be relied upon to accurately reflect the department's financial situation.

"The conclusion that the audit could not be completed was not made lightly but the conditions our auditing contractors found left them with no choice," Hoffer said. "The problems were varied and extensive, from inaccurate bookkeeping entries to questionable use of bank loans to unsound management of assets."

The State Auditor's Office is required by state law to conduct a financial audit of each sheriff's department once every two years, and also a

"transition audit" whenever a sheriff leaves office. The Auditor currently contracts with McSoley McCoy & Co. to perform the audits. The memo is the result of a transition audit reflecting the final seven months of former Sheriff Bill Bohnyak's tenure.

Key findings of the review of that time period include:

- A department loan of \$225,000 intended to be used to upgrade the Sheriff's Department building appears to have been used instead to purchase and outfit vehicles and to cover various office expenses, bonuses, uniforms, and dues expenses.
- Property and equipment had not been properly accounted for. All vehicle loan balances were inaccurately reflected on the financial statements.
- The accounts receivable and accounts payable reports as

of January 31, 2023 were both materially misrepresented. Debt accounts were inappropriately accounted for. Bank accounts had not been reconciled. "Employee advances" relating to former employees totaling \$19,000 were on the books without any agreement documenting the terms of repayment.

Hoffer added: "While my office has helped improve the overall landscape of sheriff accounting in Vermont, we continue to encounter problems. The only real tools we have at our disposal are training and issuing financial audits. State law continues to grant sheriffs tremendous discretion concerning the use of department funds and assets. Hopefully, the process set in motion by this year's Act 30 will begin to make the use of these funds more transparent and accountable."



# Composting tips with bears in mind

The Vermont Fish and Wildlife Department says many people are having problems with bears looking for food near their homes, and with the food scrap ban in effect the department is providing tips for people who are composting at home so they can avoid attracting hungry bears.

"We have been receiving lots of reports of bears on decks, tearing down bird feeders, wrecking beehives, killing chickens, and getting into trash, compost and garbage containers," said bear biologist Jaclyn Comeau. "We are offering some guidance on how to compost at home without attracting bears."

"First though, to deter bears, bird feeders need to be taken down until we have a foot or more of snow in December. Then, make sure anything else that might smell like food is picked up. And keep your trash container secured inside a sturdy building and don't put it outside until the morning of pickup. Beehives, chicken coops and compost bins can be protected with electric fencing."

If you know bears are active in your neighborhood, the best way to avoid attracting them is to take food scraps to one of the drop-off stations. You can locate them by contacting your local solid waste management district or

town at 802recycles.com, or ask your trash hauler if they pick up food scraps for composting.

Composting at home while minimizing the chances of attracting bears can best be done with these tips:

Use three parts of brown material for one part of green material. Browns can be dried leaf and yard debris, wood chips, which often can be delivered to your house free by a local tree service company, or shredded paper. Greens include kitchen scraps, vegetables and small amounts of fruits. Adding lots of brown material minimizes smells and speeds up composting.

No meat, bones or seafood leftovers. They do not break down quickly and are strong wildlife attractants.

The food scrap ban allows people who compost at home to dispose of meat, bones and seafood in the trash, so they can be kept in a freezer until trash day.

Give your compost oxygen by frequently mixing it or turning it over if it is in a container. This reduces odors and speeds up composting.

Does your compost smell? If so, turning it, adding more brown material and adding a layer of wood shavings or sawdust to the top should solve

the issue.

Enclose your composter with electric fencing or compost in a hard, durable container with a lid that will be challenging for a bear to open. Some types of tumblers are bear-proof.

Electric fencing, with food scent added to the wires will discourage even persistent bears.

If you are currently having a bear issue, delay starting your new compost pile until the bear issue resolves. Until then, keep food scraps in the freezer or bring them to a collection site.

To learn more about properly composting food waste, go to the Department of Environmental Conservation's website at VTrecycles.com.

If you are having problems with bears, you should submit a bear incident report to Vermont Fish and Wildlife at [anrweb.vt.gov/FWD/FW/WildlifeBearReport.aspx](http://anrweb.vt.gov/FWD/FW/WildlifeBearReport.aspx).

If a bear is causing damage, you are also urged to contact your local game warden. You can find out who your local warden is at [anrweb.vt.gov/FWD/FW/WardenLookup.aspx](http://anrweb.vt.gov/FWD/FW/WardenLookup.aspx).

Composting without attracting wildlife takes careful planning.

For information about living with bears and to report bear damage, visit: [vtfishandwildlife.com](http://vtfishandwildlife.com).

# Despite erratic maple season, Vermont No. 1 producer

By Amelia Seepersaud/Addison County Independent  
Vermont is small in population and land mass, but it is very big in at least one thing.

Maple syrup.

The United States Department of Agriculture's final tally of this spring's season showed that Vermont is once again the leading producer of maple syrup nationally.

According to the recently released USDA report, Vermont produced 2,045,000 gallons of maple syrup this year — almost half of the total 4,179,000 gallons produced in the U.S.

A distant second in maple syrup production was New York with 750,000 gallons. Maine was No. 3 with 470,000 gallons, and the only state outside the Northeast to boast substantial maple syrup production was Wisconsin, which was the No. 4 producer this year with 402,000 gallons.

"Vermont produces more maple syrup than any other state, and it's at the heart of our state's culture, history and economy," U.S. Sen. Peter Welch, D-Vt., said in a recent press release.

Despite the big numbers, local sugarmaker Don Gale of Twin Maple Sugarworks in Lincoln said 2023 was an on-again, off-again season.

"We started Feb. 15, which is the earliest start we've ever had, and we didn't get anything we wanted until the 22nd," he said. "And we didn't gather again until March 13. This was the closest we've had to a traditional season, which starts in March."

But even with a traditional starting date for gathering maple sap, Twin Maple's season did not last particularly long.

"We ended early this year," Gale said. "We ended April 12 and we usually go to the 16th."

Even with the unusual timing, Gale believed that the season was a success.

"We had a pretty good season. We made a lot of light syrup, more than we are accustomed to," he said.

The USDA mandated that maple syrup be classified as one of four kinds, from lightest to darkest: golden delicate, amber rich, robust, and dark. Twin Maple Sugarworks this season produced 1,500 gallons of syrup, with only 400 of that being robust, Gale explained. The rest was amber rich.

Lighter syrup generally commands a better price from consumers.

"We ended up with no dark syrup," he said. "We usually make two barrels or more."

He believes the reason he produced no dark syrup this year was due to the weather conditions on the days the sap ran — overcast and windy — which he said were not ideal for producing dark syrup.

"We ended up on par with last year, which was a really good year. The sugar content of the maple sap was down last year. So even though we gathered more sap last year, we ended up on par this year and gathered 30,000 less gallons."

The 2022 season had been Twin Maples' earliest start. Gale didn't know if this trend of early seasons would continue.

"I think it's gonna be all over the place. Some years it'll start early, some years late," Gale said. "A couple years back it started in March and ended in May. We gathered a lot of sap and sugar content was way down because of the drought in the fall. I heard some real horror stories. A lot of processing for less syrup."

Why is Vermont the lead producer of maple syrup in the United States?

"Well, I think there is a lot more involvement here in Vermont as far as production," Gale said. "New York has the largest sugar bush. I think, if I'm not mistaken it equals that of Quebec. But not all of it is tappable. So much of it is tied up in the forever wild. I don't know how the number of taps compare but we have more people involved."

"There's gotta be more than 10 operations in Lincoln," he said. "And some of those are also a pretty good size too."

Now that the season is over, it is time to clean up. The  
Maple → 10



By John Hall/VTF&W

Vt. Fish and Wildlife urges poultry owners to use electric fencing and follow other precautions to protect their birds from predators.

## Electric fencing offers protection for chickens

Keeping a small flock of chickens at home to provide eggs and meat has become increasingly popular, but many first-time small-scale poultry farmers are discovering that several species of wildlife like the taste of chicken as much as we do. The Vermont Fish and Wildlife Department urges poultry owners to use electric fencing and follow other precautions to protect their birds from predation.

"We are receiving reports about bears, foxes, raccoons, fisher, coyotes, skunks, and bobcats preying on chickens," said Jaclyn Comeau, Vermont's bear biologist. "Many of the calls will be coming from people who are new at keeping chickens and who do not provide sufficient protection for their birds."

"In 2022, we received 178 reports of bears getting after

chickens. This number has been increasing in recent years with an average of 31 reports per year from 2011 to 2017 and an average of 126 reports per year from 2018 to 2022," Comeau continued.

Comeau urges people to keep their chickens contained inside electric net fencing and to make sure any wire fencing is secure. Use of one-quarter-inch hardware cloth, especially along the bottom of an enclosure will block most small predators. Weasels can get through a one-inch opening. The electric netting, however, is good extra protection even outside the wire netting — especially against black bears which are strong enough to break into most unprotected chicken coops. Several types of electric net fencing are available. The netting is portable and

Chickens → 10



## GUEST EDITORIAL

## Legislature accomplished a large number of vetoes

By Lieutenant Governor David Zuckerman

The Legislature reconvened for a special summer veto session — a time to review the bills that the governor vetoed and vote on whether those vetoes should be overridden. At the end of the session there were seven bills passed by the legislature that saw the governor's veto pen, five of which were overridden. An additional bill was passed that significantly adjusted the handling of Vermont's unhoused population. Historical fact: Prior to these overrides, there had been only 14 successful veto overrides in Vermont's history. That number increased by more than 33% on June 20.

Overridden vetoes:

### Childcare (H.217)

This year the legislature took major steps towards fixing our devastating childcare crisis that has been making it nearly impossible for working families to afford to live in Vermont. The House and Senate handily voted to override the veto of this legislation. You can read more about what this means for the future of childcare in Vermont online at [tinyurl.com/ChildcareOverride](https://tinyurl.com/ChildcareOverride).

### Budget and Extending the Emergency Motel Program (H.494 and H.171)

A last-minute agreement was struck to allow the pandemic-era emergency motel program to continue with greater oversight of the Scott Administration's handling of the crisis. Roughly 2,000 unhoused Vermonters will continue to be sheltered until alternative placements can be found.

While I am glad that this adjustment has passed and many folks will remain sheltered, this still leaves out approximately 800 Vermonters who have already been exited from motels in the past month. The new eligibility criteria for the program includes families with children, elderly individuals, and those receiving disability benefits.

Anyone who does not fall into one of those categories — such as folks who may have a disability but are not receiving Social Security Disability Insurance — will not be able to re-enter or remain in the program. The new agreement also does not address newly unhoused individuals, such as those happening regularly as rent and housing become more unaffordable.

### Brattleboro Charter Change (H.386)

In March of 2019, the voters of Brattleboro approved a charter change to allow 16- and 17-year-olds to vote in local elections as well as run for local offices (this would not change the rules for regional, statewide or federal elections). These changes will be in effect for the next local election.

### Burlington Charter Change (H.509)

This past March, the voters of Burlington approved a charter change that allows all legal residents of the city to vote in local elections, regardless of their citizenship status. This change would apply only for elections for local officers and local public questions. These changes will be in effect for the next local election.

### Office of Professional Regulation (H.305)

This bill amends the Office of Professional Regulation (OPR) within the office of the Secretary of State. This bill had mostly technical changes, but also included adjustments to the licensing fees for professions regulated by the OPR to

Prior to these overrides, there had been only 14 successful veto overrides in Vermont's history.

That number increased by more than 33% on June 20.

Vetos → 10



Fireworks safety by John Cole, The Scranton Times-Tribune, PA

## LETTERS

## Are Vermont's environmental efforts worth it?

Dear Editor,

Last March my wife and I spent two weeks way down south. One week was on the Florida coast just north of Miami, the second on coastal Georgia.

While it was wonderful to enjoy warm weather, the beaches and lots of sunshine, we could not fail to notice the profound cultural differences. Recycling was optional, there were very few solar panel installations, electric vehicles were extremely rare. Big, gas-guzzling, four-wheel drive pickups with loud

Ironically, whatever change might occur, it will affect their way of life far more than ours.

exhausts seemed to be the vehicle of choice! Even heat pumps were rarely seen! In short, there was little evidence that anyone in that section of the country was aware of, concerned about,

Worth it? → 10

## Legislature must clamp down on hounding activities

Dear Editor,

Raccoon hounders can run their hounds in the middle of the night during "training" season, which started June 1st. The torment of animals by released uncontrolled hounds lasts throughout much of the year. Summer is also a time when people, dogs, and other animals are using the woods. Hounds are loud and routinely wake up homeowners who have no control of the dogs or the hounders running on their property, often treeing and killing animals with no consequences on other people's "protected" and posted land. This is also baby season. Raccoon, bear, bobcat, and fox cubs are regularly mauled by hounds since they cannot outrun them. The argument that hounds are supposed to surround the animal but not kill or maul it to death is fictitious and anyone who believes it is naïve.

Animals, including infants and cubs, are routinely mauled to death by hounds — to the glee of hounders who post this on social media and to their hounding/hunt-

Hounding → 10

## Without humans, the world would heal

Dear Editor,

The planet has a protective plan for itself: Climate change, toxic waste, AI, guns and the ultimate "second civil war," which will collectively eliminate people. Without people, don't worry, the planet will heal itself and survive.

Alexander Lyall,  
Middlebury

## Reduce light pollution to preserve Vermont's fireflies

Dear Editor,

Do you remember fireflies from your childhood? Tiny flashing lights in the fields and woods, in the green grass? They were magical, and other-worldly. I thought they would always be here, part of summer. But they are endangered, because of us. The night skies are no longer dark, and the flashing lights come from the males, who are trying to attract females to mate. If there's too much light, the fireflies' lights become invisible and they cannot reproduce. Light pol-

Fireflies → 10

## It's time to stand up to town leaders that bully volunteers

Dear Editor,

In March of this year, the KSAR volunteer group, which served this town for over 10 years, wrote a letter to the town manager, explaining that the chief that the town hired for fire, EMS and search and rescue, created a toxic work environment through bullying and misogyny. They requested that they be allowed to form independently, not under the control of Chief Lahart, but as a separate entity under the town.

When this letter was personally handed to town manager Chet Hagenbarth, he said something to the effect of "yeah, I heard all about it," and then set the letter aside.

At no time ever was the group told that their concerns were taken seriously, and would be looked into. As a result of this, they had the letter published in the Mountain Times to make the public aware. Since that time, Town Manager Chet Hagenbarth and Selectman Jim Haff, instead of supporting long-serving community

Leadership → 27



## CAPITAL QUOTES

President Joe Biden's plan to allow borrowers to erase up to \$20,000 in student loan debt was turned down on Friday, June 30 in a 6-3 Supreme Court ruling. Biden pledged to keep fighting...

"Today, SCOTUS ruled against students & families across the country. It's an outrage that lawsuits brought on by Republicans have blocked critical student debt relief that would have been a lifeline for 40 million+ Americans—nearly 90% of whom make less than \$75k a year,"

Secretary **Miguel Cardona** tweeted.

"Generations of discriminatory policies have led to women—and women of color in particular—holding a disproportionate amount of student debt. Student loan forgiveness is about more than balancing the books—it's about dismantling systemic oppression,"

**The Century Foundation** tweeted.

"President Biden's student loan giveaway is ruled UNLAWFUL. The 87% of Americans without student loans are no longer forced to pay for the 13% who do. This builds on the Fiscal Responsibility Act's end to the payment pause. The President must follow the law,"

House Speaker **Kevin McCarthy** tweeted.

"We've built income, but not wealth, so Black students borrow and default at higher rates. The White House must act. 43 million peoples' lives have been dramatically altered by this decision. This is going to be keeping people up at night and they deserve this relief. A promise is a promise,"

Rep. **Ayanna Pressley**, D-Mass said.



By Glenn Russell/VT Digger

*Susan Ladmer and her two dogs live at the Quality Inn in Rutland. They are pictured on Thursday, June 29 as debates continued in Montpelier and Ladmer was unsure whether she'd be allowed to continue living there. Newly signed legislation allows her to stay, but she said she'll have trouble meeting a new requirement to contribute to the cost of the room — about \$300 a month, a third of her monthly Social Security check.*

### ← Motel struggle: from page 4

Back when the federal government was picking up the tab for the program, Vermont did, for some time, allow motels to name their price, although state officials later capped the monthly rate at \$5,250. The state is now paying for the program, and the latest legislation instructs the Agency of Human Services to negotiate further reduced rates with motels.

But motel owners don't necessarily have to accept lower rates. Ladmer, on the other hand, is now required to give a third of her income to maintain her shelter. She filed an appeal but predicted it will be an "exercise in futility."

Ladmer's road to the Rutland Quality Inn where she now lives with her two dogs has been long and winding.

Born in New York, Ladmer once worked as a museum administrator and, later, a horse trainer. But a chronic pain condition called complex regional pain syndrome largely took her out of the workforce in the late 1990s.

She found a doctor who helped her manage the pain through hypnosis, and, after relocating to New Hampshire, tried to find work again. But employers wouldn't hire her, she said, because her medical condition threatened to spike their insurance premiums.

Struggling to finish paying off her home and property taxes, and seeing no other options, she took out a reverse mortgage — a move she said she knew was a bad deal, even at the time she made it. She tried to supplement her income by selling antiques, but couldn't make enough, and lost the house.

"I have accomplished things in my life, many things I'm very proud of. And it's hard now to be stripped of everything," she said. "I thought I could get out of it."

Last spring, she moved to Vermont with her dogs, attempting to make it work in an

RV on land in Cavendish. But then came the fall's cooler temperatures, and in November friends insisted she move into a local hotel, where the state was sheltering people experiencing homelessness.

Her initial plan had been to return to the camper after the winter. But it has no running water, no electricity, no sewer hookup, and no cell phone service. Still recovering from a stroke, which struck her in December and hospitalized her for nine days, Ladmer no longer thinks she could survive

Born in New York, Ladmer once worked as a museum administrator and, later, a horse trainer. ... "I have accomplished things in my life, many things I'm very proud of. And it's hard now to be stripped of everything," Ladmer said. "I thought I could get out of it."

in the RV.

But neither does she think she can afford what the state wants her to pay. Between car payments, financing on the camper, credit card debt she took on during the move, insurance, and food, all of her money is already budgeted.

"Believe me, I tried every which way to make this thing work out. And as I'm sitting in this situation, I just wish there was some other way to make it work out because I hate this," she said. "I truly, truly hate this."

As she spoke to a reporter over the phone, a friend's husband stopped by to drop off forms she needed to fill out to apply for housing and services. She paused for a moment to begin leafing through the stack of paperwork.

"God. You know, I used to write grant applications for the museum. And I swear they weren't as involved as these applications are," she said. "They were for a lot more money, too."



## ← Worth it?: from page 8

or even preparing for any potential devastation from climate change.

And, ironically, whatever change might occur, it will affect their way of life far more than ours.

Together Florida and Georgia have over 50 times the population of Vermont. Their culture is typical of most of the politically "Red"

states in America. So, I want to ask our legislature: "What do you think you are really accomplishing by burdening Vermont citizens with extra taxes and fees for programs that really don't amount to more than a spit in the 50-gallon bucket of U.S. climate change programs?"

**Ralph Shepard,  
Ferrisburgh**



Submitted

## ← Fireflies: from page 8

lution from signs, the piercing headlights of cars and trucks (blinding to all of us), lost habitat, and pesticides used in gardens and lawns compound the problem. Fireflies need moist tall grasses, and darkness.

We can help by turning off outside lights at night and using motion-detector lights instead. Close the shades or curtains inside at night, so the outside can remain dark. Join the Dark Skies movement — light pollution has increased 100% in the last 10 years, and we can help by keeping our portion of sky dark for the fireflies. We can

see the glow of lights from Middlebury College and the town all night from Cornwall — is that necessary? Why?

Darkness is important, not only for fireflies, but birds, wildlife and humans. We all need that time of rest, for our eyes, sleep, and navigation for migrating birds. Birds use the North Star to navigate, and if the sky is too bright, they get confused and lost. Go outside tonight, and enjoy these fragile little creatures, knowing that we can help them to survive and thrive.

**Bethany Barry,  
Cornwall**

## ← Vetos: from page 8

account for inflation. You can contact the OPR if you have questions about how this may affect you; get the contact info here: [tinyurl.com/OPRcontact](https://tinyurl.com/OPRcontact).

Vetoed bills referred back to their committee:

### Law Enforcement Interrogation Policies (S.6)

This bill would have prevented law enforcement from lying to, or using deceptive practices on, Vermonters under the age of 22 during interrogations. After some concerns were raised by law enforcement and prosecutors, the bill was returned to the Senate Judiciary Committee for further discussion next year. I am pleased that there is a strong commitment by the Senate leadership to try to only make minor adjustments to secure the last vote needed to pass this bill with enough votes to override any veto of a future version. Young people should not be deceived into making confessions.

### Legislative Compensation (S.39)

I've written about the importance of the legislative compensation bill previously here: [tinyurl.com/LawmakersPay](https://tinyurl.com/LawmakersPay). Many everyday Vermonters cannot afford to serve, making the legislature not representative of a wide range of perspectives. Unfortunately, it would not have garnered enough votes needed for a successful veto override and was sent back to the Senate Committee on Government Operations.

## ← Hounding: from page 8

ing chat groups, where they brag to each other about their kills.

Many wild animals are left orphaned because of hounding. The onus and responsibility then falls to rehabbers or good Samaritans who try to help these animals with no help or financial reimbursement from Fish and Wildlife. Instead, Fish and Wildlife heads and legislators cater to hounders and trappers, and so often penalize and punish those who try to help these animals, including homeowners who 'interfere' with trying to get hounders off their property.

Mother animals, including bears, raccoons, foxes, bobcats, and coyotes are teaching their babies how to be their species — how to hunt, forage, sleep, build nests, stay away from humans, and so on — and each year this is interfered with by hounders and those who terrorize wildlife and property owners for fun. Why? Because they can.

There is a bill H. 323 to ban bear and coyote hounding that will be coming up in 2024. Senator Christopher Bray of the Senate Committee on Natural Resources and Energy catered to Fish and Wildlife Commissioner Chris Herrick on S. 281 to ban coyote hounding with a back door meeting that continued to allow the hounding of coyotes, but mandated 'shock' collars be placed on the dogs. News flash: GPS collars for hunting dogs already have a shock option.

This accommodation for hounders came after hours of testimony from people who were traumatized and taunted by hounders on their property and from myriad of biologists, veterinarians, scientists, and homeowners who explained how hounding was a public safety risk, harmful to wildlife, cruel to animals, and irresponsible.

There has been no justice for the couple and their pup who were attacked in Ripton in 2019 by a pack of dogs or for the woman whose dog was attacked by hounds on a walk (revealed only upon a public records request). This woman and her dog were chased for two miles in Fairlee. Her dog was viciously attacked over ten times and seriously injured by hunting hounds. The hounder did not appear to round up his dogs until well after the ordeal. The hounder was not fined, nor were there any consequences imposed on him by Fish and Wildlife.

In 2019, hunting hounds plowed through posted property of an animal sanctuary. The hounders were down the road and out of sight, firing their guns. The animals on this sanctuary subsequently were then afraid to leave the barn. There were no consequences for the hounders. The examples go on and on.

Remarkably, attacking people and dogs with hunting hounds is legal in Vermont. There are no rules, so no consequences or repercussions. I'm not sure why dog owners have more requirements

placed on them than hounders who intentionally release packs of dogs, off-leash, to run after animals. There is no order, control, or organization to hounding. Shock collars do not add to control or legitimize hounding. GPS collars are not control mechanisms. Just like a GPS in the car does not control the vehicle or a tracker on someone else's car does not control that driver or their destination, a GPS collar does not control a dog running off-leash or out of sight.

When hounding is allowed at night, hounders have even less control. Hounders have no control over multiple dogs, in a frenzy, running off-leash and chasing animals in the dark.

Hunting hounds are poorly treated, abused and neglected. They are thrown in dog boxes and kept chained or kennelled 24/7 year-round. And instead of addressing responsible or decent treatment of dogs or respect to wild animals who are already subjected to habitat loss, rodenticides, hunting, and car strikes, the Senate Committee on Natural Resources decided to legally add shock collars to the mix. As if the hounds aren't already abused enough.

I'd like to remind Senator Bray and legislators that shock collars will be banned in England by February 2024. Shock collars are illegal in Wales, Austria, Norway, The Netherlands, Finland, Denmark, Iceland, Switzerland, Portugal, Slovenia, and Sweden. There

are reasons for this. As a behaviorist who has worked 20 years resolving aggression in dogs, I can assure you that shock is the last thing to add to a group of dogs in a frenzy with a high prey drive. The logistics of using the shock collars with a pack of dogs off-leash makes it impossible for control. The dogs don't know what the shock means. Hounders can only use the collars if they see what their dogs are doing.

Enough. Legislators need to step up to the plate. The public and homeowners need to contact their legislators demanding change. Homeowners should not be having to pay hundreds of dollars to post their land that hounders can simply ignore. Dogs should not be abused and used to savagely rip apart wildlife or intentionally released to run off-leash in the middle of the night.

The governor, who is pro-hounding, trapping, and anti-animal welfare and environmental protection needs to be voted out of office. Only if Vermonters demand and require action from their legislators will there be change. The heads of Fish and Wildlife and hounders had decades of having a free-for-all, running themselves, and abusing wildlife and residents. It needs to change. Regulations need to be enacted and there needs to be consequences for irresponsible, outrageous behavior.

**Alana Stevenson,  
Charlotte**

## ← Chickens: from page 7

can easily be used with moveable chicken pens.

Here are additional tips to help keep your chickens safe:

- Baiting the fence is necessary to guarantee bears touch the fence with a sensitive part of their body. Apply bacon grease or peanut butter to a spot on the electric fencing..
- Cover the tops of pens with wire or plastic netting to guard against attacks from avian and climbing predators.
- Bury galvanized hardware cloth or netting 12 inches deep around the perimeter of the pen to prevent access by digging predators.
- A motion-activated light to illuminate the coop after dark will discourage some predators. Motion-activated alarms also can help deter them.
- Store poultry feed in a secure indoor location in tight containers, and only feed poultry the amount that can be consumed in one feeding.
- Keep the grill clean, and remove any other attractants such as bird feeders, pet food and garbage.

Having a problem with bears? Fill out the Bear Incident Report form on that page. For more information, visit: [vtfishandwildlife.com](https://vtfishandwildlife.com).

## ← Maple: from page 7

folks at Twin Maple Sugarworks are cleaning all the equipment and starting their preparations for what will hopefully be another successful season next spring.

Around that same time the maple production stats came out, Sen. Welch teamed up with Democratic U.S. Sens. Jeanne Shaheen from New Hampshire and Chris Murphy from Connecticut to sponsor a bill in the Senate called the Market Access, Promotion and Landowner Education Support for Your Regionally Underserved Producers Act, which spells out the catchy acronym MAPLE SYRUP.

If passed, the legislation, co-sponsored by Vermont's Sen. Bernie Sanders, would extend and expand the Acer Access and Development Program, which supports maple syrup producers in Vermont and across the country.

The MAPLE SYRUP Act would extend and increase authorized funding for the Maple Research and Market Promotion program from the current \$6.4 million to \$30 million, providing increased support for maple syrup producers through research and education on natural resources sustainability and the marketing of maple syrup and maple-sap products.

More information about the Maple Research and Market Promotion program is online at [tinyurl.com/MapleGrants](https://tinyurl.com/MapleGrants).



WORDPLAY

'News Print' word search. Find the words hidden vertically, horizontally, diagonally and backwards

SUDOKU

Solutions →21

L	P	L	B	V	E	E	D	I	T	O	R	O	B	G	I	U	P	V	P
E	N	U	U	R	T	V	M	A	S	T	H	E	A	D	I	B	R	V	B
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N	E	R	U	L	O	A	X	L	A	E	R	O	G	I	N	L	Y	V	U
M	T	T	U	V	I	Y	D	N	O	I	T	A	L	U	C	R	I	C	T
E	A	F	N	L	A	C	V	S	H	Y	H	S	B	G	G	A	C	O	X
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U	V	N	I	L	R	X	T	O	S	D	L	O	B	R	R	O	U	F	F
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O	F	N	I	B	X	N	P	X	G	Y	A	I	T	O	O	A	E	A	L
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A	M	E	E	E	A	C	D	E	E	D	B	T	X	S	Y	L	I	E	U
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- ADVERTISEMENT  
ASSIGNMENT  
BEAT  
BODY COPY
- BOLD  
BROADSHEET  
BULLET  
BYLINE
- CIRCULATION  
CLASSIFIEDS  
COLUMN  
COVER
- CUTLINE  
EDITION  
EDITOR  
EXTRA
- FEATURE  
FILLER  
FOLIO  
HEADLINE
- MASTHEAD  
PUBLICATION  
REPORTER  
TYPE

CROSSWORD PUZZLE

Solutions →21

CLUES ACROSS

1. Adventure stories  
6. Amphetamines  
12. Extend the limits  
16. Article  
17. Socially disori-  
ented  
18. Gold  
19. Part of the mind  
20. "Rubber Band  
Man" rapper  
21. Take by force  
22. Football position  
23. American cola  
24. Risk manage-  
ment plans (abbr.)  
26. Narrow channel  
on the moon  
28. Semitic alphabet  
letter  
30. Dorm employee  
31. Dessert dish  
32. A street where  
nightmares happen  
34. For each  
35. Fat from a pig  
37. Easily altered  
39. Salvador \_\_,  
Spanish artist  
40. The last CEO of  
Sears  
41. One who lades  
43. Russian pop duo  
44. Fictional free city  
of Essos  
45. Cool!  
47. Strong liquor  
48. Rural delivery  
50. Brews  
52. Compound  
found in hops  
54. Where golfers

begin holes  
56. Third note of a  
major scale  
57. City of Angels  
59. Snag  
60. Exclamation of  
surprise  
61. Controversial  
retired wide receiver  
62. For example  
63. Free to use  
66. Carson's  
sidekick  
67. Pirate saying  
70. Convulses  
71. Semitic gods

CLUES DOWN

1. Split apart  
2. Equally  
3. Mountain passes  
4. Another name  
for Thor  
5. Chinese chess  
piece  
6. Helpless  
7. US army desig-  
nation (abbr.)  
8. Micturated  
9. One to respect  
10. Small Greek  
island  
11. In a thinly  
dispersed way  
12. Put two together  
13. Of the super-  
natural  
14. Type of structure  
in organic chemistry  
15. Card game  
25. Feeling of  
discomfort

	1	2	3	4	5		6	7	8	9	10	11	
12						13	14						15
16				17									18
19			20			21				22			23
24		25			26				27		28	29	
	30			31				32		33		34	
		35	36						37		38		
	39									40			
41					42				43				
44				45		46		47				48	49
50			51		52		53				54		55
56			57	58		59				60		61	
62			63		64				65			66	
67		68									69		
	70								71				

26. Get free of  
27. Unit of measurement  
29. A person who enjoys good  
food and drink  
31. Violin maker  
33. Noted psychotherapist  
36. Complete  
38. Ballplayers' tool  
39. Afternoon illumination  
41. Points a finger at

42. Moved quickly  
43. '\_\_\_ death do us part  
46. Blue jeans  
47. French Jesuit theologian  
49. Dissuades  
51. Eastern European peoples  
53. Abnormal rattling sound  
54. Air-breathing land snail  
genus  
55. Turfs

58. Farewells  
60. \_\_\_ mater: one's school  
64. They \_\_\_  
65. Baby's eating accessory  
68. Priestess of Hera  
69. Type of railroad

How to Play

Each block is divided by its own matrix of nine cells. The rule for solv-  
ing 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.

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

Level: Intermediate

Guess Who?

I am an actress born in Mexico on  
eptember 2, 1966. I studied internationa  
relations before deciding to become an  
ctress. I have been in many movies and  
arnered critical acclaim for my portrayal  
of a prominent Mexican painter in 2002.

Answer: Salma Hayek

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## WEDNESDAY

### 7/5

#### Adult Pickleball

9-11 a.m. 47 Mechanic St., Castleton Village School gym. Free. Registration for this 6-week session is \$20. With 2 courts available, we're limited to 20 players. We ask that only adults attend this program, since we cannot offer child supervision at this time. Info@castletonvermont.org/recreation/events/44656.

Early Literacy Playgroup 10 a.m.-noon. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. A fun playgroup for your 2-to-5-year-old. For more info visit: rutlandfree.org.

#### Annual Great Brandon Auction

11 a.m. - 7 p.m. Brandon Town Hall, Conant Square, Brandon. Free. Items will be set up for silent auction bidding and Ebay buy it now format. Antiques, collectibles, tools, new merchandise, "finds" from attics and barns, original artwork by Brandon artists, New England Woodcraft pieces, you name it! plus gift certificates to local businesses. Info@brandon.org.

#### Bike Bum Race Series

2-5 p.m. Middle-Lower Rabbit Hole, Killington Ski Resort. Entry fee is included in league and lift price. Sign up to ride solo or form a team of three to five people, any combination of age categories. All races will be held on beginner/intermediate trails. For more info visit killington.com/things-to-do/events/events-calendar/kmbc-bike-bum-race-2?season=summer.

#### Graphic Novel Book Club for Kids

3-4 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. Come learn about new graphic novels, talk about your favorites, and maybe create your own. Grades 3 through 6. Children 10 and younger must be accompanied by a caregiver who is 14 or older. For more info visit: adrian@normanwilliams.org.

#### Cavendish Summer Concert Series: Gypsy Reel

6 p.m. Svec Park, Proctorsville Green, Cavendish. Free. Unwind with Vermont's long-time favorite Celtic band. Murdock's on the Green Restaurant, Outer Limits Brewing, and Singleton's Market offer takeout suppers. Hosted by the Cavendish Community & Conservation Association and the Town of Cavendish. Info@cavendishconnects.com/calendar

#### Summer Concert Series: Scott Forrest

6 p.m. ArtisTree Community Arts Center, 2095 Pomfret Road, South Pomfret. \$10. Leave your pet at home but bring a chair and picnic supper and enjoy live music on the hillside. Service animals specifically trained to aid a person with a disability are welcome. Scott Forrest is a singer-songwriter with an opera trained voice and a unique guitar style. For more info visit artistreevt.org/artisttree-events.

#### Music at the Riverbend Summer Concerts:

##### Bloodroot Gap

6-8 p.m. Free. Vermont based bluegrass and traditional string music by the peaceful Neshobe River, on the grounds of the Brandon Inn. Free popcorn, adult beverages by the Brandon Inn, available in the outdoor lounge area. info@brandon.org

#### "Seven to Sunset" Wednesday Night Concert

##### Series: Satin and Steel

7 p.m. Main Street Park, Rutland. Free. Satin and Steel is a six-piece band featuring two guitars, bass guitar, keyboards, drums and a female lead vocalist that produce extraordinary vocals and harmonies. Bring your lawn chairs, blankets, and picnic dinner. Info@rutlandrec.com

#### Name that Fish Stew! Cooking Class

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

## THURSDAY

### 7/6

#### Storytime at Rutland Free Library

10 a.m. Rutland Free Library, 10 Court St., Rutland. Free. Storytime promotes early literacy and socialization in a fun setting. Each session might offer stories, movement, and an activity. No registration required. Fox Room. Geared towards ages 2-5. For more info visit: rutlandfree.org.

#### Toddler Storytime

10:30-11:30 a.m. Norman Williams Public Library, 10 The Green, Woodstock. Join us to read a few books on a theme of the week! Enjoy stories, socializing, and often a project tied into the theme. For young children ages 20 months to 3½ years. Info@normanwilliams.org.

#### Annual Great Brandon Auction

11 a.m. - 7 p.m. Brandon Town Hall, Conant Square, Brandon. Free. Items will be set up for silent auction bidding and Ebay buy it now format. Antiques, collectibles, tools, new merchandise, "finds" from attics and barns, original artwork by Brandon artists, New England Woodcraft pieces, you name it! plus gift certificates to local businesses. Info@brandon.org.

#### Ukelele Group Noon

1 p.m. Chaffee Art Center, 16 So. Main St., Rutland. Free. Meet on Thursdays as musician Steven Wilson leads the group through specific sheet music. All levels welcome. This is not a class, but a group enjoying playing the ukelele together. Must pre-register: chaffeeartcenter.square.site or call 802-775-0356.

#### Crafts for Kids

3:30-4:30 p.m. Hartland Public Library, 153 Route 5, Hartland. Free. Every Thursday, join us for crafts in the Juvenile Fiction Room! Bookmark and card making, collaging, creative writing, glitter, drawing, painting, and more. For more info visit: hartlandlibraryvt.org.

#### Weekly Yoga with Kellie

4-5 p.m. Rutland Free Library, the Fox Room, 10 Court St, Rutland. Free. For more info visit: rutlandfree.org.

#### Killington Bone Builders

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

#### Michelob Ultra Golf League

5 p.m. Killington Golf Course, Killington Resort. League and membership cost. The format is a 9-hole scramble tournament on the front 9. Sign up as a team or as an individual. Handicaps will be considered and reviewed to ensure fair play. For more info visit killington.com/things-to-do/events/events-calendar/kmb

#### Feast and Field Summer Concerts: Joe K. Walsh,

##### Grant Gordy & Ben Krakauer

5:30 p.m. Fable Farm Fermentory, 1525 Royalton Turnpike, Barnard. \$5-\$25. Joe on mandolin, Grant on acoustic guitar, and Ben, banjo. Tunes from each of their recent albums, in addition to stretching out on some bluegrass and jazz classics. Info@feast-and-field.com.

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

6 p.m. Free. Analog Cycles, 188 Main St #1, Poultney. See membership inclusion for details. Join SVT for our weekly summer group MTB rides. For more info visit slatevalleytrails.org.

#### Music on the Green: Casey and the Dirty Water

##### Dogs

6:30-7:30 p.m. Belmont Village Green, 7 Maple Hill Road, Belmont-Mount Holly. Free. Concerts on the Belmont Village Green happen Thursday evenings all summer. (In case of rain the concerts will be held in the Mount Holly Community Center).

#### Fair Haven Concerts in the Park:

##### Twangbusters

7 p.m. Fair Haven Park. Free. "Miss Paula" and the Twangbusters deliver a mash-up of vintage country, jump blues and hillbilly swing. For more info visit poultneyareachamber.com/organizer/fair-haven-concerts-in-the-park.

## FRIDAY

### 7/7

#### Outerbike Expo at Killington Resort

9 a.m.-4 p.m. K1 Base Lodge, 3861 Killington Road, Killington. Free. Browse the latest innovations and test ride the latest bikes and gear on the world-class trails of the Killington Bike Park. For three days, Friday, Saturday and Sunday the world's premier bike and gear manufacturers set up at the Outerbike expo site outside the new K-1 Lodge. For more info visit killington.com.

#### Brandon Farmers' Market

9:30 a.m.-2:30 p.m. Central Park, Brandon. Free. The Brandon Farmers' Market started over 40 years ago to serve the Brandon and surrounding communities, providing locally made produce, goods, and crafts. For more info visit brandonfarmersmarketvt.com/about.

#### Annual Great Brandon Auction

11 a.m. - 7 p.m. Brandon Town Hall, Conant Square, Brandon. Free. Items will be set up for silent auction bidding and Ebay buy it now format. Antiques, collectibles, tools, new merchandise, "finds" from attics and barns, original artwork by Brandon artists, New England Woodcraft pieces, you name it! plus gift certificates to local businesses. Info@brandon.org.

#### Kinhaven Concerts: Student Concert

4 p.m. Kinhaven Music School concert hall, 354 Lawrence Hill Road, Weston. Free. For more info visit kinhaven.org/kinhaven-concerts.

#### Ludlow Farmers' Market

4-7 p.m. Okemo Mountain School Green, 53 Main St., Ludlow. Free. Over 14 local vendors offer everything from fresh vegetables to local maple syrup. Info@ludlowfarmersmarket.org

#### The Jackson Gore Summer Music Series: The What Knots

6 p.m. Jackson Gore, Okemo Ski Resort. Free. Family friendly live music on the lawn at the Jackson Gore Courtyard on Friday nights all summer. Food and beverage will be offered at the venue. For more info visit okemo.com.

#### Music by the River Series: Prydein

6 p.m. East End Park, 217 Maxham Meadow Way (off Route 4), Woodstock. Free. This popular concert venue is an outdoor amphitheater overlooking the peaceful Ottauquechee River. Prydein is an American Celtic rock group incorporating the bagpipe! Rain location: Woodstock Town Hall Theatre. Info@pentanglearts.org.

#### That's Amore! Pizza & Calzone Cooking Class

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. \$80. Award-winning Chef Ted will lead a hands-on pizza and calzone-making class at our mountain top retreat, using mostly organic and regional ingredients that hail mainly from nearby Vermont farms. Call or email us to discuss. 802-342-1513 / info@odysseyeventsvt.com.

#### Onion River Jazz Band

7 p.m. Pittsford Village Farm, 42 Elm St., Pittsford. Adults: \$20 + tax/fees; kids under 18: \$5 + tax/fees. A special benefit concert for the Rutland County Humane Society. Red-hot musicians deliver renditions of vintage jazz, ragtime and swing instrumentals and songs. Bring a lawn chair for seating. This is a rain or shine event. Info@paramountvt.org

Calendar → 13

## OUTERBIKE EXPO AT KILLINGTON RESORT

JULY 7-9 | 9 AM-3 PM





← **Calendar:** Email [events@mountaintimes.info](mailto:events@mountaintimes.info) from page 14

## SATURDAY 7/8

### 43rd Annual R.A.V.E. Car Show, Flea Market

7 a.m.-3 p.m. Vermont State Fairgrounds, Route 7 South, Rutland. Spectators \$5, under 12 free when accompanied by an adult. Exhibitors \$20 for the weekend, includes 2 adults. Vendors, 45 handcrafter booths, food, music, door prizes, games, 50/50 raffle, silent auction and more. All makes and models of vehicles welcome including large trucks, vintage campers, motorcycles, etc. Sponsored by many area businesses. Profits donated to local charities. [Info@ravecclub.com](mailto:Info@ravecclub.com).

### Hubbardton Battlefield Revolutionary War weekend

7:45 a.m.-3 p.m. 5696 Monument Hill Rd, Castleton. \$8 for adults, \$1 for children 14-6, under 6 free. A full-scale living history weekend at the Hubbardton Battlefield State Historic Site commemorates the Revolutionary War battle fought on July 7, 1777. Hours for the event are Saturday from 10 a.m. to 5 p.m. and Sunday from 7:45 a.m. to 3 p.m. Marker dedication is 10:30 am on Saturday. The public and media are welcome. [Info@HistoricSites.vermont.gov](mailto:Info@HistoricSites.vermont.gov).

### Annual Great Brandon Auction

11 a.m. - 7 p.m. Brandon Town Hall, Conant Square, Brandon. Free. Items will be set up for silent auction bidding and Ebay buy it now format. Antiques, collectibles, tools, new merchandise, "finds" from attics and barns, original artwork by Brandon artists, New England Woodcraft pieces, you name it! plus gift certificates to local businesses. [Info@brandon.org](mailto:Info@brandon.org).

### VINS Drawing from Nature, Class 2: Flowers and Their Pollinators

9 a.m.-Noon. VINS Nature Center, 149 Natures Way, Quechee. \$50 general public, \$45 VINS member. In this class, participants will practice biological illustration from our own photos of pollinating systems. Learn tips and tricks for drawing as well as for creating vivid pages that depict personal natural history experiences. Drawing/sketching experience not necessary, all skill levels welcome. [Info@vinsweb.org](mailto:Info@vinsweb.org).

### Outerbike expo at Killington Resort

9 a.m.-4 p.m. K1 Base Lodge, 3861 Killington Road, Killington. Free. Browse the latest innovations and test ride the latest bikes and gear on the world-class trails of the Killington Bike Park. For three days, Friday, Saturday and Sunday the world's premier bike and gear manufacturers set up at the Outerbike expo site outside the new K-1 Lodge. For more info visit [killington.com](http://killington.com).

### Incredible Insect Festival

10 a.m.-5 p.m. VINS Nature Center, 149 Natures Way, Quechee. Included with general admission, VINS members free. Visit the Caterpillar Lab as they showcase a selection of native caterpillars. Learn about pollinators with a local beekeeper and discuss dragonflies with the Black River Action Team. Meet invertebrates of all shapes with Uncharted Wild. Demonstrations, exhibits, games and crafts.

### Vermont Farmers' Market

10 a.m.-2 p.m. Depot Park, Evelyn Street, downtown Rutland. Free. The Vermont Farmers' Market is one of the largest and most diverse farmers' markets in Vermont, and the first to operate 52 weeks out of the year. The market brings together as many as 60 vendors. Seasonal produce, local meats, dairy products, freshly baked breads, jellies and jams, maple products, honey, CBD products, hot snacks, wine and spirits, artisan crafts and more. For more info visit: [vtfarmersmarket.org](http://vtfarmersmarket.org).

### Make & Take Kids Class

10:30-11:30 a.m. Chaffee Art Center, 16 South Main St., Rutland. Weekly arts and crafts. Pre-registration required. [Info@chaffeeartcenter.org](mailto:Info@chaffeeartcenter.org)

### VINS: Raptors!

11 a.m. - Noon. Fox Room, Rutland Free Library, 10 Court St., Rutland. Join VINS (Vermont Institute of Natural Science) to meet some of their raptors and learn how we can protect them. [Info@rutlandfree.org](mailto:Info@rutlandfree.org).

### Rutland Railroad Museum & Model Club

11 a.m.-1 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. For more info visit: [rutlandrailway.org](http://rutlandrailway.org).

### Abenaki Art, Heritage, and Culture Art Show

11 a.m.-2 p.m. Stone Valley Arts, 145 E. Main St., Poultny. Free. Featured artists include Charlie A., Amy Hook-Therrien, Francine Poitras Jones, Hawk Schulmeisters, Vera Longtoe Sheehan, Diane Stevens, Paul Rene Tamburro, and Kerry Wood. Their work uses a variety of media including basket making, photography, weaving, digital prints, painting, birch bark biting, ink prints, carving, and other traditional techniques of the cultural heritage, traditions, and philosophies of Vermont's Indigenous people. For more info visit [stone-valley-arts.loxi.io](http://stone-valley-arts.loxi.io).

### Davenport Electric Fest

Noon-5 p.m. Otter Valley High School, Rt. 7, Brandon. Free. This electrifying event continues the remarkable legacy of Forest Dale blacksmith Thomas Davenport, born 221 years ago, who invented the first electric motor, while promoting the widespread adoption of electric motor technology for a sustainable future. [Info@davenportelectricfest.com](mailto:Info@davenportelectricfest.com)

### The Soufflé Also Rises and

### Apple-Tart Cooking Class

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

### Plein Air Art at Taconic Ramble State Park,

### Hubbardton

1 p.m. Taconic Ramble State Park. Meet at the park's Japanese Garden (a short walk downhill from the parking area) and join in for an afternoon of painting en plein air – paint nature out in nature! To reach this new state park, take the Hubbardton Exit 5 off U.S. 4 and follow signs for the Hubbardton historic site. At the corner of the historic site, turn left onto Saint John Road and left again onto the access road to the park (marked). No facilities. Please register by emailing: [birding@rutlandcountyaudubon.org](mailto:birding@rutlandcountyaudubon.org)

### Barry Ward Concert

3 p.m. Horseshoe Acres Campground, 1978 Weston-Andover Road, Andover. Free; donations are also welcome. All are welcome to attend cowboy gospel & spellbinding stories in song concert featuring Barry Ward who will be performing live. There will be food (hot dogs, hamburgers, BBQ chicken, salads, water, & desserts) after the music. [Info@horseshoeacrescampground.com](mailto:Info@horseshoeacrescampground.com).

### Cooler in the Mountains Concert Series: Hans

### Williams

3-5:30 p.m. Snowshed Lodge Base area, Killington Ski Resort. Free. Join us at the Snowshed Lodge base area for this concert opened by Chris Pallutto and headlined by Hans Williams. Grab a lawn chair, a beach blanket, and the whole family and head to Snowshed for this all-ages event. For more info visit [killington.com](http://killington.com).

### Art Opening: 'Mythic and Quotidian'

3-5 p.m. Chaffee Art Center, 16 S. Main St., Rutland. Free; donations appreciated. The Chaffee Art Center invites the community to the opening reception of a new exhibit, "Mythic and Quotidian," featuring Fran Bull and Peter Wallis. Stop by and enjoy a glass of sangria, talk with the artists, and explore their work in the first-floor galleries. More info at [chaffeeartcenter.org](http://chaffeeartcenter.org) or call 802-775-0356.

### The Farm to Ballet Project

5:30-8:30 p.m. Billings Farm & Museum, 69 Old River Road, Woodstock. Sliding scale, adults \$35-\$20, kids \$10-free. An original, whimsical ballet about farmers and the land, natural food cycles, and the human role in ecosystems. Dancing lettuces and barnyard animals come to life to music by a live chamber ensemble. Performed behind the 1890 Farm Manager's House. Bring picnic blankets or lawn chairs. Proceeds will help to fund improvements to Billings Farm's active dairy program. Order tickets at [brownpapertickets.com](http://brownpapertickets.com).

### Hands-on Hand-made Pasta Lesson

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. \$85. Learn how to make tortellini, fettuccini, and ravioli plus three different fillings and three accompanying sauces. Call or email us to discuss. 802-342-1513 or [info@odysseyeventsvt.com](mailto:info@odysseyeventsvt.com).

### Killington Music Festival: Music in the Mountains -



JULY 8-9 | 7 AM-3 PM

### A Passport Around the World

7 p.m. Pico Base Lodge: 73 Alpine Drive, Mendon \$30. Each summer professional musicians gather at Killington play chamber music and to teach students. Performances by the faculty and invited guest artists have made the festival a mainstay of summer culture in the region. This week, Reed performs works from his latest album and joins the faculty in chamber works. [Info@killington.com](mailto:Info@killington.com)

### Caitlin Canty and Noam Pikelný

7 p.m. Pittsford Village Farm, 42 Elm St., Pittsford. \$40 + tax/fees, general admission 12 & under free, no ticket needed. This is a rain or shine event – in the event of heavy rain forecasted, this show will move indoors to The Paramount Theatre, Center Street, Rutland. Caitlin Canty is an American singer/songwriter whose music carves a line through folk, blues, and country ballads. [Info@paramountvt.org](mailto:Info@paramountvt.org)

**Pond Hill Ranch Rodeo** 7:30 p.m. Pond Hill Road, Castleton. Prices vary. Pond Hill Pro Rodeo Company events include bareback bronc riding, calf roping, steer wrestling, team roping, saddle bronc riding, girls' barrel racing, girls' breakaway roping, and bull riding. For more info visit [pondhillranch.com](http://pondhillranch.com).

### Kinhaven Concerts - Faculty Concerts

7:30 p.m. Kinhaven Music School, 354 Lawrence Hill Road, Weston. Free. The Faculty Concert Series is held on Saturday evenings in the concert hall. Parents, alumni and friends are invited beforehand at 6:30 p.m. outside the concert hall for an informal gathering with beverages and light refreshments. For more info visit [kinhaven.org/kinhaven-concerts](http://kinhaven.org/kinhaven-concerts).

### The Soufflé Also Rises and Apple-Tart Cooking

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





**Calendar:**  
from page 15

**SUNDAY**  
7/9

### 43rd Annual R.A.V.E. Car Show, Flea Market

7 a.m.-3 p.m. Vermont State Fairgrounds, Route 7 South, Rutland. Spectators \$5, under 12 free when accompanied by an adult. Exhibitors \$20 for the weekend, includes 2 adults. Vendors, 45 handcrafter booths, food, music, door prizes, games, 50/50 raffle, silent auction and more. All makes and models of vehicles welcome including large trucks, vintage campers, motorcycles, etc. Sponsored by many area businesses. Profits donated to local charities. Info@ravecarclub.com.

### Outerbike expo at Killington Resort

9 a.m.-4 p.m. K1 Base Lodge, 3861 Killington Road, Killington. Free. Browse the latest innovations and test ride the latest bikes and gear on the world-class trails of the Killington Bike Park. For three days, Friday, Saturday and Sunday the world's premier bike and gear manufacturers set up at the Outerbike expo site outside the new K-1 Lodge. For more info visit killington.com.

### Hubbardton Battlefield Revolutionary War weekend

7:45 a.m.-3 p.m. 5696 Monument Hill Rd, Castleton. \$8 for adults, \$1 for children 14-6, under 6 free. A full-scale living history weekend at the Hubbardton Battlefield State Historic Site commemorates the Revolutionary War battle fought on July 7, 1777. Hours for the event are Saturday from 10 a.m. to 5 p.m. and Sunday from 7:45 a.m. to 3 p.m. Marker dedication is 10:30 am on Saturday. The public and media are welcome. Info@HistoricSites.vermont.gov.

### Stoneflies & French Fries

10-11:30 a.m. VINS Nature Center, 149 Natures Way, Quechee. \$14.50 general public, \$12.50 VINS members. Join a VINS educator in a benthic macroinvertebrate survey of our river, as we search for all things creepy and crawly, slimy and scaly, and fascinating and fun! Practice different sampling and identification techniques and learn what these animals have to reveal about the health of their local ecosystem. Info@vinsweb.org.

### Abenaki Art, Heritage, and Culture Art Show

11 a.m.-2 p.m. Stone Valley Arts, 145 E. Main St., Poultney. Free. Featured artists include Charlie A., Amy Hook-Therrien, Francine Poitras Jones, Hawk Schulmeisters, Vera Longtoe Sheehan, Diane Stevens, Paul Rene Tamburro, and Kerry Wood. Their work uses a variety of media including basket making, photography, weaving, digital prints, painting, birch bark biting, ink prints, carving, and other traditional techniques of the cultural heritage, traditions, and philosophies of Vermont's Indigenous people. For more info visit stone-valley-arts.loxi.io.

### The Soufflé Also Rises and Apple-Tart Cooking Class

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

### Sunday Hockey Clinic with Jon Chamberlin

3:30-5 p.m. Union Arena, 80 Amsden Way, Woodstock. Players will receive college and junior level coaching from an experienced staff. Each session will end with a full-ice game. For info on pricing visit unionarena.org/summer-camps.

### Kinhaven Concerts - Faculty Concert

2:30 p.m. Kinhaven Music School, 354 Lawrence Hill Road, Weston. Free. Faculty Concert Series are held on Saturday evenings in the concert hall. For more info visit kinhaven.org/kinhaven-concerts.

### Hands-on Hand-made Pasta Lesson

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. \$85. Learn how to make tortellini, fettuccini, and ravioli plus three different fillings and three accompanying sauces. Call or email us to discuss. 802-342-1513 or info@odysseyeventsvt.com.

### That's Amore! Pizza & Calzone Cooking Class

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. \$80. Award-winning Chef Ted will lead a hands-on pizza and calzone-making class at our mountain top retreat, using mostly organic and regional ingredients that hail mainly from nearby Vermont farms. Call or email us to discuss. 802-342-1513 / info@odysseyeventsvt.com.

### Sundays on the Hill Concert Series: Eugene

#### Friesen and Elizabeth Rogers

4 p.m. Weston Community Church, 37 Lawrence Hill Road, Weston. \$5. Celebrating its 25th anniversary of bringing wonderful musical talent to Weston in the acoustically perfect Weston Community Church (Church on the Hill). Info@SundaysOnTheHill.org.

### Poultney-Granville Band Concerts on the Green

6:30-8:30 p.m. East Poultney Green, 1500 East Main St., East Poultney. Talented musicians will play a wide range of music, from concert pieces to selections from musicals, and from stirring marches to service salutes. Fun for all ages. Refreshments available. Bring your own lawn chair or a blanket for seating, and enjoy a relaxing summer evening. Info@poultneyareachamber.com/events.

**MONDAY**  
7/10

### Farm Discovery Camp, Session 1

9 a.m. Billings Farm and Museum, 69 Old River Road, Woodstock. \$300-\$350. Farm Discovery Camp is a hands-on program for young people, ages 11-14 (rising 6th-9th graders), who want a deeper understanding of farming and all that it encompasses. Along the way, you will gain an awareness of the many ways our food systems and our ecosystems are interconnected. Info@billingsfarm.org.

### Kids' Ukulele & Singing Summer Camp

9 a.m. Chaffee Art Center, 16 South Main St., Rutland. \$140. Have fun playing the ukulele and singing! Performance on the last day of camp (July 8). Bring your own ukulele or reserve one ahead from the Chaffee instrument lending library. Ages 6-12. For more info visit chaffeeartcenter.org.

### Killington Bone Builders

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

### 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 with Linda McFarlane. For more info visit: rutlandfree.org.

### Chaffee Art Center Summer Camp: Clay Creations

1-4 p.m. Chaffee Art Center, 16 So. Main St., Rutland. 2-week camp. \$205 (one-time fee includes week 1 and 2.) Ages: 6-12. Campers must do both weeks to have completed work. Roll up your sleeves and have fun as we make several projects out of clay. Minimum enrollment: 6. (Chaffee members get a 10% discount) Pre-registration required. Info@chaffeeartcenter.org.

### Bingo

1:15 p.m. Godnick Center, 1 Deer St., in Rutland. Cost varies. Come play bingo at the Godnick Center in Rutland on Mondays at 1:15 p.m. This is a drop-in activity. Info: rutlandrec.com/godnick.

**Chronicles of Yarnia** 3 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Want to learn how to knit, crochet, or anything else with yarn? For more info visit: rutlandfree.org

### Sewcial Studies

4-5 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Design a square inspired by the library or a book. We'll work together over the summer to put together a quilt for the library, just hang out, and learn to sew. For more info visit: rutlandfree.org

### Hockey Skating Clinic with Jacki Smith

3:30 p.m. (Session 1) and 4:40 p.m. (Session 2) Union Arena, 80 Amsden Way, Woodstock. \$150. This clinic focuses on skating forwards and backwards and using your edges. We will work on stride position, balance, transitions, and edge control. This will allow you to do anything with a stick and puck. For more info visit unionarena.org/summer-camps.

### Slate Valley Trails Group Trail Runs

6-7:30 p.m. Fairgrounds Trailhead, 131 Town Farm Rd, Poultney. The route will vary weekly and may have two route options depending on the number of people. Expect at least a 5-mile run at a social pace with some elevation gain for a standard run. With two groups we will have options for up to 12 miles for one of the routes. For more info and membership details visit slatevalleytrails.org.

### Music on Monday: Duane Carlton

6 p.m. Pingree Park, 36 Pingree Park Lane, Londonderry. Free. Bring a blanket or chair and a picnic to enjoy with your family and pack-in-pack-out! No alcohol on town property, please. Sponsored by The Town of Londonderry. (Rain location is the Old Town Hall, 139 Middletown Road, South Londonderry). For more info visit yourplaceinvermont.com/event/pingree-park-music-mondays.

**TUESDAY**  
7/11

### Pete Giancola Gift-of-Life Mini Marathon Blood drive

9 a.m.-6 p.m. Rutland Elks Club and Noel's Franklin Events Center at Howe Center. calling on all eligible donors to sign up for the July 11 drive and receive a host of gifts for the effort. Donors will receive a dry bag for boating or camping, a book about Vermont's working forests and landscapes, a pen from sponsor Green Mountain Power, and a \$15 gift card. Appointments for whole blood and double red cell donations are available at both sites by calling 800-RED-CROSS or visiting redcrossblood.org.

### Farm Discovery Camp, Session 1

9 a.m. Billings Farm and Museum, 69 Old River Road, Woodstock. \$300-\$350. Farm Discovery Camp is a hands-on program for young people, ages 11-14 (rising 6th-9th graders), who want a deeper understanding of farming and all that it encompasses. Along the way, you will gain an awareness of the many ways our food systems and our ecosystems are interconnected. Info@billingsfarm.org.

### Stories on a String

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

### Children's Indoor Storytime

10:30-11:30 a.m. Community Meeting Room, Hartland Public Library, 153 Route 5, Hartland. Free. Storytime is offered for children, from infants to age 5, but everyone is welcome. For more info visit: hartlandlibraryvt.org or contact Traci at kids@hartlandlibraryvt.org.

### Chaffee Art Center Summer Camp: Clay Creations

1-4 p.m. Chaffee Art Center, 16 So. Main St., Rutland. 2-week camp. \$205 (one-time fee includes week 1 and 2.) Ages: 6-12. Campers must do both weeks to have completed work. Roll up your sleeves and have fun as we make several projects out of clay. Minimum enrollment: 6. (Chaffee members get a 10% discount) Pre-registration required. Info@chaffeeartcenter.org.

### Chess Club

4 p.m. Godnick Center, 1 Deer St., Rutland. Free. Like chess? Come challenge an opponent to a friendly game and hone your skills. To register call 802-855-4533.

### Yoga with Emma! (Kids)

4:30-5:15 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Yoga with Emma! Kidding Around Yoga (KAY) is a style of yoga designed to motivate children to be active, build confidence, and manage the spectrum of emotions that they might experience in their day-to-day activities while encompassing the five branches of yoga in a clear and engaging method. Info@rutlandfree.org/calendar-events

### Slate Valley Trails Women's Mountain Bike Group

**Rides** 5:30-7:30 p.m. Fairgrounds Trailhead, 131 Town Farm Road, Poultney. See membership inclusion for details. Join us each Tuesday night this summer to ride with an amazing group of women on our beautiful SVT trail network. For more info visit slatevalleytrails.org.

### Stuffed Animal Storytime: Elephants

5:30-6:15 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Join us to make your very own elephant stuffie! We'll also read a story! Registration is required as materials are limited. Registration will open as of Tuesday, June 27. Info@rutlandfree.org.

### Tuesday On the Farm Concert: Gypsy Reel

6-8 p.m. Pittsford Village Farm, 42 Elm St., Pittsford. Free. Gypsy Reel, Vermont's long-time favorite Celtic band, will have your feet moving by themselves! Tunesdays series presents nine outdoor concerts throughout the summer season. Food truck will be on site. In case of rain, concerts will be held in the Lothrop Elementary School Gym, 3447 US-7, Pittsford. Info@pittsfordvillagefarm.org

### Castleton Summer Concerts at the Pavilion : Cold Chocolate

7 p.m. Castleton Pavilion. Free. Folk, funk, and bluegrass fusion. Presented by Heritage Family Credit Union. Seven weeks of live music to the region. Info@castleton.edu.



[MUSIC Scene]

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

WED  
7/5

**BRANDON** 6 p.m. Brandon Inn (Lawn Behind It) – Concert with Blood Root Gap

**LUDLOW**  
6:30 p.m. Okemo's Sitting Bull Lounge (Outside) George's Back Pocket

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

**PROCTORSVILLE**  
6 p.m. Svec Memorial Green – Gypsy Reel

**QUECHEE**  
6 p.m. Public House Pub – Lily Welch

**RUTLAND**  
5 p.m. Roots Restaurant – Aaron Audet

5:30 p.m. Strangefellows – Duane Carleton

7 p.m. Main Street Park – Satin & Steele

**SOUTH POMFRET**  
6 p.m. Artistree – Summer Concert Series with Scott Forrest

THURS  
7/6

**BARNARD**  
5:30 p.m. Fable Farm – Feast & Field with Ben Krakauer, Grant Gordy, Joe K. Walsh, & Dan Klingsberg

**BETHEL**  
7 p.m. Babes Bar – Trivia

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

**BRIDGEWATER CORNERS**  
5:30 p.m. Long Trail Brewery – Brooks Hubbard

**FAIR HAVEN**  
7 p.m. Town Park - Twangbusters

**KILLINGTON**  
4 p.m. Casey's Caboose - Psylas  
6 p.m. Liquid Art – Open Mic hosted by Tee Boneicus Jones

6 p.m. Rivershed – Red Daisy Revival

6 p.m. Sherburne Memorial Library Lawn – River Road Concert Series with John Lackard Blues Band

6 p.m. The Foundry – Ryan Fuller

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

**LUDLOW**  
7 p.m. Off the Rails – Chris Pallutto

**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

**SOUTH ROYALTON**  
5 p.m. 802 Pizza – Open Mic hosted by George Nostrand

FRI  
7/7

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

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

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

**KILLINGTON**  
6 p.m. Rivershed Killington – Red River North

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

6 p.m. The Foundry – James Joel

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

8 p.m. Jax Food & Games – King Margo

**LUDLOW**  
6 p.m. Calcuttas – Liz Reedy

6 p.m. Jackson Gore Courtyard – Summer Music Series with The What Knots

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

**PITTSFORD**  
7 p.m. Pittsford Village Farm – Onion River Jazz Band

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

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

**RANDOLPH**  
7 p.m. Underground Listening Room - Doom Service w/ Blanket Approval and Mr. Doubtfire

**RUTLAND**  
1 p.m. Last Cup Café – 1 Year Anniversary Party with music by Karl Miller/George Nostrand

**WOODSTOCK**  
6 p.m. East End Park – Music by the River with Prydein

SAT  
7/8

**BRIDGEWATER**  
8 p.m. Woolen Mill Comedy Club – Comedy Night with Headliner Ian Levy and Featured Act Nick Viagas

**GRANVILLE**  
7 p.m. Town Hall – Twenty-fifth Annual Bach Bash

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

3 p.m. Snowshed Lodge Base Area – Cooler in the Mountains Concert Series with Hans Williams and Special Guest Opener Chris Pallutto

6 p.m. Rivershed Killington – April Cushman

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

6 p.m. The Foundry – Aaron Audet

7 p.m. Pico Base Lodge – Killington Music Festival: A Passport Around the World

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

8 p.m. Jax Food & Games – King Margo

**LUDLOW**  
6 p.m. Calcuttas – Chris Pallutto

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

**PITTSFORD**  
7 p.m. Pittsford Village Farm - Caitlin Canty and Noam Pikelný & Special Guests

**POULTNEY**  
6 p.m. The Poultney Pub – Claudine Langille

**PROCTORSVILLE**  
4 p.m. Outer Limits Brewing – Sammy B

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

**RANDOLPH**  
9 a.m. Farmers Market – Indigenous Entertainment

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

SUN  
7/9

**BRIDGEWATER CORNERS**  
4 p.m. Long Trail Brewery – Tony Lee Thomas

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

**KILLINGTON**  
12 p.m. Rivershed – Brunch with Acoustic Ruckus

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

5 p.m. Still on the Mountain – Open Mic hosted by Indigenous Entertainment

5 p.m. The Foundry – Summit Pond Jazz

6 p.m. Liquid Art – Tee Boneicus Jones

6 p.m. Rivershed – Trivia Night

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

**ROCHESTER**  
1 p.m. High School Auditorium - In honor of Pete Sutherland: Romy and Ben Munkres, fiddle, piano, mandolin

4 p.m. Federated Church - Ani Kalayjian, cello; and Sarah Whitney, violin

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

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

MON  
7/10

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

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

**LUDLOW**  
7 p.m. Off the Rails – Sammy B

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

**PROCTOR**  
7 p.m. Town Green – Duane Carleton

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

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

TUES  
7/11

**CASTLETON**  
7 p.m. Castleton Pavilion – Summer Concert Series with Cold Chocolate

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

7 p.m. Mary Lou's – Bow Thayer, Krishna Guthrie & Special Guests

**PITTSFIELD**  
6 p.m. Clear River Tavern – Duane Carleton

**PITTSFORD**  
6 p.m. Pittsford Village Farm - Tuesdays Concert with Gypsy Reel

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

**RUTLAND**  
5 p.m. Four Seasons Sotheby's – Chamber Mixer with Music by Ryan Fuller

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

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Courtesy the State of Vermont

*Above: A re-enactment of the Revolutionary War battle that took place in Hubbardton on July 7, 1777 as British and German troops ran into stubborn American resistance, occurs every year — usually on the weekend closest to July 7.*

Courtesy the State of Vermont

*Visitors are encouraged to attend the Revolutionary War weekend, to engage with reenactors and witness the sights and sounds of this historic day in Vermont and U.S. history. Gates open at 10 a.m. Saturday with events running through 3 p.m. Sunday.*



## Hubbardton Battlefield hosts Revolutionary War weekend

Experience the largest Revolutionary War living history weekend in Northern New England

Sat. & Sun., July 8-9—HUBBARDTON—The sights and sounds of the American Revolution will come alive at the Hubbardton Battlefield Revolutionary War weekend in Hubbardton this weekend. This full-scale living history weekend at the Hubbardton Battlefield State Historic Site commemorates the Revolutionary War battle fought on July 7, 1777. Hours for the event are Saturday from 10 a.m. to 5 p.m. and Sunday from 7:45 a.m. to 3 p.m. Marker dedication is 10:30 a.m. on Saturday. Admission fee for the event is \$8 for adults, \$1 for children 14-6, under 6 free. The public and media are welcome.

British and German troops ran into stubborn American resistance in Hubbardton on July 7, 1777. After hours of intense fighting, Crown forces routed the Americans, but this contest would ultimately contribute to turning the tide for the Patriot cause. To commemorate this iconic battle, scores of reenactors from around the Northeast will set up camps to present this colorful history pageant, the largest Revolutionary War living history weekend in northern New England.

The weekend will offer a chance for visitors to experience a bygone era with hands-on-

history activities for all ages and interests. Visitors will be able to walk through the military encampment; interact with reenactors illustrating 1777; and observe tactical and artillery demonstrations and camp life. Special activities are offered for children, sutlers (civilian merchants) provide a colonial shopping experience, and presentations by historians and reenactors will be given throughout the weekend.

Special to this year's events, the Division for Historic Preservation and the Vermont State Society Daughters of the American Revolution are dedicating the 250th patriot marker commemorating our Revolutionary War Patriots. The event commences Saturday at 10:30 a.m. The marker honors those who fought to achieve American independence as part of the 250th anniversary of the United States.

Hubbardton Battlefield is honored to be chosen as one of two sites in Vermont for the America 250th Patriot Markers.

For more information visit: [HistoricSites.vermont.gov](https://HistoricSites.vermont.gov).

Hubbardton Battlefield is honored to be chosen as one of two sites in Vermont for the America 250th Patriot Markers.



# Sundays on the Hill offers a one-of-a-kind musical experience

Sunday, July 9 at 4 p.m.—WESTON—The Sundays on the Hill concert series is celebrating its 25th anniversary of bringing wonderful musical talent to Weston. Eugene Friesen (cellist/composer) and Elizabeth Rogers (guitarist/singer/songwriter) will produce an hour-long concert of their own material (mostly), solos and duos, in the very acoustically perfect Weston Community Church (Church on the Hill) on July 9 at 4 p.m.



Rogers' exquisitely graceful soprano and Friesen's inventive and jazz-infused cello together weave a tapestry of words and music both uplifting and spellbinding. Elizabeth Rogers has released two CDs of her original songs to unanimous acclaim in the U.K. and U.S. A fluent guitarist with a voice of purity and heart, Rogers' songs express the search for home and unity of consciousness with humor, insight, and aching beauty.

Friesen, a longtime cellist with the multi-Grammy Award-winning Paul Winter Consort, has blazed a unique trail on the cello. Drawing inspiration from styles and rhythms from all over the world, Friesen has forged a creative voice on the cello that has influenced a new generation of contemporary players.

Yo Yo Ma said of Friesen, "The music is beautiful and so is the playing."

Both artists have long experience as soloists as evidenced by their individual recordings and international travels, and their work as a duo is featured on two recent CDs ("Down in Yon Forest" and "In Harmony") and a documentary film score ("Ripples and Pools" to be released in 2024). For more information, visit: [eugenefriesenmusic.com](http://eugenefriesenmusic.com), [elizabethrogers.com](http://elizabethrogers.com) or [SundaysOnTheHill.org](http://SundaysOnTheHill.org).

# Chaffee opens new exhibit

Saturday, July 8 at 3 p.m.—RUTLAND— The Chaffee Art Center invites the community to the opening reception of a new exhibit "Mythic and Quotidian" featuring Fran Bull and Peter Wallis on Saturday, July 8 from 3–5 p.m.

Stop by and enjoy a glass of sangria, talk with the artists, and explore their work in the first-floor galleries. There is no charge to attend. Donations appreciated.

"My collaborator, architect Robert Black and I, will show the acclaimed installation, 'We're All At a Party Called Life On Earth' configured especially for the Chaffee gallery. The installation of painted sculpture and

works on paper emerged out of the Covid pandemic and celebrates the unity of humans and all creatures on planet earth. I am excited and honored to be showing art alongside rising star artist, Peter Wallis," said artist Fran Bull.

Chaffee artist members' work will be on display and for sale on the grand staircase and throughout the upstairs galleries, as well as in the gallery shop that is filled with affordable handmade treasures and gift ideas for any occasion. This exhibit will be on display until Aug. 18.

Plan to visit the Chaffee during expanded summer open hours to experience

the beauty of the 1890s Queen Anne Victorian Mansion and the wonderful works of art throughout. The Chaffee Art Center is also available to book events (bridal shower, wedding, birthday, meeting, or retreat). It's a beautiful mansion, fondly known by its first owners as Sunny Gables.

Summer hours: Wednesday and Thursday from noon to 7 p.m.; Friday from noon to 5 p.m.; and Saturday 10 a.m.-2 p.m. Private appointments available by request.

Chaffee Art Center is located at 16 So. Main St. in Rutland.

For more information visit: [chaffeeartcenter.org](http://chaffeeartcenter.org) or call 802 775-0356.



Submitted Chaffee Art Center to hold reception for a new exhibit, "Mythic and Quotidian" featuring Fran Bull and Peter Wallis on Saturday

## Farm to Ballet

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Courtesy R.A.V.E.  
Cars, trucks and vehicles  
of all shapes and sizes will  
be on hand to view at the  
R.A.V.E. Car Show and Flea  
Market at the Rutland Fair-  
grounds this weekend.

## 43rd annual R.A.V.E. Car Show and flea market to be held at the Rutland Fairgrounds this weekend

July 8-9—RUTLAND—The Rutland Area Vehicle Enthusiasts (R.A.V.E.) will hold the 43rd Annual R.A.V.E. Car Show and Flea Market on Saturday at the Vermont State Fairgrounds in Rutland, Vermont. There are many events planned for this year's show, including cars for sale, an assortment of auto related flea market vendors, retail vendors, and a large assortment of handcraft vendors – The Industrial Building and under the grandstand will have 45 handcraft vendors, food vendors, music, door prizes provided by many local businesses, muffler rap, piston toss, lawn sized jenga, and of course, hula hoops.

The 50/50 raffle that will take place at the show will benefit the WSYB Christmas Fund. There will be one drawing on Sunday afternoon, with tickets being sold all weekend.

The silent auction will benefit the Rutland Free Clinic. Profits from the show will be donated to area charities.

There will be five "favorites" trophies on Saturday only and a new award category, Hottest Vehicle, to be chosen by an actual firefighter!

This year's show will have the Favorite 30 awards format for the weekend. Trophies will be presented to the Favorite

30 vehicles in the show along with several specialty awards on Sunday at 3:00 p.m., with winners driving their vehicles past the grandstand to receive awards. Trophies and door prizes are sponsored by many area businesses. Some of the contributing sponsors of this year's show are (sponsors are being added daily!): Alderman's Toyota, Bill Vien Allstate Insurance, Formula Ford, General Electric, Interstate All Battery Center, Leicester Service Center, Precision Auto Body, Replicar, Inc., Sanel NAPA Auto, The Vermont Country Store, York Coach Works, The Pelkey Family, Adirondack Truck Repairs, Kevin Zaloudek.

Show hours are Saturday, July 8 (9:00 a.m.-3:30 p.m.), and Sunday, July 9 (9 a.m.-3 p.m.). Spectator Admission is \$5 donation, under 12 free. Show car registration begins at 7:00 a.m. each day and fee is \$20 for a car and 2 adults. Pre-1948 completely stock vehicles are admitted free.

For show information call, 802-779-2556, 802-265-8026 or 802-855-4186 all before 9 p.m. or email at [ravecarclub@gmail.com](mailto:ravecarclub@gmail.com), check us out on the web at [www.ravecarclub.com](http://www.ravecarclub.com).

com or find us on Facebook.

Throughout the year, R.A.V.E. members travel to other car shows, many of which also donate to charity. They also take part in area parades, R.A.V.E. club events and cruise-ins. The club also has many members that volunteer their time in their respective communities.

R.A.V.E. (Rutland Area Vehicle Enthusiasts) was established in 1978 and became a nonprofit organization in 1980. The first of 41 annual car shows began in July of 1980 and has grown from 200 vehicles to well over 400. RAVE has donated over \$195,000 to charity since the first show.

The club membership consists of individuals from all over Rutland County and beyond that share a common interest in the preservation and restoration of antique and classic automobiles, street rods and other types of motor vehicles and a desire to share and promote that interest, while contributing back to the community as a result of their passion for their motor vehicles. Show profits are donated to area charities.

7/8-  
7/9



# Sign up for blood drive July 11

Tuesday, July 11 — RUTLAND— Organizers of the Pete Giancola Gift-of-Life Mini Marathon Blood drive are calling on all eligible donors to sign up for the July 11 drive and receive a host of gifts for the effort.

Appointments are well behind target with less than two weeks before the drive, the second-largest blood drive each year in Vermont. All blood types are needed, with summertime creating the usual dip in supplies with schools and colleges out of session.

The drive, at the Rutland Elks Club and Noel's Franklin Events Center at Howe Center from 9 a.m. to 6 p.m. July 11, has nearly 100 open slots at this point, more than 50 fewer than at this same time last year.

"We're not sure why, but we need to redouble our efforts to get donors signed up and help ensure an adequate supply

in the region," said Steve Costello, one of the organizers. "The need doesn't disappear if donors don't turn out."

The drive, a spinoff of the record-setting Gift-of-Life Marathon held each December, is named for local musician and businessman Pete Giancola, who died after a 10-year battle with cancer — a fight aided by countless blood donors who helped Pete combat the illness. His family credits blood donors with giving Giancola years of life, and said donors not only helped provide time, but an improved quality of life.

Donors will receive a dry-bag for boating or camping, a book about Vermont's working forests and landscapes, a pen from sponsor Green Mountain Power, and a \$15 gift card.

Appointments for whole blood and double red cell donations are available by calling 800-RED-CROSS or visiting [redcrossblood.org](http://redcrossblood.org).

## How to plan a rose garden in Zones 3-11

By Deborah J. Benoit

Who doesn't love the smell of roses (*Rosaceae*) and the beauty of a rose bush in full bloom? When planning a rose garden, the first thing to consider is location. This includes not only how large (or small) an area you can devote to growing roses, but also the soil, moisture levels and other environmental conditions.

Roses will grow best with 6 to 8 hours of direct sunlight daily. Sites shaded by structures or trees may not provide enough light. Observe your proposed site throughout the course of a sunny day to confirm areas of sun and shade.

In addition, strong winds can damage roses, so a location providing some protection is preferable. Roses prefer rich, loose soil, with a healthy amount of organic matter, good drainage and a pH of around 6.5.

A soil test will not only provide information concerning pH, but also soil type, organic matter present and even plant-specific recommendations regarding soil amendments. For more information on obtaining a soil test, visit the University of Vermont Agricultural and Environmental Testing Lab website at [go.uvm.edu/soiltest](http://go.uvm.edu/soiltest).

Once you have your soil test results, you can make amendments to the soil as needed. If your soil is very poor, extremely rocky or otherwise unsuitable, consider using raised beds. That way, you can create a soil mix to meet the needs of your roses and provide structure in your garden.

Water is another factor to consider. While established

roses may not need supplemental watering, newly planted roses should be kept well watered (but not soggy) to encourage good growth and health. A watering can will work well for a single rose bush, but if your plans include multiple roses, access to a convenient water source is a big plus.

Once you've selected a location, the fun begins, choosing roses for your garden. Depending on the

variety, roses are hardy in Zones 3-11. To learn more about U.S. Department of Agriculture plant hardiness zones, see [planthardiness.ars.usda.gov](http://planthardiness.ars.usda.gov).

Keep in mind that to remain healthy, roses need good air circulation, so plan spacing (and the number of roses) based on their anticipated mature size. Allow plenty of room (about 24-36 inches) between plants.

There are many differ-

ent types of roses, such as groundcover, shrub, hybrid tea (good for cut flowers), miniatures and climbing roses you can train to cover a trellis or arbor. Each has its own characteristics and a wide variety of colors from which to choose.

Whether you would like to grow one, three or a dozen different roses, a rose garden just takes a little planning. And isn't that half the fun?

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Pre-registration is required.
- ★ **Stoneflies & French Fries**  
Sunday, July 9 / 10 AM – 11:30 AM  
Pre-registration is required.

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[WWW.KILLINGTONWINEFESTIVAL.COM](http://WWW.KILLINGTONWINEFESTIVAL.COM)





# 43rd Annual R.A.V.E. CAR SHOW & FLEA MARKET

\$5 Spectator Admission



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802-265-8026 or 802-779-2556  
 [raverutland](https://www.facebook.com/raverutland)



# BROC's Farm-to-Family Release Party and Fair is Wednesday, July 5

Wednesday, July 5—RUTLAND—If you're still in the mood to celebrate the day after the Fourth, BROC Community Action is throwing a party on Wednesday, July 5 from 10 a.m. to 3 p.m. The goal is to help Rutland County residents get a little more familiar with the Vermont Farm to Family Program — a statewide initiative that helps low-income individuals and families buy fresh produce from participating farmers' markets and farm stands with coupons.

The event will be held outside at BROC, located at 45 Union St. in Rutland.

The BROC Community Food Shelf, WIC and the Southwestern VT Council on Aging will be at BROC Community Food Shelf in Rutland on Wednesday July 5 from 10 a.m.-3 p.m. to give away the most F2F coupons in the region!" organizers wrote on the event Facebook page. "There will be cooking demos by VT Fresh, you can meet your local Farmers and even apply for 3SquaresVT!"

Eligible participants at the fair will receive a booklet with \$30 worth of coupons in \$6 increments. Seniors will receive booklets with \$48 worth of coupons.

In total, 160 coupon booklets and 160 senior coupon booklets will be available for eligible visitors and organizers hope to distribute them all to those in need.



submitted  
*BROC to hold event to help Rutland residents get familiar with the Vermont Farm to Family Program*

In Rutland County, coupons will be accepted at the Brandon Farmers Market, the Vermont Farmers Market in Fair Haven, Old Gates Farm in Poultney, the Rutland County Farmers Market, and the Vermont Farmers Market in Rutland.

**Who's eligible?**

If your household income is at or below the 2023 income limits below, you are eligible for the Dept. of Health's WIC program and its Farm to Family program.

- \$2,248 a month for a single person
- \$3,041 for a household of 2
- \$3,833 for a household of 3
- \$4,625 for a household of 4
- \$5,418 for a household of 5
- \$6,210 for a household of 6
- \$7,033 for a household of 7
- \$7,795 for a household of 8
- \$793 for each additional household member

For more information about requirements visit: [dcf.vermont.gov/benefits/f2f](http://dcf.vermont.gov/benefits/f2f).

In addition to coupons, the release party and fair will also Vermont Foodbank's VT Fresh cooking demonstrations, assistance signing up for more assistances with 3SquaresVT, a meet-and-greet with local farmers and fresh produce to take home.

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## SUDOKU

PUZZLES—from page 11

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# Rutland County Humane Society



## EMMETT

Emmett is a handsome 13-year-old kitty looking for a loving home. This sweet boy loves to eat, talk and hang out with people! He does not do well with other cats, but is great with dogs. Emmett is playful, but also enjoys a long nap. He would do well in just about any home. If this sensational senior is the guy for you, call 802-885-3997 for more information or fill out an application online, [spfldhumane.org](http://spfldhumane.org). We have a cat only spay and neuter clinic on Aug. 22. Call 802-885-3997 for more information.

This pet is available for adoption at

### Springfield Humane Society

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

\*Open by appointment only. [spfldhumane.org](http://spfldhumane.org)



## GUS & KELLEY

"Hi! Our names are Kelly and Gus (that's me in the back!), and we're a precious pair of bonded Cocker Spaniels! I'm 10 and Kelly is 11. We just love each other so much, and simply can't wait to meet our forever family so we can love them just as much, too! We'd like to live in a home that doesn't have children, cats or other dogs. We value our own space, see, but with that also comes your undivided affection! (Which we know we'll value so much, too!) I mean, seriously, have you ever seen anyone quite as cute as us? How could we not be the center of your world? So, if you'd love to have a gorgeous pair of bonded Cocker Spaniels in your life, then look no further than yours truly and come pop by the shelter to pay us a visit and learn more!

This pet is available for adoption at

### Lucy Mackenzie Humane Society

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

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

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Moxie—1-year-old. Spayed female. Domestic shorthair. Brown tiger. Moxie loves to be playful and then snuggle up on a lap and purr.



Luis—2-year-old. Neutered male. Mixed breed. Tri-color. Luis has a well-rounded, sweet personality. He loves playing outdoors in the sunshine.



Corinne—2-month-old. Spayed female. Domestic shorthair. Brown tabby. Please consider checking out our goofy, loving and playful kittens.



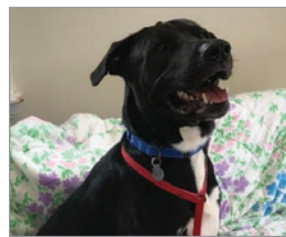
Mylo—2-year-old. Neutered male. Mixed breed. Black/tan. Mylo thinks that he is a big lap dog! He's a gentle companion who loves his walks and naps.



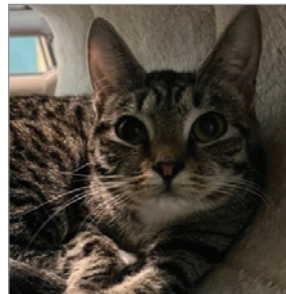
Wink—1-year-old. Neutered male. Mixed breed. Wink is good with other dogs and loves meeting kids and is very gentle with them.



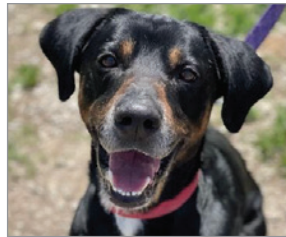
Dorothy—2-year-old. Spayed female. Domestic medium hair. Torbie. Dorothy is a staff favorite! She is looking for her forever-loving home.



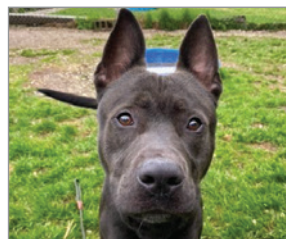
Crinkle—1-year-old. Neutered male. Mixed breed. Crinkle is a happy-go-lucky boy who loves everyone he meets.



Daisy—1-year-old. Spayed female. Domestic shorthair. Brown tabby w/ white. Daisy is a cuddler who has a loveable, silly personality.



Sox—5-year-old. Neutered Male. Mixed breed. Black and tan. Sox is an exuberant pup is one of our long-stay dogs so his adoption fee is \$60.



Bandit—1-year-old. Neutered Male. Mixed breed. Black. Bandit loves to play fetch. He is one of our long-stay dogs so his adoption fee is \$60.



Red—16-month-old. Neutered male. Mixed breed. Red. Red is certainly "man's best friend." He's one of our long-stay dogs so his adoption fee is \$60.



## MOWGLI

Mowgli—2-year-old. Neutered male. Mixed breed. Black/gray. This silly puphas a bubbly personality and is always up to make new friends.

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

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

Tues. - Sat. 11-5 p.m. for adoptions

\*(By appointment only at this time.)

Closed Sun. & Mon. • [www.rchsvt.org](http://www.rchsvt.org)

## Dog days of summer

The Rutland County Humane Society wants to know, are you ready to find your canine soulmate? Beginning June 21 and until they're adopted, our adoption fee for our long-stay dogs is dropping from \$250 to \$60! With temperatures rising and long days ahead, start your vacation time celebration by adopting a dog during the dog days of summer. It's a great time of the year to adopt a dog when it stays lighter later for extra walks, helping with house training, more time to play in the yard and getting to know your new pooch. Visit our adoption center Tuesday through Saturday 11 a.m. - to 4 p.m. to meet Koda, Red (call ahead in foster), Bo, Sox and Bandit and see if one of them could be your new best friend! For more information on these animals, please call the adoption center at 802-483-6700 or visit our website at [RCHSVT.org](http://RCHSVT.org).



# Cosmic Catalogue



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## Aries

March 21 - April 20

The Full Moon this week is your annual opportunity to reassess your work/life balance. Realizing that life doesn't always happen in perfect balance will be the key. Rather, understand you'll have periods where it's all about work and periods where you can be more family focused. Even if you don't want it to be, this week may be more about work or what you need to do in order to keep the wheels turning professionally.



## Leo

July 21 - August 20

With most of this week's space weather taking place in your busy zones, it may be a nose to the grindstone kind of week. That said, if you're starting to grow tired of feeling like a wind-up soldier, you may start considering what you need to do in order to level up. On the one hand, you can complain about how things are. On the other hand, you can recognize you deserve more and take steps to improve things.



## Sagittarius

November 21 - December 20

The Full Moon this week spotlights your money and how you earn, spend and save it. No doubt, you're probably trying to improve things in this area. If that's the case for you, try looking beyond spreadsheets, budgets and cutting back on spending. While these things are also important, consider the emotional dynamics that lead you to making the money choices you do. Unravel this mystery and the rest will become so much easier.



## Taurus

April 21 - May 20

Don't turn your back on an opportunity just because it wasn't the opportunity you were expecting, or even hoping for. Keep your ears peeled for a sudden invitation or a piece of information that could work in your favor. With just a little bit of a "thinking outside the box" attitude, you'll be amazed just by how much personal progress you can make this week. Things are likely to turn out better than you planned or imagined.



## Virgo

August 21 - September 20

Every now and then, a cosmic opportunity comes along that invites you to have a little bit more fun in your life. The Full Moon this week is exactly that opportunity. Is there a creative hobby or personal pursuit you've had on the backburner for too long? If so, make spending time doing more of what you enjoy, and with whom, a priority. Even if your schedule is full, it's quality time spent that counts the most.



## Capricorn

December 21 - January 20

The celestial spotlight is on you this week, thanks to the Full Moon in your sign. There is a sense of unfinished business when it comes to your personal growth and evolution. Just when you thought you thought you could close the book on this chapter, there's another one to read. Truth be told, this journey never really ends, but you do get oh so much better at it. Embrace whatever it is that you're faced with this week.



## Gemini

May 21 - June 20

The Full Moon spotlights your finances this week. An old financial issue could be on the table which you need to deal with. As worrying or concerning as this might be, industrious Mercury makes a link to innovative Uranus. This means that a small detail, a new idea or an innovative solution could really change things. Your key is to explore new ways of boosting your income if you really want to make progress with your money.



## Libra

September 21 - October 20

If you're feeling out of sorts as your patron planet, Venus, prepares to retrograde later this month, then find some solace at home. The Full Moon this week illuminates the stability you can find with family, time spent at home or feathering your nest. With Pluto back in your home zone, you may realize there is some unfinished business within your domestic dynamics that need attending to. Also, a good week for any real estate deals.



## Aquarius

January 21 - February 20

Your dreams may be powerful and insightful right now, thanks to this week's Full Moon. If possible, take note of the thoughts and feelings as well as your intuition as this may be so much more telling than facts, data or statistics. Life is full of anomalies and unexplained occurrences. Don't dismiss what you can't explain because you'll miss something very important. Meditation and time alone in contemplation will serve you well as you figure things out.



## Cancer

June 21 - July 20

The Moon, your guide star, grows full in your relationship sector this week, spotlighting other people in general in your life. With the return of Pluto, you may see old issues that you thought were done and dusted, resurface. While this may leave you feeling a little bit vulnerable, you're better off dealing with a situation head on. Tricky feelings are an opportunity to grow closer. If stability is what you want, don't ignore what comes up now.



## Scorpio

October 21 - November 20

I'm always astonished by just how fast time seems to fly by now. Are you feeling that too? If you are, then it will be even more important this week for you to return to some daily habits and rituals that you know support you. You know, the kind that keeps you grounded and feeling like yourself. When the pace of life seems hard to handle, slow down, find yourself again and reconnect with your soul.



## Pisces

February 21 - March 20

This week may be surprisingly social for you, thanks to the Full Moon spotlighting your friends and networks zone. Make socializing, either in a personal or a professional setting your priority. It may seem counterintuitive to your success and progress to not be hard at work, but the connections and opportunities that eventuate this week could lead to great things. You may also notice the shifting sands of your friendship groups too.

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## Finding balance under a full moon

Figuring out a balance between your material and emotional life will be highlighted under this week's full moon, July 3.

On the one hand, you may feel the pressure to produce, perform or provide. While on the other, the emotional terrain of Cancer season doesn't always bend to what the world wants from you.

Due to the needs of your inner life being spotlighted, not just this week, but for the next couple of months, your needs, wants and desires will likely drive your choices. Weighing up the balance between what has to be done

versus what you're in the mood to do, offers the chance to recalibrate. Even though

the clash of differing desires is hard to shake off, Jupiter offers support through focusing on growth, stability and support.

Also, Saturn in the mix reminds you that the effort you put in now — even if you don't feel like it or even want to, is always rewarded.

Insights gleaned from sitting in a little bit of discomfort can encourage you to find a new solution or idea that can help you get the best of both worlds — even if that is not all at the same time.



Cosmic  
Catalogue  
By Cassandra  
Tyndall

## Shine Like a Firefly

Fireflies,  
They zoom around,  
They light up the night,  
They are nature's shimmer and shine,  
They tell you where you are,  
They help you so why not help them too,  
Light up the world around you,  
For it may be too dark to see,  
Be the light for others,  
Light the world with kindness,  
Happiness can flow when's kindness is near,  
So be the light to make other lives bright.



Poetry Is  
Power  
By Bree  
Sarandrea

## Holding the perimeter: Part 2

### Old war wound

Holding the perimeter on my health is a lot like holding the perimeter on my lawn. If I want to keep my lawn from being swallowed up by the surrounding forest, I need to maintain it. With the right tools. I happen to enjoy this type of physical, outdoor, labor.

Taking ownership of my holistic health, however, is not something I was taught to do as a child. I was raised to think of my health as something best left to professionals and specialists. While I do not hesitate to seek medical attention when needed, someone else, is no longer the first place I go.

### Seeking advice

Our town was having its annual summer festival and announced a 'tug of war' competition. Joining one of the team, I sought advice from a total stranger on how to strategize for a win.

"Get in the front of the line, and plant your entire body, at a rigid, steep angle away from the opposing team," he told me.

Had I known how serious the opposition was about winning—I would have switched sides. My team was in it for fun.

On the day of the festival, I went to the head of the line and planted myself at an angle in the

sand. When the gun went off the other team exploded with single-minded purpose. With a mighty roar, my giggling team was yanked into the mud with a single pull.

The top half of my body went down with them. The bottom half however, stood its ground.

No one but me heard the snap as my knee came loose from its moorings. I writhed at the bottom of the pile, trying hard not to vomit in front of the entire town.

My husband was summoned as I refused an ambulance ride. I had no health insurance and knew this injury was serious but not life threatening. I also knew that injuries are costly.

I should have taken the ride.

My husband was grumpy that I had gotten injured—again.

As an active gal, I have incurred numerous sport-related injuries. Without health insurance during our young adult years, injuries created a financial hardship for us. But the lack of health insurance gave me a lifelong benefit I am forever grateful for.

The lack of health insurance led me to find alternative paths to healing myself. Faced with a problem or injury, I know now that I possess the tools to repair and maintain my own health. Sometimes I seek medical help to diagnose the situation, then I take it from there.

On that day, I needed to determine the extent of the knee injury because the upper portion of my leg would slip off the lower portion if I tried to put any weight on it. Gag! Our knees are weird and wonderful things.

I called our local orthopedic clinic and

Part 2 → 29

## Flying tigers

When our lilacs bloom in late May, pale yellow butterflies with black stripes arrive to feed on their nectar. These are tiger swallowtails. These exquisite butterflies have a broad black band along the edge of their forewings bordered with yellow dots. They also have small red spots and "tails" at the base of their hindwings. Both the Canadian tiger swallowtail and the eastern tiger swallowtail inhabit our region, and are easy to spot — although the two species can be difficult to distinguish from one another.

"One of the most magnificent butterflies of spring, showy in flight and unmistakable in its markings, is also a magnificent source of mistaken identity," Vermont-based field entomologist Bryan Pfeiffer wrote about tiger swallowtails in an article on his website.

Eastern tiger swallowtails (*Papilio glaucus*) are larger and deeper yellow than Canadian tiger swallowtails (*Papilio canadensis*), with a thinner black line along the margins of the underside of each hindwing. Identification can be challenging, in part, because the two species hybridize. To make things more confusing, some female eastern swallowtails look like a different species altogether. They are black with a bluish cast, although the row of yellow dots on the outer edge of the forewing is a clue to their true identity.

Smaller, lighter-colored Canadian tiger swallowtails are the most common of these species in northern New England. Found in deciduous and mixed forests, pine barrens, and along woodland edges and streambanks, they have also adapted to meadows and gardens. From late May to mid-July, these butterflies emerge from the chrysalises where they spent the winter. (If you see a tiger swallowtail after July, it is likely an eastern, which has two broods per year and flies through September.) In some years, tiger swallowtails are quite abundant — I've had to watch carefully to avoid hitting these butterflies while driving down our dirt road. They spend their

brief lives (one to two weeks) mostly feeding, resting, and reproducing.

Like many other butterflies, tiger swallowtails visit flowers to partake of the sweet nectar, often pollinating these plants in the process. To harvest nectar, a butterfly unfurls its proboscis, a tube that functions like a

straw and is coiled below the head

when not in use. It inserts the proboscis into the flower and sucks up nectar by rhythmically contracting the muscles in its head. Sugars in the nectar provide energy for flight, defense, reproduction, and other daily activities.

Tiger swallowtails also obtain nutrients and replenish fluids through "puddling," congregating in large groups on mud or wet sand around puddles, on streambanks, and on piles of fresh manure. Here

they take up salts, proteins, and minerals with their proboscises. Salt is scarce in the butterfly diet, but is essential for reproduction and flight. Puddling is primarily a male behavior, and during mating, a male butterfly transfers salt to a female in a sperm package, which she incorporates into her eggs. Researchers have found that sodium increases reproductive success in some butterfly species. During puddling, groups of males are conspicuous to females seeking mates. Males also patrol at treetop

They spend their brief lives (one to two weeks) mostly feeding, resting, and reproducing.

level looking for mates, swooping down to intercept females.

The female Canadian tiger swallowtail lays her eggs singly on the leaves of aspen, birch, willow and black cherry trees. Eastern tiger swallowtails prefer tulip, black cherry, and sweet bay magnolia trees.

Caterpillars hatch in about a week. The residual egg yolk provides their first meal.

Brown and white, at first the caterpillars

Tiger Swallowtails → 28



The Outside  
Story  
By Susan Shea



Swallowtails "puddling" *Hyatt*



# Flavor of the week

When I was in 7th grade, a couple girls in my class decided that I was going to be the focus of their attention. The two girls wrote me a note explaining how cute I was and that they both liked me. I was admittedly, taken aback. It was impressive to have one girl like you at that age, but two?

At roughly 13 years old, I had minimal experience with the opposite sex so I wasn't quite sure how to approach this unique situation. Sure, I had "dated" a couple girls, but this amounted to a few phone calls and some note passing. Nothing had prepared me for this level of attention.

Some time after their initial announcement, the two girls roped in another girl who also wanted to focus her attention on me. At this point, I was completely overwhelmed, so I looked to a friend for guidance.

I explained the situation and showed him the notes I received. I guess I also bragged a bit while conveying my situation. I mean, three popular girls all decided at the same time that I was dating material. How could you not brag?

Well, my friend turned out to be a bit two-faced. He immediately told several other classmates what was going on and instead of portraying me as a teenaged-stud worthy of reverence, he painted me as conceited braggart. Almost overnight, I lost all of my guy friends.

I was distraught. I loved getting attention from girls, but losing my social standing with the guys was too much to bear. I was ostracized for weeks.

Looking back, I'm sure there was some jealousy at play, not to mention some ego surfing on my part. I don't remember thinking or portraying myself as "all that," but I likely did feed the narrative. And it came back to bite me — hard.

My memory is foggy on how I navigated my way out of that situation, but I do remember distancing myself from the three girls and doing everything possible to re-ingratiate myself to the guys. It took some time, but eventually I regained my social standing.

And those three girls eventually moved on to another guy, and then another guy, and then another guy. Their habit of choosing one boy to focus on before moving on to another totally deflated the ego-trip I had initially enjoyed.

For over a decade I kept the notes from those girls tucked in a cardboard box in my attic, along with every other note and letter I ever received from past girlfriends. When

I met and married my wife, I showed her the box. She was mildly amused by the scribbles, but made it clear that she found it odd that I felt the need to hold onto all those missives.

So, one day while visiting my grandmother's house in the country, I set the burn-barrel ablaze and ceremoniously incinerated every single correspondence. My wife sat with me and laughed at my nostalgia as I read and burned each piece of paper. I didn't let on, but the experience was mildly painful. In a weird way,

it felt like I was destroying a window into my past.

And I have to admit, sometimes I wish I had that box of notes again. On a psychological level, it would be both interesting and revealing to read what my female peers had to say about me. In all likelihood, however, they were probably filled with boring and innocent musings about the angst of teenaged infatuation.

But then I thought, how cool would it be to reconnect with all those girls in my past and send them their notes back? It would be far more reveling for them to see what they had to say since they were the authors. I mean, I'd love to see what I wrote to my old girlfriends.

Then again, maybe that's a Pandora's Box not worth opening.

This week's film, "No Hard Feelings," features a 19-year-old young man who was also ostracized from his classmates after a horrible rumor tarnished his social standing. Unlike myself, however, he never recovered and spent his teenaged years as a reclusive nerd.

Nervous that they were about to send their young son off to college unprepared, the boy's parent's decide to hire a local woman to "bring him out of his shell." That woman happens to be Jennifer Lawrence.

"No Hard Feelings" starts out with a barrage of hilarious scenarios, all of which had me laughing out loud. However, as the film progressed, the sentimentality took over, thereby diluting the comedic mojo.

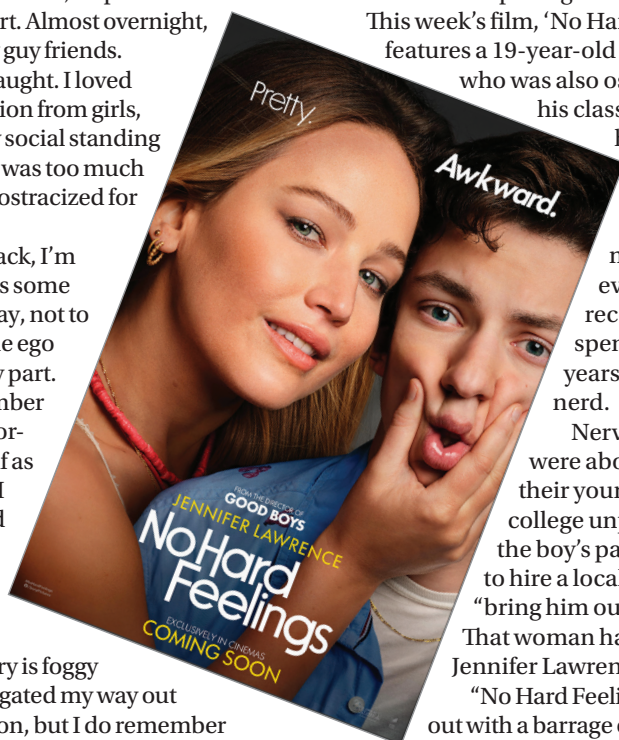
Check this one out if you're in the mood for a few guttural laughs. Jennifer Lawrence has a genuine knack for comedy and is obviously game to make excessive fun of herself and others, which is refreshing in today's climate.

A clingy "B-" for "No Hard Feelings," now playing in theaters everywhere.

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



The Movie  
Diary  
By Dom Cioffi



Submitted

Deer ticks are now commonly found in Vermont's grasses and woods. Early detection is key.

## Tick checks: an unfortunate, but wise, summer routine

We pulled up our bright white socks, the old school mid-shin kind that in my dad's day might have had two red or blue stripes at the top. We pulled them up high, over our jeans and then

sat down to put our sneakers on. Well, not too high, but just enough that there was no cracks showing in between the two fabrics, creating a fortress against the elements.

I couldn't remember the last time I had worn sneakers in the summertime; where I grew up wearing foot protection of any kind was a sign of weakness. A demonstrative claim that the soles were too soft because you hadn't spent enough time in the woods or the beach running about barefoot. We might have worn a fancy pair of jellies to dinner, but we never wore shoes to run around in the woods and play.

Heck, we barely wore pants. Instead, we chose to run around in bathing suits and towels, traipsing through woods and streams hunting for crayfish in streams by feeling the rocks between our toes. It was easier and simpler, and what 8-year-old cares about anything when they can just go exploring in the forest.

But here we were now, with long pants, socks and sneakers. Our skin was covered from the waist down. Our parents gave up at trying to make us wear long sleeves in the height of the summer heat. But our beloved carefree lives were about to take a drastic turn.

Because the world had changed. I was 8 years old in 1986, when the first case of Lyme disease was reported in the Hudson Valley of New York. I don't think we really knew what they were, except that posters and information was being sent out from the health department en masse. In fact, I think the first time I even saw a tick was on a poster hanging outside the candy commissary in our neighborhood.

It looked super cute, just a spidery looking thing that would be compared to the head of a pin. Unbeknownst to our parents, in the early years, we would pick them off our bodies and play with them. Watching them swim in a cup of water or seeing what would happen when we picked their legs off. We were unsupervised children, running through the woods and discovering

things. Sometimes, we were nice and others times ... not so much.

Over the next few years, one random tick turned into white socks covered with the little guys. A run through the tall grass used to be fun, but now ... now we weren't really sure what was happening. At first it was funny, being covered with bugs. But the posters kept coming and the nightly tick checks took longer and longer as the word Lyme entered our vocabularies.

Yes, even with long pants with socks over them, those little buggers still crawled through and got into our most private places. We went from not showering for days (the lake always seemed to suffice), to nightly hot showers. Flashlights, hydrogen peroxide, lighters (to burn the ticks) and tweezers became essentials. I remember the excitement when one of my mom's friends found a tweezer with an attached magnifying glass. Every family quickly had at least one.

We were pros at tick checks, even the super embarrassing part. Because we didn't have a choice. No one really knew what Lyme disease was, except that it was awful, your whole body would hurt and there was no cure. But man, we got good at removing those little buggers.

Pluck, pluck, pluck. As we counted how many ticks we picked off each other each night, our adventures started to change. The ballfield, where we had spent so much of our childhood, now stood empty most days. We stopped exploring in the tall grass and weed whacking became the favorite pastime of our dads. We stopped exploring areas where we saw deer walking through or anything that had vegetation taller than our ankles.

If you wanted a shorter tick check, you stayed out of the grass. Our world got smaller that summer — drastically smaller.

And then I moved to Vermont and never saw a tick again. I stopped wearing socks and started running barefoot in the woods and tall grass once again. I purposefully took trails with vegetation tickling my armpits. I stopped running my hands over my body at the slightest tickle of grass. It was a dream come true, to be free in the forest once again.

And now, now that dream seems to be coming to an end. Please, please everyone, make nightly tick checks part of your daily routine. You won't regret it.

Merisa Sherman is a long-time Killington Resident, local realtor, bartender, and KMS Coach. Feel free to reach out at [maleskibum@gmail.com](mailto:maleskibum@gmail.com).



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## ← Leadership:

from page 8

volunteers, chose to only believe the word of LaHart. They supported him as he disparaged the team, claiming they had no records, and were a liability to the town.

This was patently false, the records were there. They were in files in a box given to Chief LaHart. The records in those files were run sheets (records of call outs and local training) and certificates of training completion at outside sponsored events (run by other SAR teams, state police, etc). LaHart declared these records unsatisfactory because he didn't like the organization of them.

Then LaHart declared all of the team's equipment unfit after requiring they be evaluated by NFPA standards. The problem being NFPA standards refer only to fire and urban rescue not wilderness search and rescue.

Even after LaHart, Hagenbarth and Haff all heard from the state head of all SAR, Drew Clymer, that the KSAR team, their equipment and training was up to standard, and that he had a high degree of confidence in the team due to their training and experience, the aforementioned "leaders" did not support their own volunteer team.

In the following days, the team, who wished to continue to provide SAR services to the area, looked into setting up independently. Fortunately, Rescue Inc. based out of Brattleboro, covering southern and central Vermont, welcomed them to join their nonprofit, as a volunteer team that would remain their own team, and would cover the same area. Rescue Inc. helped provide insurance as well as other support, including more training opportunities. What they could not provide was the equipment. The team requested the town return the equipment since LaHart deemed it did not meet standards and vowed he wouldn't use it.

Hagenbarth said that in order to do that he would need receipts of what was purchased by the SFC through fundraising and donations, and which could be reasonably returned. They would not, however, return anything purchased with town funds.

Receipts were provided.

It's has been over two months. First it was "up to LaHart," then it was "up to the lawyers" now it is "we've turned it over to the police department," who will take over SAR.

In early June, the town Rec Director Emily Hudson, requested the use of the SFC tents for the Fourth of July. The SFC president replied that the town should return the SAR equip-

ment before asking for these volunteers to donate their equipment. Hagenbarth and Haff took great offense at this calling it hostage taking, without realizing how ironic and insulting it was for the town to even ask for the use of SFC property in the first place, when they in turn refused to consider returning any KSAR equipment, AND disregarded all the serious concerns of bullying and sexism brought by former KSAR and FD members.

It is important to note that this is now 25 disaffected volunteers in total, almost 2/3rds (25 out of 40) of the previous active member roster under Chief Gary Roth.

LaHart is finally gone, and we have great hopes for the incoming chief Paul Ginther. But to this point, our town leadership has done nothing to heal the rift left by LaHart's wake. Instead, they have doubled down: They have not acknowledged the volunteers who left over the concerns. They have not addressed how moving forward they will not let this happen again. They have not acknowledged there was even a problem at all.

Those volunteers, who have dedicated some 300 years of service collectively, are basically *Personna non-Grata* in the town's eyes.

The town's only concern seems to be presenting an "approved" roster for the new fired dept. so that they looked like they have everything in control. The problem is the list of 29 (22 active, 7 probationary) was only actually 18 active as they miss counted, plus the new chief has not yet arrived and one person on the list is administrative only. On top of that, two "active" members listed as SAR and SAR K9, have never actually joined and can't possibly have paperwork finished. This is pretty ironic considering the original complaint about KSAR is that they didn't have the proper paperwork! This leads me to wonder about how much else the active roster is "padded."

Please don't get me wrong, I do not blame them for what LaHart did. He was obviously a charming enough person to those he had no power over, and perhaps a few that he did. But when 25 out of a group of 40 volunteers resign over being mistreated or are fired for questionable reasons (like insubordination), you have to ask yourself why on earth would the town leadership ignore and then exacerbate the problem? It's time to stand up to bullies who don't take responsibility for their own actions.

*Respectfully submitted,  
Patty McGrath*


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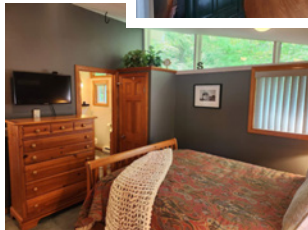
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## Tiger Swallowtails:

from page 24

resemble bird droppings — a defense tactic to diminish the chances of being gobbled up by a hungry predator. They spin a silken mat in a curled leaf to rest on and feed from.

As they grow larger, the caterpillars molt their skin several times, going through five stages or “instars.” In the final instar, a swallowtail caterpillar is dark green with two false eyespots

At first the caterpillars resemble bird droppings — a defense tactic to diminish the chances of being gobbled up by a hungry predator.

and a yellow collar. Finally the caterpillar turns brown and attaches to the underside of a stick or dead leaves on the ground. The skin splits to reveal a chrysalis. Here, the caterpillar will overwinter until emerging as a butterfly the following spring.

As with other butterfly species, tiger swallowtails can be affected by loss of habitat, pesticide use, and climate change. To help butterflies and enjoy their beauty, plant native flowers, trees, and shrubs, and leave a portion of your lawn unmown to create meadow habitat. Adult tiger swallowtails are especially attracted to the blossoms of cherry, lilac, blackberry, raspberry, clovers, joe-pyeweed, milkweed, and thistle.

*Susan Shea is a naturalist, writer, and conservationist in Vermont. Illustration by Adelaide Murphy Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of the N.H. Charitable Foundation: nhcf.org.*



## Schaffer:

from page 2

That her spine had shattered and she was paralyzed. Her organs were failing and her brain was bruised. She was in for the fight of her life.

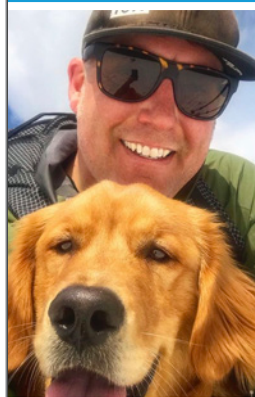
Schaffer fought — and she fought hard. She has to be fitted for prosthetic legs and continues to work rehabilitation with every effort she has. She has endured over 40 surgeries since 2018 and is currently living in California after finding a clinic that specializes in intensive rehabilitation for those with spinal cord injuries and paralysis like hers.

She published a book called, “Without Any Warning, Casualties of a Caribbean Vacation.” Schaffer shared her story to a crowd at Benson’s Chevrolet in Ludlow and shared a copy of her book with those in attendance. The North Country Chevy Dealers, of which Benson’s Chevrolet, is connected with, partnered with Schaffer and gave her a new Chevrolet Equinox in 2019 with hand controls allowing her to drive on her own. Allowing her to visit family and friends, to drive to her physical therapy appointments, and to simply drive with the windows down and enjoy music playing and find new roads.

Schaffer is an ambassador to the American Red Cross. She has shared her story with numerous radio and TV stations. She is now able to ride her hand cycle independently and has learned how to walk her dog from her wheelchair. She hopes to ski this winter with adaptive equipment.

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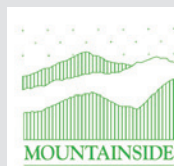
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## Part 2: from page 24

asked to meet with the most surgery conservative doctor they had. They set up an appointment for me with their most senior orthopedist.

When we met, I told him I lacked health insurance and would like to find a non-surgical path to healing if possible. I told him I was really good at rehabbing myself. He said he understood and performed a rigorous manual exam of both knees for comparison. He said he was looking for lateral movement or 'sloppiness' in the injured knee.

"Your knee should be nice and tight in all directions," he said.

He found plenty of movement instead. It was obvious I had a tear but he could not determine whether it was a full or partial tear without expensive diagnostic tests.

He suggested I could wear a cast for 8 weeks, then come back and he would repeat the manual exam. "If you are lucky," he said, "it will be a partial tear and with diligence, rehabilitation and time, it can repair."

Eight weeks later the cast came off and the surgeon found a bit more resistance than he found during the initial exam.

"That's great!" I said excitedly, "I'll take it from here."

I went home and did exactly that. Since I was laid up anyway, I took time to consider how I would heal this very important body part. I needed my knee back. I wanted it back to the same level of wellness I had before.

I remembered that before the injury, I had been able to touch my big toe to my nose. It was something I had done occasionally as a kid just for laughs and because I could. Into adulthood, I had continued doing this as I sensed keeping something was much easier than trying to get it back once lost. It never occurred to me it would become an important tool in my wellness toolbox.

I scooted to the edge of our futon bed that sat close to the floor and reached forward to grasp the foot of my good leg. Gently, I pulled that foot toward my face and tapped my nose with my big toe.

A little nervous, I reached my other hand toward the foot of my injured leg.

I grasped my foot but was unable to draw



Courtesy Sandra Dee Owens  
Author Owens demonstrates touching her toe to her nose. Something she practices daily.

that foot toward my face at all. Not even an inch. Instantly, I knew what my rehabilitation goal was.

In my mind's eye, I envisioned a bullseye before me. At the center of the bullseye was the goal of being able to touch my big toe to my nose again.

I felt the buzz of excitement as I mentally shifted from being in a state of 'sickness' to the road to recovery. It is a very empowering road to be on. I am no longer waiting for someone else to figure my health out, make a plan and be in charge of my health. I have taken ownership of my health.

From that day forward, I sat on the edge of the futon bed and grasped my foot in my hands. Then ever so slowly but firmly, drew my foot toward my face. When I felt the sting of pain and resistance, I stopped. Then I took a deep breath, relaxed—and ever so slowly, went a tiny bit further than I had the day before. It took an entire year to reach my goal.

Now, many years later, I can no longer remember which knee it was I injured.

In honor of getting my knee back (I'm so grateful!), and to help prevent further knee injuries, I touch my big toe to my nose every single day.

Holding the perimeter on my health is not someone else's job. It is mine. And as it turns out, I often possess the right tools to do it.

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



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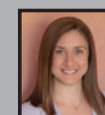
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## Loons on Lake Rescue:

from page 1

Vermont Loon Conservation Project for the nonprofit Vermont Center for Ecostudies (VCE). A bald eagle couple has maintained a nest for years in a tall pine tree above the same cove as the loons' nest, and an osprey couple has also been frequently sighted in the area.

In May 2023, the loons reestablished their nest in the same spot and laid another egg, prompting a VCE representative to install floating signs warning boaters to keep their distance. A fishing line was observed entangled in the beak of one of the loon parents sitting on the nest, but biologists chose not to approach the bird for fear of provoking the loons to abandon the nest.

Instead, they waited, and on the afternoon of June 2, Lake Rescue neighbors noticed a fluffy brown chick swimming with its parents.

A loon spotter on the lake sent Hanson close-up photos of the entangled beak of the adult bird as it was swimming with its loonlet, and Hanson made the decision to attempt a removal on Friday night, June 24. In cooperation with the Lake Rescue Association and aided by another lake resident, John Neal, who lent his dock and fishing boat located near where the loons had been sighted on

the lake, the operation to free the afflicted bird was launched at around 9:30 p.m.

"We waited for almost complete darkness and found one adult and one chick in the middle of the lake almost right away," said Hanson. "Eloise Girard (Vermont Center for Ecostudies biologist) shone a powerful spotlight on the two birds, while PhD student Ericka Griggs drove us in very slowly. The birds were both confused and alert in the light as we approached. Luckily, the loon with the fishing line was with the chick. This capture technique works well when there is a chick present, as the adult will more likely stay nearby." Hanson gave little hoots and chick whistles to draw the birds' attention, which made it easier to catch them with an 8-foot handled salmon dip net. He scooped up the adult and brought it into the boat for an "exciting moment of getting it under control." Girard flung a towel over the bird's head to calm it down and held the loon securely in her lap while Ava Purdy, a St. Johnsbury high school student, shone the spotlight so the biologists could pick up the loonlet.

The birds were taken back to Neal's dock to assess the fishing line, which was wrapped around the loon's bill and head. "We

didn't see any line going down the throat and the tongue was not damaged, both important considerations for the long-term outlook for this loon," Hanson said. "Once the line was cut free, we set to work taking leg and bill measurements, placed color bands on the legs, and obtained blood and feather samples for mercury testing and parasite analysis." Griggs, who has worked with loons for four years and is studying parasites in loons at UVM, will use various genetic testing techniques that can identify malaria and another parasite hosted by black flies. Placing color bands on the legs of loons enables scientists to track them throughout their lives, learn when and how they gain and lose territories, and monitor their populations.

Hanson said scientists ascertained that the adult loon with the fishing line was the female based on its smaller size. This was confirmed when the other adult came near the humans and yodeled, which only males do. Hanson said that since the female was becoming hot and stressed, scientists opted not to weigh her and instead released the mother and chick together. "The male was just out of sight in the darkness, and after a few minutes, the family was reunited," said Hanson.

He explained that removal of the fishing line was vital to the survival of the entire loon family. "Hopefully, she is now feeling much better with her head not tangled up in monofilament," said Hanson. "It's fortunate she could eat, preen, and tend to nest and chick duties these past months, as there is often nest failure and chick loss when one of the parents cannot assist with all the parenting duties." Hanson said male and female loons share 50/50 in all aspects of nesting and chick rearing.

Hanson, who has been conducting research on the Common Loon since 1992, has advice for how to observe the loon family in a way that won't disrupt them. "If you go look for them, use binoculars to watch them and please do not pursue them for a good look," he said. "Sit quietly and they might swim right by. Anglers, please reel in if loons are diving nearby, and make sure you are not using any lead tackle." Hanson said the Vermont Center for Ecostudies will be putting up collection tubes at 20 to 30-plus boat access areas in July to collect lead tackle and discarded fishing line.

The Black River Action team (BRAT) also plans to install a fishing line-capture tube later this

summer at the Fishing Access on Lake "to help promote keeping our waterways free of waste line and tackle," said Kelly Stettner, BRAT director.

"If the loons come near you this summer, keep an eye at the rear end of the adults, and you might see the plastic orange and silver metal USFWS band on the right leg and an orange band with black stripe and white band with black dot on the left leg," Hanson said. He said the band combination is unique to this loon, now one of thousands of banded loons across North America. The USFWS band has a unique 10-digit number on it as well.

The Vermont Loon Conservation Project is a joint effort between the Vermont Center for Ecostudies and the Vermont Fish and Wildlife Department. The VCE advances the conservation of wildlife across the Americas through research, monitoring, and community engagement. The Common Loon, formerly endangered, has returned to a stable population of breeding loons in Vermont, an example of citizens and scientists working together in conservation and one of VCE's most gratifying accomplishments. Learn more about their efforts at [vtecostudies.org](http://vtecostudies.org).



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