



## HUNDREDS TURN OUT FOR ICE FISHING

Vermont Dept. of Fish and Wildlife's Ice Fishing Festival was held on Silver Lake in Barnard Jan. 25. Officials said the festival welcomed close to 670 attendees!

Page 12



## HAWK SPOTTING

The American kestrel, North America's smallest falcon, is one of many hawk species you may see this winter. Look for this hawk perched on a utility pole or wire or hovering over a field, flapping its wings.

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## SUPER BOWL LIX IS SUNDAY

The Eagles will face The Chiefs, who hope to make NFL history by winning three Super Bowls in a row!



## WEAR RED DAY

Raise awareness for women's heart health on Friday, Feb. 7.

# Legislators get first look at proposed funding for governor's proposed 'education transformation'

MVSU joins The Rural School Community Alliance to retain voice in consolidation plans

By Polly Mikula

Since first announcing what they've coined the "education transformation" plan on Jan. 22, Governor Phil Scott and his top education officials have gradually unveiled more and more details.

Democratic lawmakers have mostly welcomed Republican Gov. Phil Scott's grand proposal with cautious optimism. Yet while broad support for a new funding formula and fewer school districts exists in theory, the specifics of both are what will determine what changes are going to be politically palatable.

Among the biggest changes is the proposed

"Additional savings could be achieved in the future as the state defines the criteria for schools that are small by choice versus small by necessity."

consolidation of the state's current 52 supervisory unions and 119 existing school districts that govern 287 schools into just five districts — a move that has local districts worried about losing a voice in the discussion.

Last Thursday, Jan. 30, Zoie Saunders, Ver-

mont's secretary of education, shared the numbers behind the administration's proposed education funding formula. That proposal — which assumes a fully transformed school district configuration by fiscal year 2028 — would cost \$183.6 million less than the more than \$2.3 billion the state is spending this fiscal year, she explained. "Initial estimated cost savings assume no changes to the current school portfolio though additional savings could be achieved in the future as the state defines the criteria for schools that are

New school funding → 9

## Teachers are 'burned out' competing with cell phones in schools

Woodstock middle/high school and state Legislature advance policies to limit digital distractions

By Polly Mikula

Vermont lawmakers have introduced a bill to ban cell phones and other electronic devices in public and independent schools from the start of the school day until dismissal — often called bell-to-bell — and prohibits schools from using social media to communicate with students. The bill, H.54, is intended to reduce the burden on teachers and improve student learning.

94% of teachers said they believe smart devices are detrimental in the classroom.

If passed, the provisions would take effect in stages starting July 1, 2025. Full device restrictions and enforcement are expected no later than Dec. 1, 2025.

The bill does not dictate the methods that schools would use to implement a phone-free policy.

If passed, Vermont would join eight states (California, Florida, Indiana, Louisiana, Minnesota, Ohio, South Carolina and Virginia) that have already enacted statewide policies limiting or banning cellphones in schools, and many others, including Massachusetts and New York, are moving in that direction.

"The vast majority of our teachers do believe that the smartphones are interfering with teaching and learning time, and some also cite increases from their experience in student misbehavior due to the use of phones in the learning environment," said principal of Woodstock Union High School/Middle School Aaron Cinquemani at the Mountain Views Supervisory Union board meeting, Monday, Feb. 3. Cinquemani cited a recent UNC Chapel Hill study the school participated in where 94% of teachers said they believe smart devices are detrimental in the classroom, with 84% reporting being distracted by student phone use.

"In general, staff feel pretty burned out about cell phones," Cellphones in schools → 6



Courtesy Killington Police Chief Whit Montgomery

A crew of 14 Killington Search and Rescue volunteers rescued a man freezing in the forest.

## KSAR rescues lost hiker just in time

By Curt Peterson

On Saturday, Jan. 11, six Killington Search and Rescue (KSAR) volunteers found a lost hiker deep in the snowy forest. It may have been the luckiest and

sun had set at 4:36 p.m. It was dark and cold. Weather Underground reported the temperature at the start of the rescue was 19F° and decreased through the night.

The trail became illusive, and he found himself chest-deep in the snow and lost.

unluckiest day of his life.

According to Killington Police Chief Whit Montgomery, the call citing a lost hiker needing rescue came from the Vermont State Police at 5 p.m., including an approximate location — 1.6 miles south of Killington Peak. The

Chief Montgomery gathered the KSAR team immediately, and, after the chief's briefing and some location help from the Killington Resort ski patrolman Ian Smith, the crew went as far as they could on resort-provided vehicles, then set off on snowshoes at 7:15 p.m. bushwhacking part of the way.

Two hours later, at 9:15

p.m. they finally came upon the hiker.

"He was found sitting on his backpack with his sleeping bag over his head,"

KSAR → 2



Courtesy Chief Montgomery KSAR snowshoed to the rescue.

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# Rutland's library is old, outdated so why is upgrading proving to be so challenging?

By Kevin O'Connor/  
VTDigger

Seeking an epic story? The Rutland Free Library can offer Homer's "The Odyssey," a sprawling saga of angry gods and mythical monsters. Or J.R.R. Tolkien's "The Hobbit," a page-turner rife with man-eating trolls and boulder-throwing giants. Or J.K. Rowling's Harry Potter series, a seven-part crusade against an evil wizard and a deadly curse.

Then again, library director Randal Smathers can tell you the equally adventurous true story of trying to hold space for them all.

Smathers oversees a 76,000-book collection in an 1858 building that, until 1935, housed the city's post office, courthouse and jail.

The holding cells in the basement have since morphed into secure storage. But for current caretakers, the four floors above continue to call for hard labor.

Take a tour past the brightly-lit bookshelves and Smathers, unlocking doors to the cellar and attic, reveals the crumbling foundation and sagging ceilings of a structure whose cornerstone was set before the American Civil War.

"The building needs work — a lot of work," Smathers



By Kevin O'Connor/VTDigger

The Rutland Free Library is located in an 1858 building that, up until 1935, housed the city's post office and courthouse. Deferred maintenance have made the cost of repairs very high.

said amid cracked plaster and rusting iron. "It's not one thing, it's everything"

More than 30 Vermont libraries have launched renovation projects since 2010, the state reports. Manchester Community Library moved to a new \$7 million facility in 2014. Brandon Free Public Library reopened after a \$4 million renovation last year. Middlebury's Ilsley Public Library is starting a \$17 million expansion this winter.

But after 15 years of

upgrade attempts, Rutland library leaders, having banked \$1.5 million for capital repairs, recently exhaled in exasperation when they learned estimates to renovate their building had risen to nearly 10 times that much.

That's when Mayor Mike Doenges suggested the library join City Hall in studying the possibility of relocating together in empty space at downtown's Asa Bloomer state office building on Merchants Row.

The proposed "civic

center project" — similar to South Burlington's shared library and city office building that opened in 2021 — could cut construction costs in half, according to estimates, all while placing municipal services under one roof.

Rutland now is holding a triad of informational forums, Jan. 16, Jan. 22 and the last set for Feb. 12.

"We don't have a deal, we don't have floor plans, we don't have anything except

Library → 5

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

### ← KSAR: ..... from page 1

Montgomery said. "He was shaking violently. He was verbal, but it was low-level mumbling"

He was showing symptoms of early hypothermia, so the volunteers gave him hot drinks, additional layers of clothing, and snacks. His mental and physical conditions reacted positively very quickly.

Meanwhile, a second KSAR crew of six arrived, and helped get the much-improved hiker to the resort vehicle back up at the peak, and then to the Public Service Building, where the chief was able to debrief him about his misadventure.

He'd left Cold River Road in Shrewsbury at 9 a.m. and had hoped to reach

Killington Peak or Route 4 by dark. The trail became elusive, and he found himself chest-deep in the snow and lost. He thought he could use the GPS function on his phone to see where he was relative to his destination, but dropped the phone in the snow and

"It would have been unlikely for him to survive the night, as temperatures were expected to be in the low single digits for the next 12 hours,"

Chief Montgomery said.

couldn't find it again.

Luckily, he was wearing a Garmin and activated it to send an S.O.S. message, which was picked up by the state police.

Chief Montgomery said the hiker

was lucky to be found when he was. "It would have been unlikely for him to survive the night, as temperatures were expected to be in the low single digits for the next 12 hours."

"The quick response of our KSAR team members and their on-scene treatment for the hiker — may have saved his life," Montgomery added.

The hiker thanked the 14 KSAR crew members personally for saving him before the state police drove him to the hospital for examination and possible treatment.

"I am extremely happy and impressed with our team members' professionalism and dedication," Montgomery said.

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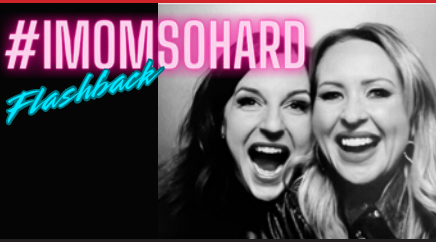
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FRIDAY, MARCH 7 | 7:30 PM

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**TUESDAY, APRIL 22 | 7:00 PM**

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## RRMC unveils first Mamava Lactation Pod in Rutland County

Rutland Regional Medical Center (RRMC) installed the first Mamava Lactation Pod in Rutland County on Jan. 27, offering a private and accessible space for nursing parents. The state-of-the-art pod is located on the main level near the Allen Street entrance and accessible via the Mamava app. The initiative began in September 2024 when a new mother, an RRMC employee, suggested the installation. Hospital leadership and human resources, nursing, and clinical operations teams quickly approved the project.

“The Mamava Lactation Pod provides a dedicated nursing space for visitors and staff,” said Brian Kerns, vice president of Human Resources. “RRMC is pleased to be a leader in offering this easily accessible unit for lactation support.”

Manufactured in Vermont, the pod features easy-to-clean surfaces, conveniently placed outlets, and a comfort-



Submitted  
RRMC installed the first Mamava Lactation Pod in Rutland County, providing a dedicated nursing space for visitors, staff,

able, private space for breastfeeding or pumping.

“The hospital is proud to support breastfeeding with the installation of the Mamava Lactation Pod,” said Dr. Sarah Decker, medical director of Rutland Women’s Healthcare. “Our teams are dedicated to encouraging breastfeeding, and this space ensures a more comfortable experience for both the baby

and parent.”

RRMC’s in-house engineering and maintenance team installed the pod, which has a custom exterior design by Rachel D’Ambruoso of RRMC’s marketing and public relations dept. Awesome Graphics of Rutland installed the design, which reflects a nurturing environment with Vermont’s green mountains and a blue sky motif.

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By Kevin O'Connor/VTDigger

Paint peels on a cast-iron Rutland Free Library staircase that's closed to the public. The list of building repairs needed is long.

**← Library:**  
from page 2

an idea," Smathers said. "We are bringing the public into the process as early as we can."

But the prospect of a less costly, centrally located facility isn't necessarily an easy sell.

"Top architects told us the public will compare whatever design we put forward to an idealized library they remember when they were children, and that's absolutely true," Smathers said. "People start their input with, 'When I was a kid ...' They form emotional attachments. They love this building. It's beautiful — and also terrible for a modern library."

**'Working hard to take public input'**

This isn't the first time the library has faced the prospect of change. The institution, founded in 1886 next door to the proposed Merchants Row location, moved from various storefronts, the since-demolished Memorial Hall and the old Longfellow School to its current site 90 years ago. Residents approved two additions in the 1960s and 1980s. But the facility increasingly is showing its age, spurring its most recent leaders to search for a fix.

In 2009, the library unveiled plans to move to a proposed building at the nearby corner of Center and Wales streets, only to see the project halted by financial hurdles.

In 2014, leaders hired an architect who recommended a top-to-bottom renovation, only to learn it came with an unpalatable price of what at that time was up to \$11.4 million.

In 2020, they considered moving to the former College of St. Joseph campus on the city's outskirts, only to face criticism from downtown supporters before someone else purchased the property.

The current proposal sprouted last spring, when the mayor suggested a study of the four-story state office build-

ing that opened in 1995 and now has enough vacant space to house both the library and City Hall offices.

Under the plan, the city would acquire some or all of the block, then remodel it for municipal needs that would include a shared meeting area to replace the library's Nella Grimm Fox Room and City Hall's aldermanic chambers.

The library estimates its share of the project would cost \$4.5 million — half the estimated \$10 million price of renovating its current building — and would lower annual operating costs that now include \$20,000 for heat and \$22,000 for electricity.

The proposal comes with its own challenges.

"Books are heavy," the library notes on its website's "Exploring Relocation" page, "and so library foundations need to be rated at

150 pounds per square inch, roughly double what is normal for commercial construction."

Public concerns are equally weighty. Residents at the two meetings in January expressed reservations about finding parking and feeling safe downtown, although Smathers noted those are problems at the current location.

"We have the same issues here as you have down the hill," he said at the most recent session.

The city also would have to forge an agreement with the state for the new site, hire an architect to develop blueprints and a detailed budget, determine what to do with the old building, and seek a ballot for a municipal bond.

But first, leaders are set to take comments at a final hearing Feb. 12. The story, they know, is far from over.

"We're doing our due diligence and working hard to take public input," Smathers said. "But ultimately, the voters will decide."

**OBITUARY**

**Rudolph Michael, 86**

Rudolph "Rudi" Michael passed away on Jan. 20. A free and uninhibited spirit, Rudi was a jester and mentor to a large circle of close and devoted friends, young and old, who join in remembering him for his generosity and his rascally humor.

Rudi was born July 1, 1938, in Plymouth Notch, Vermont, the second of six children to Arnold and Violette (Derby) Michael. He was educated in the tiny one-room schoolhouse in Plymouth Notch and Black River High School in Ludlow. After school, Rudi worked for many years alongside his father as a skilled carpenter and all-around tradesman in residential and commercial construction. In "retirement", Rudi worked far harder than he needed to in his locally-famous firewood business and made many friends among his customers for his quirky style and honest dealings.

An avid outdoorsman, Rudi was a near-legend in his younger days as a cunning and deadly deer hunter; he was perhaps even better known as a thrilling and fearless driver, tearing up the roads in chrome and tail fins. In time he made peace with the deer and became famous for poking along in his creaky old wood truck. A voracious reader and keen student of history and politics, Rudi was host to countless front-porch debates on every topic under the sun.

Rudi was predeceased by his father and mother and by all five of his brothers and sisters: Rodney Michael, Ralph Michael, Marguerita (Maggie), Hutt, Marilyn (Lyn), Seward, and Mary Ann (Nan) Underhill.

He is survived by nieces and nephews, his many tried-and-true friends, and, above all, his beloved dog, Breken.

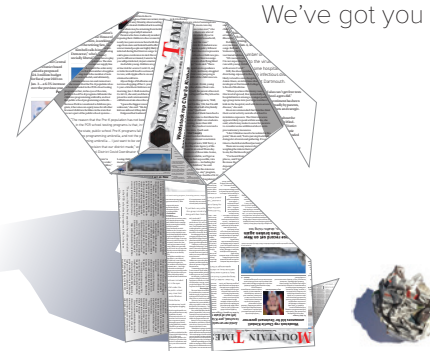


Submitted

Rudolph "Rudi" Michael

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## ← Cellphones in schools: from page 1

Cinquemani told the board. “They’ve had these conversations for years with me, and with the previous principal. They’ve been through the student surveys and student input in the past... They’re pretty much done with the conversation, and they’re looking forward to a change.”

“When I shared that, I wanted to take a step back, to really include student voices, to meet students where they are and have this conversation — not whether or not we’re doing this, but how we’re going to do this — staff in general, were reasonably appreciative. You know, they want to hear student voice as well, but they’re really burned out about cell phones and having to police cell phones in classrooms and so on.”

Cinquemani was named principal for Woodstock Union middle and high schools at a special MVSU board meeting Jan. 16. He had been acting as the schools’ interim principal. Woodstock Middle/High school serves students in seven towns: Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading and Woodstock.

About a third of the student body — 114 students — also participated in the UNC survey, which provided key insights into student device usage, its impact on learning and mental health, as well as staff perceptions. Results showed that 83% reported that they bring their phones to school daily, and 79% said they use them for non-class purposes during school hours. Additionally, 29% admitted to using phones when they should be paying attention.

These findings are “things that we suspected, but it’s also great to hear directly from the students that participated in the survey,” said Cinquemani. “The data here validates our experience.”

### MVSU process: ‘slow and steady’

“Recognizing the importance of cover-communicating and involving all stakeholders, we have taken several steps to engage students, staff and families in this initiative,” Cinquemani wrote in an outline on phone-free learning progress that he shared at the Feb. 3 board meeting.

Such efforts have included hosting three community forums to discuss the impact and gather feedback, facilitating a student debate on cell phone-free learning at Killington this fall (about 65 students participated), establishing a student-led cell phone-free learning committee (about 14 students participate), conducting a data review and discussion in advisory to ensure students understand the rationale behind the policy, and having ongoing discussions on implementation and enforcement at staff meetings, he explained.

Given the MVSU policy conversations over the past few months and those happening at the state level with Bill H.54 gaining traction, Cinquemani believes changes are coming to help students and teachers achieve a more focused learning environment.

“The legislation is coming. That’s very clear,” he said. “If I’m asked to testify, which I have been asked to consider, I’d really like to speak about the process. I’d really like to speak about how we do this at Woodstock High School and Middle School, that we involve student voices, and that we had these conversations. That while they were really hard, we wanted to get something in place that staff and students could implement with fidelity.”

For the time being, Cinquemani said, progress will continue “slow and steady.”

“Our goal remains to empower students to adhere to our current expectations and for staff to consistently enforce them,” Cinquemani wrote.

“Some students struggle with that. Some staff struggle

with that as well,” he added at the meeting, Feb. 3.

“If this approach proves effective, we may maintain our current strategy until clearer state guidelines emerge. If not, we will explore implementing Yondr pouches as a next step to support our efforts in fostering a focused, distraction-free learning environment,” he explained.

MVSU has raised \$6,000 for Yondr implementation: \$5,000 from a local grant, \$850 from our participation in the UNC study (students chose to donate \$5 to the cause instead of receiving a gift certificate), \$100 from general donations. The total cost for Yondr pouches would be \$16,000-\$18,000 (\$30 per pouch with an unlocking base included for every 60-80 purchased).

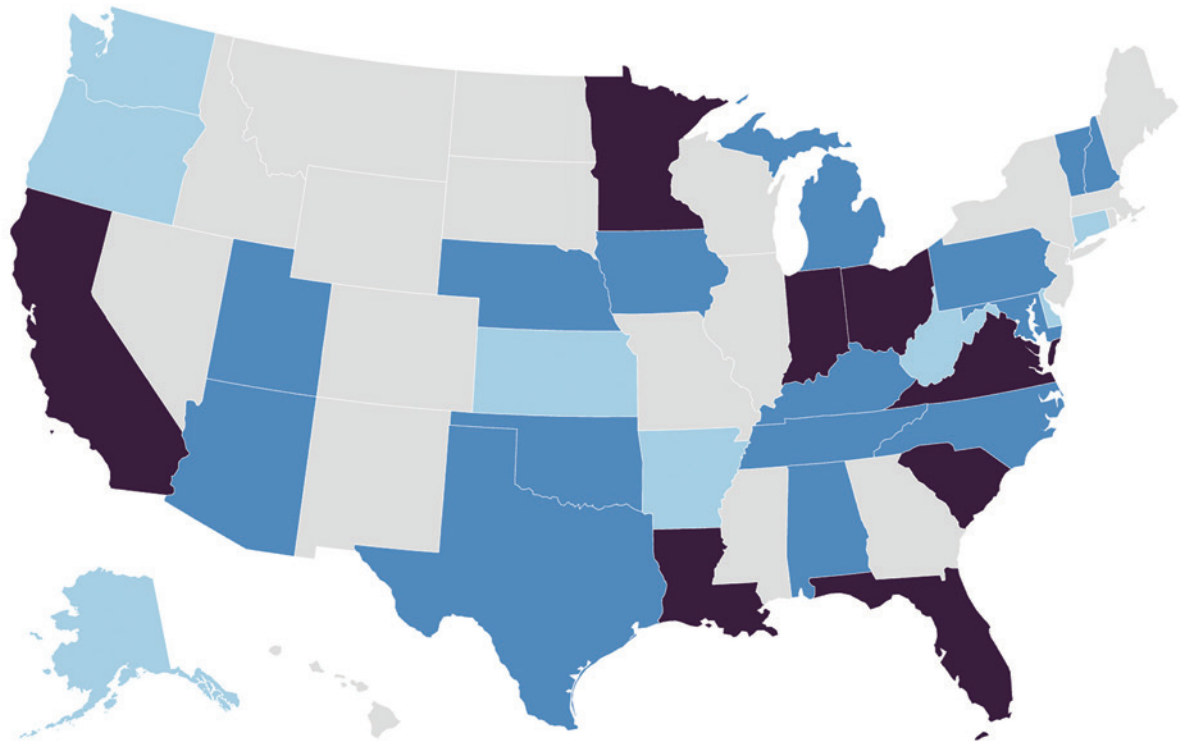
“Right now, this is an opportunity for the student body to lean in, show the administration teachers what we need to do or not need to do. How strict do we need to be?” Cinquemani asked.

When pushed for a more specific timeline for the next steps, Cinquemani said, “Right around April break, just before or just after. I think that gives us

some time to live it a bit, to gather some from some fresh data, and then make an informed decision if we want to move forward with Yonder or if we want to maintain the course or make some slight shifts.”

“I suspect that what we may come up with isn’t all that different from what’s already in the handbook. I suspect the message from both students and teachers will be that everybody needs to lean into this and implement this [the current policy] with fidelity, which means students need to adhere to it and teachers need to follow the expectations as well... I really want students to be able to lean in and say, ‘hey, you know we’re ready. We’re taking this seriously. We want to do this, too, and we need the teachers and adults to help,’ and that means holding the line and

■ State-Wide Ban or Restriction (8)  
 ■ State Education Department Issued Policy Recommendation or Pilot Program (8)  
 ■ State-Wide Legislation Introduced (15)



Courtesy KFF

Map shows progress toward state-level bans or restrictions on cellphone use in schools across the U.S. Policies at the school or district level are not included. The map was updated with current state-level policies or proposed policies as of Jan. 17.

holding everybody accountable.”

### Current MVSU cell phone policy

Middle School students are expected to refrain from using smartphones, cell phones, smart watches and Bluetooth earbuds/headphones at any time during the school day: 8 a.m. to 2:55 p.m. Seventh and eighth grade students who use a cell phone for any reason during the school day will be expected to turn their phone into the main office where it will be stored securely until 2:55.

For high school students, phones and bluetooth headphones/earbuds must be stored in bags, pockets, or classroom pouches during instructional time (including study hall, advisory and anytime in hallways or bathrooms during class blocks).

High school students may use electronic devices during passing times, lunch, and ARE Time unless they have been called by a teacher for academic support.

For high school students that use digital devices outside of the permitted time, the following enforcement will be implemented:

- First, staff will ask you to put the device away immediately.
- Second, staff will log the incident and the administrative team or designee will follow up.
- Third, the device will be stored with administration or a designee for the day.

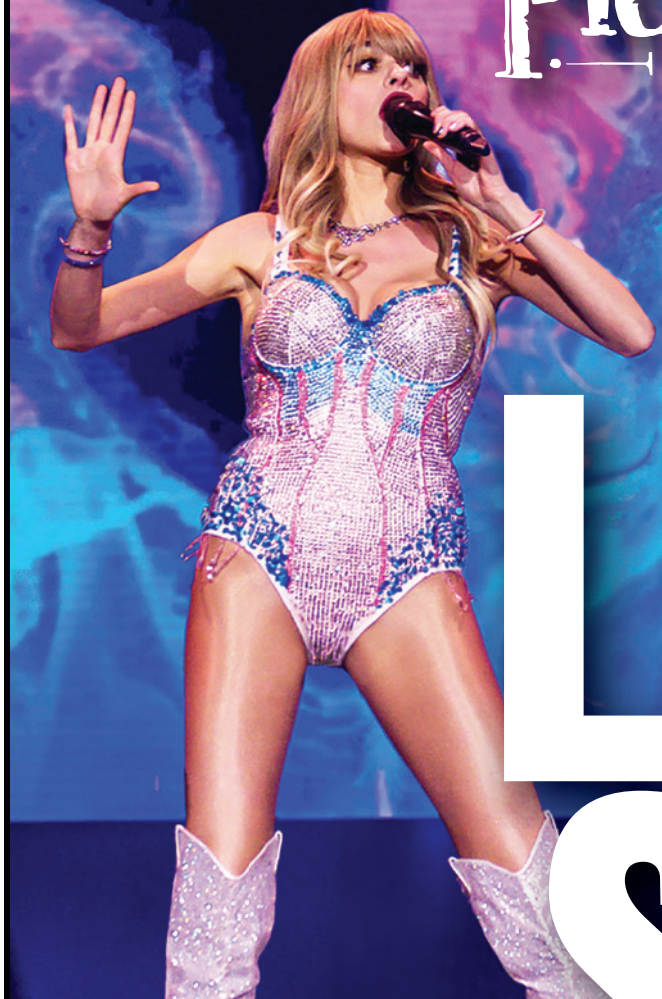
Students who have three minor phone incidents in a month (involving phone turned into the office) or a single major phone incident (cyberbullying, privacy violation, etc.) will be required to attend social emotional learning (SEL) sessions about healthy phone habits and digital citizenship. SEL specialists will work with students and their families to create a plan that will help them meet the school’s phone expectations.

For more information on the current cellphone use policies — or any other policies — at Woodstock middle or high school, refer to the student handbook. It’s online at: [mtnviews.org/studentfamily-handbooks](http://mtnviews.org/studentfamily-handbooks).

PICKLE & BARREL  
NIGHT CLUB

PRESENTS

# LET'S SING TAYLOR



*All Ages Welcome*

**THURSDAY 02.20.25 // 6:30P**



**TICKETS**



By Catherine Morrissey

Crowds gathered at Silver Lake in Barnard for the annual ice fishing festival on Jan. 25.

## Ice fishing fest reels in hundreds for frozen fun in Barnard

By Ekaterina Raikhovski

*Editor's note: This story is via a partnership with Community News Service, a University of Vermont journalism internship*

Christian Poupart grew up in Contrecoeur, Quebec, a small city where “there’s more people on the ice during the winter than in the village.”

But even people like Poupart, who’s been ice fishing his whole life, can make mistakes. “One day, I decided not to put on my ice cleats, and I slipped and tore my quad, had to get it reattached,” he said, casually recounting an accident the year prior.

Poupart ran the ice safety station at this year’s Vermont Dept. of Fish and Wildlife Ice Fishing Festival on Silver Lake in Barnard. Officials said the festival welcomed close to 670 attendees and fell on the last Saturday in January — the state’s annual free ice fishing day, which allows anyone, resident or not, to go fishing in Vermont without a license.

The Jan. 25 festival aimed to help people learn the wintertime tradition.

“It can be really hard if you’ve never ice fished to be like, ‘I’m just gonna do it, right?’” asked Ali Thomas, the department’s outreach director.

“This event is a way to help people with a little bit more background to show them the tools and give them the opportunity to use the tools without having to purchase things and not know what’s going on,” she said.

Department staff were joined by student volunteers from the University of Vermont and members of Let’s Go Fishing, a volunteer network of instructors working with the state who teach youth and adults the basics of fishing.

Volunteers and staff members provided each festival attendee with a “passport” — a green laminated card organizers could hole-punch for each educational station attended. After three hole punches, attendees could borrow a rod to try ice fishing themselves.

Daryll Hooper, a goat dairy farmer from Randolph, and her son Weston Hooper were inspired to come to the festival after hearing about the event on Facebook. While they fish in the summer, Hooper and her son were new to ice fishing and felt intimidated trying it by themselves.

“We don’t have any of the equipment — I just wasn’t familiar,” she said.

Along with getting used to the equipment, beginners face the challenge of ice safety. In 2023, Vermont’s warmest year on record, the Islands Ice Fishing Derby held on Lake Champlain was canceled after three fishermen fell through the ice and died. Last year’s statewide festival moved from Lake Bomoseen in Rutland County to Lake Elmore in Lamoille County due to unsafe conditions. And lakes that freeze well one year are not guaranteed to freeze the same the next year — or even the next month.

“We absolutely have seen some changes in recent years that it’s just a little less ice fishing → 12



By Catherine Morrissey

Katie Monaceloa, a UVM student, tested the waters at the annual Ice Fishing Festival in Barnard on Jan. 25.

## Property tax relief

“I can’t afford to live here” and “It’s not worth it” is what I often hear when talking about property taxes. It is one of the main reasons I ran for office — to find a better, more sustainable way to pay for public education.

The bulk of most property tax bills is the statewide education tax. That was created in 1997 in Act 60 in response to the Vermont Supreme Court case, *Brigham vs. the State*, which found that the old way we funded education did not provide a substantially equal education opportunity for children across the state. In effect, it created a statewide Grand List and established an education tax on properties’ full market values to fund education across the state.

Education spending increased in part because of that redistribution of taxing capacity and for other reasons, but here we are.

So, what are the options we have in Vermont to provide some property tax relief?

**Cut spending.** In education, reducing spending means reducing education programs, reducing staff, and/or consolidating schools. Each has significant downsides and is extraordinarily difficult because of education expectations, contract negotia-

tions, and support for local schools.

**Swap taxes.** Instead of a property tax, move education funding to another tax source. Well, the education fund already has a mix of revenue sources, with 25% coming from homestead property taxes, 40% from non-homestead property taxes, all of the state’s sales taxes, part of the rooms and meals and purchase and use taxes and all net proceeds of the lottery. Moving to an income-based tax is a possibility, though Vermont already has one of the highest marginal tax rates in the country.

**Buy down taxes.** Not a great idea, but it is a temporary relief for property tax payers to be able to use some one-time funds/reserves to reduce property taxes for all payers. The problem is that you have to make up the difference when you don’t have those funds the next time.

**Exempt specific taxpayers.** Some states have specific exemptions for seniors, active-duty military members, the blind or disabled, firefighters or police survivors, and veterans.

**Deferral for seniors.** If a senior could not afford to pay the entire property tax because Kimbell → 12



By Rep.  
Charlie Kimbell

## Off on the wrong foot

At the beginning of the session last month, one of the first daily riddles I shared in our committee was a simple question, “Why is it good to balance on your left foot on New Year’s Eve? Because that way you can start off the new year on the right foot.” Unfortunately, that didn’t happen Friday afternoon in the House Appropriations Committee when it gave preliminary approval to the session’s first significant bill (annual budget adjustment act or BAA for short) on a party line 7-4 vote.

This was following a partisan recommendation from the House Human Services Committee to include language in the BAA extending winter rules for the hotel voucher program until June 30. The winter rules essentially open available hotel rooms for the homeless without any limit on the number of days.

These changes reverse the agreement with the Legislature and the governor last year to end winter rules on March 31 and abide by the 80-day maximum period through the end of the fiscal year.

Additionally, the Democratic majority on the committee took \$14 million that was earmarked for state bond repayments to fund several housing programs. Some may liken it to just keeping the credit card bal-

ance \$14 million higher than it would have been in the governor’s proposed budget adjustment.

The annual BAA is essentially a “true-up” of various state programs and funds based on actuals for the first six months of the fiscal year. The largest item, for example, is to raise the appropriation in the Medicaid program, based on increases in health care costs or money needed to balance the books at the Vermont Veterans Home. Most of the changes proposed by the administration are shifting funds where we overestimated the need and added to those we previously underestimated. Including policy changes to the annual “true-up” bill is where it can get dicey.

The BAA was slated to get a final committee vote on Monday and will be up for a full House vote Thursday and Friday of this week. Unless changes are made prior to then, the governor, Republican House members and the Democratic leadership will be at odds, which may spell trouble for other major issues this session.

Last Tuesday, Governor Scott addressed a joint session of the House and Senate with an outline of his administration’s proposed state budget for the fiscal year beginning Harrison → 12



By Rep. Jim  
Harrison



**← New school funding:**  
from page 1

small by choice versus small by necessity,” according to Governor Scott’s Education Transformation Proposal: Funding Formula Explained dated Jan. 30.

The report further clarified that the current plan supports funding all schools that currently exist in the state, but at some future point looking to consolidate when possible: “AOE and APA recommend that the size adjustment be applied to all schools in Vermont to support the system at its current school scale. Over time, we recommend considering what schools should be eligible to receive funding because they are ‘necessarily small,’ in other words small by necessity, not by choice. This could include because they are in a sparsely populated area, geographically isolated, or have facilities constraints that prohibit their ability to consolidate with another school. Different criteria could be set by grade span; for example, allowing smaller neighbor elementary schools while establishing centralized middle schools and regional comprehensive high schools.

Determining the eligibility criteria for which schools are necessarily small is a longer-term policy discussion and the funding formula has been designed to support both the current and future portfolio of schools in Vermont.”

The new plan calls for base funding amount per student of \$13,200 (one of the highest in the country, according to the state’s consultants) with weights based on

The Rural School Community Alliance is a coalition of Vermont’s rural community public schools and districts committed to advocating for the value and importance of community public schools

student need: economically disadvantaged students (0.75), English Learners (1.5), career and technical education students (1.3) and preschool students (1.0), plus factors to take into account school scale

and district sparsity.

Lawmakers met the proposed allocations with somber consideration, digging in where possible to get at key questions. But many, inside and outside the State House, worry that with less than three months left in the session, elected officials simply won’t have enough time to understand what’s being proposed.

In government time, Vermont is attempting to move at warp speed toward a complete reimagining of its public education system.

At the Mountain Views Supervisory meeting, Monday, Feb. 3, Heather Lawler, a board representative from Barnard, emphasized this point: “I want to share with the board that they’ve named a series of committees. I believe it’s 11 committees,

In government time, Vermont is attempting to move at warp speed toward a complete reimagining of its public education system.

that are called Sprint committees,” she said. “Sprint meaning fast. So they have a sprint committee to define policy on governance. They have one to define policy on CTE [career and technical education], one for after school, one for preschool. They have created these because it’s moving fast, so I want to throw my voice behind [joining The Rural School Community Alliance] and advocate that right now there’s still some listening happening,” Lawler said.

In a letter addressed to school board and select board members, The Rural School Community Alliance states its purpose: “To ensure our voices are heard in the State House, we must stand together. The Rural School Community Alliance is a coalition of Vermont’s rural community public schools and districts committed to advocating for the value and importance of community public schools for our children and for a democratic voice in decision making about their future.”

The MVSU board voted overwhelmingly in favor of joining the alliance.

*Ethan Weinstein/VTDigger contributed to this reporting.*

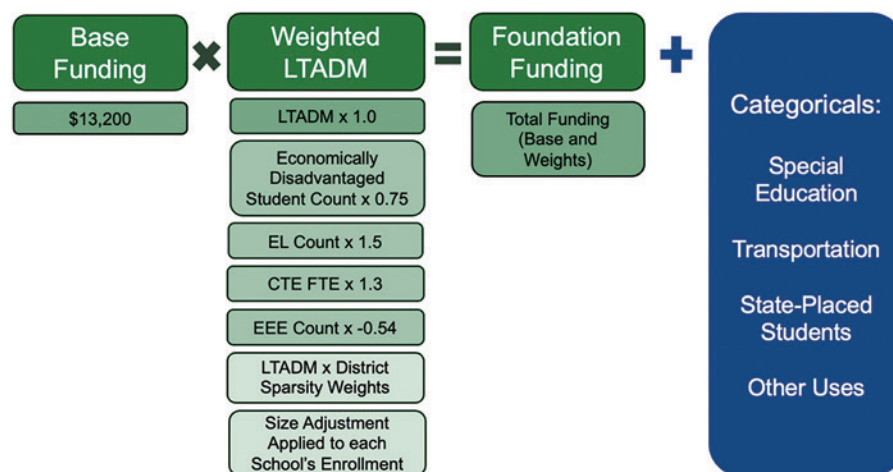
**Table 1. District ADM, Demographics, and Property Wealth**

District	Two-Year Average ADM	Free/Reduced Lunch (FRL) %	English Learners (EL)%	Net GL/ADM
<b>Champlain Valley Region</b>	34,104.77	36%	4%	1,276,529
<b>Southwest Region</b>	12,579.76	51%	1%	1,181,238
<b>Northeast Region</b>	10,174.70	55%	0%	917,317
<b>Winooski Valley Region</b>	14,659.62	45%	1%	1,362,387
<b>Southeast Region</b>	11,849.26	47%	1%	1,937,837
<b>State</b>	<b>83,368.11</b>	<b>43%</b>	<b>2%</b>	<b>\$1,327,400</b>

Courtesy Vermont Agency of Education

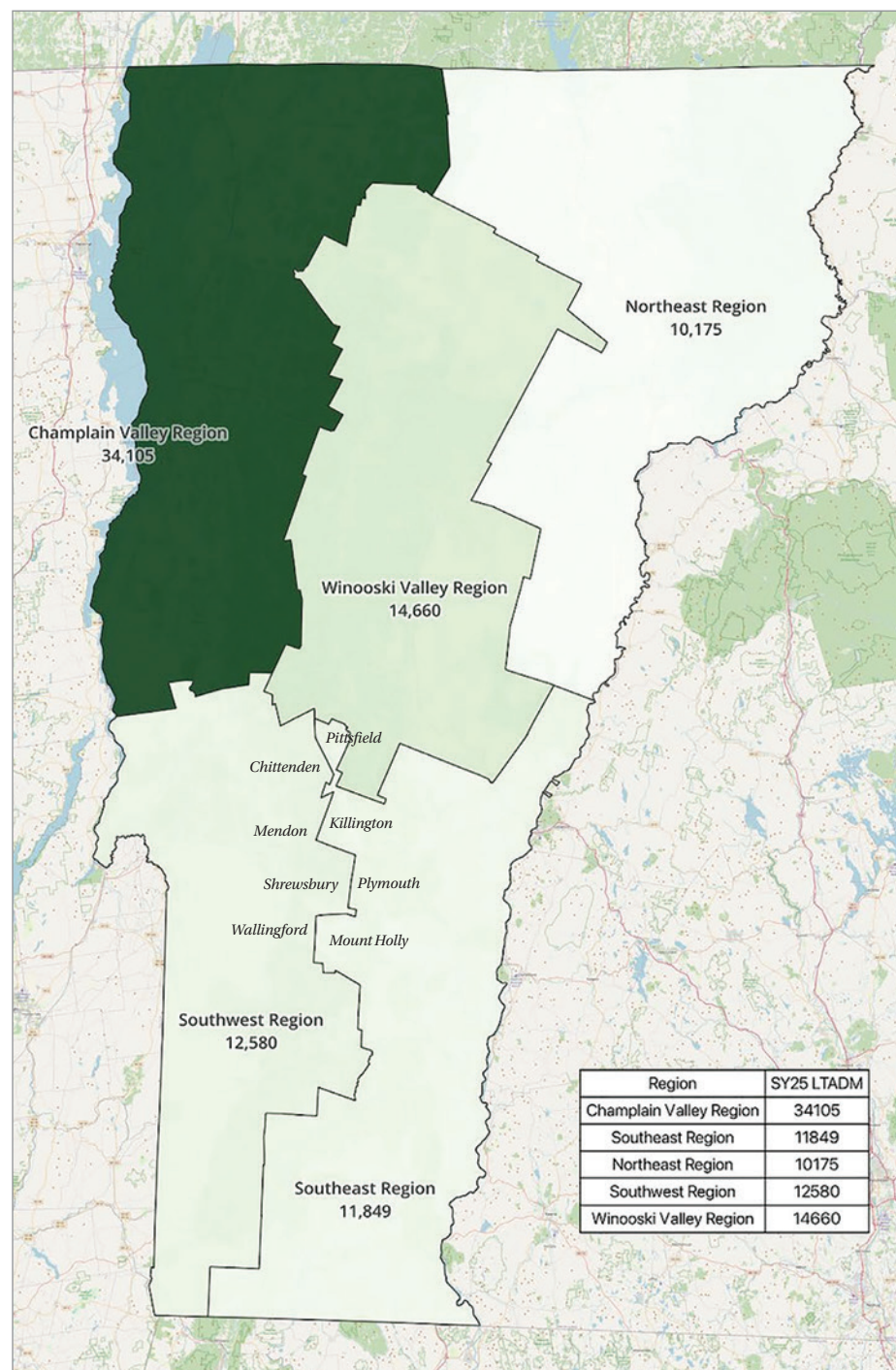
Chart shows the two year average for average daily membership (ADM), which approximates the number of students in each of the five proposed districts, as well as percentages weighted.

**Graphic 2. Summary of Proposed Funding Formula Components**



Courtesy Vermont Agency of Education

The graphic above summarizes each funding formula component and its application (weight applied for each long term average daily membership for students we a variety of factors that cost more to educate) to arrive at the appropriate foundation funding (base plus weights) for each of the five districts. Additionally, “categoricals” are added in after.



Courtesy Vermont Agency of Education

Map shows the long term average daily membership (LTADM) — how the state counts students — in each of the proposed five regions of the state. (Local towns added in for reference.)

## GUEST EDITORIAL

## Freedom and unity will trump fear and chaos

By James Duff Lyall

*Editor's note: This commentary is by James Duff Lyall, executive director of the ACLU of Vermont.*

The ACLU of Vermont has been defending the civil liberties of everyone who calls this state home for almost 60 years. Right now, many in our communities are understandably worried and afraid of the threat a second Trump administration poses to our rights and our democracy. It's important to recognize that sowing fear is an explicit goal of the Trump administration — it is not accidental.

We also want to be clear that while the anxieties people are feeling are real, there is a path through the challenges we face.

As expected, within hours of taking office, Donald Trump followed through on his threats to undermine our constitutional rights and spread fear in our communities. It's essential that we meet this moment together by drawing on the resilience, strength and power of community.

Already the ACLU is hearing from educators, local leaders, activists, friends and neighbors who want to know what they can do to support the people around them. Vermonters must remember it is that spirit of solidarity, compassion and mutual support that will see us through the challenges ahead.

Now, and in the months to come, there is a clear strategy for resisting ongoing attacks on our democratic values and laws.

First, in the face of this chaos, we can and will turn to the court system to uphold the rule of law. That is already happening. Multiple lawsuits have been filed to challenge some of Trump's unconstitutional executive orders — including his unlawful attempt to ban birthright citizenship, to expand fast-track deportations and to cut off access to asylum. A federal judge has already declared the order on birthright citizenship "blatantly unconstitutional," a label that we can expect to hear repeated.

While there is still tremendous uncertainty about how much of this will play out, legal challenges will block or slow many of the most extreme measures. In the present moment, it's important to know that there are real limits to what executive orders can achieve, including the fact that they cannot and do not override the protections enshrined in the U.S. Constitution.

The ACLU and other organizations are tracking and analyzing the executive orders and any other federal actions, including those promoting sex discrimination and threatening equity and inclusion initiatives. There will be a lot more litigation, and all of that will take time.

Second, we must look to state-level protections, remembering that hard-won civil rights laws still remain on the books. At the same time, we also have to be clear-eyed about the threats: we now have a hostile federal government no longer defending our freedoms and liberties, but working to dismantle those protections piece by piece.

For all the progress we have made in recent years, we must do more to shore up our defenses. That is why the ACLU has been working with state legislators to create a "firewall for freedom" that further safeguards bodily autonomy and

Freedom → 38

We now have a hostile federal government no longer defending our freedoms and liberties, but working to dismantle those protections piece by piece.



"DO YOU REMEMBER WHERE YOU WERE WHEN YOU SUDDENLY REALIZED TARIFFS WOULD MAKE EVERYTHING COST MORE?"

Import tariffs by Harley Schwadron, CagleCartoons

## LETTERS

## MVSU district explains budget, cuts

Dear Editor,

*Editor's note: the following letter was addressed specifically to members of the Mountain Views School District.*

As the vote on the MVSD budget approaches, we wish to further clarify the decisions that were made in the creation of this budget. Through months of meetings with the administration and board members, and consideration of public comments on the budget, the board approved the following cuts:

- Central office: 1 full-time accounts payable position; 1 half-time grants manager position; capital projects across the district and utilities reduced
- Barnard Academy: 1 half-time classroom teacher; 1 full-time paraeducator
- Killington Elementary: 1 full-time classroom teacher; 1 full-time paraeducator
- Woodstock Elementary: 1 half-time interventionist; 1 full-time

paraeducator

- WUHSMS: Partial reduction of library assistant
- All schools and central office: Reduction of program supplies and materials; professional development
- Reduction in co-curricular and sports: Field trips; transportation; supplies and equipment (10% from supply lines of each sport at the middle/high school); and the WUHS golf team.

In addition, the board put forth an opt-in plan for early release of educators and staff to address the above reductions. As a result, with 12 teachers and staff requesting this option, positions became available for those individuals whose jobs are no longer available. As a result of this plan and ongoing conversations with the MVSU team, no teacher or staff member will leave the district because of a reduction in position.

This budget contains MVSU → 11

## Fishers in crisis, action needed

Dear Editor,

I am a conservation biologist with a specific interest in wildlife. Last April, I wrote and submitted a paper to the Vermont Fish and Wildlife board (FWB) summarizing the results from numerous studies across the U.S. and Canada indicating that anti-coagulant rodenticide (AR) threatens fisher populations. Vermont had the highest exposure rate among all the states studied, with 100% of animals sampled testing positive for multiple AR compounds. Based on this clear existential threat to fisher populations, I presented a petition in December to the FWB asking them to establish a moratorium on fisher trapping in Vermont, the one cause of fisher decline that can be easily removed.

Fishers are reclusive, territorial forest dwellers. Generally solitary and wary of humans, they eat whatever food is available, including small- to medium-sized mammals, birds, fruits, nuts, berries, reptiles, and amphibians. They are one of the few animals that prey on

porcupines.

Fishers were common in Vermont until the early 20th Century when their numbers declined sharply due to over-trapping and habitat loss. This resulted in an explosion of the porcupine population and associated damage to trees and forests. In the 1960s, fishers were reintroduced into Vermont from Maine to control porcupines, and the fisher population gradually recovered. Eventually, recreational trapping was resumed.

Fishers are once again in danger. Populations are declining due to a complex combination of threats, including habitat loss and fragmentation, trapping, and the uncontrolled use of rodenticides. Because they are susceptible to human-caused environmental disturbances, biologists now recognize fishers as important indicators of ecosystem health.

ARs are commonly used to kill rodents. They prevent blood from clotting and causing fatal internal hemorrhaging.

Fishers → 11

## CAPITOL QUOTES

### Tariffs

President Trump's warning of tariffs on neighboring countries, Mexico and Canada, and critical trading partner China got off to a false start on Monday, Feb. 3, with the current administration putting the plan on hold after conversations with Mexico and Canada. A trade war is already brewing with China, who countered with tariffs on U.S. products after a 10% tariff levy on Chinese products took effect.

**“Will there be some pain? Yes, maybe (and maybe not!). But we will make America great again, and it will all be worth the price that must be paid,”**

said **President Trump**.

**“There’s no such thing as a one-way trade war. You know, nobody ever punishes the other side without there being a response,”**

said Sen. **Tim Kaine** on Monday, Feb. 3.

**“It’s like Trump took a grenade and threw it into the economy, and he walked away to see what happens,”**

said **Rob Handfield**, professor of operations and supply chain management at North Carolina State University, in a conversation with ABC News.

**“In 1930, the Republican-controlled House of Representatives, in an effort to alleviate the effects of the... Anyone? Anyone?... the Great Depression, passed the... Anyone? Anyone?... the tariff bill? The Hawley-Smoot Tariff Act? Which, anyone? Raised or lowered?... raised tariffs in an effort to collect more revenue for the federal government. Did it work? Anyone? Anyone know the effects? It did not work, and the United States sank deeper into the Great Depression.”**

said **Mr. Lorensax**, Ferris Bueller's economics teacher in "Ferris Bueller's Day Off."

## COMMENTARY

# Medical debt relief is a direct investment in Vermonters

By Vermont Treasurer Mike Pieciak

As Vermont's Treasurer, I am committed to making investments that lower costs, strengthen our economy, and support healthier communities. I believe every Vermonter deserves a fair shot at success, regardless of the situation they are born into.

Yet, for too many Vermonters, the cost of health care stands in the way of investing in their future. Vermont has some of the highest health care costs in the country, forcing Vermonters to either forgo necessary treatment or be burdened with medical debt through no fault of their own.

We're all just one health crisis away from being hit with medical debt, and that debt can linger for years, dragging down credit scores and making it more expensive to buy a home, start a business, and build wealth.

Unlike other debt, consumers often have no idea of the cost of medical care before they receive it, and they have little or no choice whether to incur the cost. The consequences are devastating for Vermonters, their families, and our economy.

I'm proud to announce a proposal to provide medical debt relief to thousands of Vermonters to help them get back on their feet.

Let's face it: medical debt doesn't reflect someone's financial responsibility—it's a reflection of the gaps in our healthcare system.

Without requiring additional taxes or fees, our proposal would make a one-time investment of \$1 million to eliminate up to \$100 million of medical debt, focusing on Vermonters with significant debt and low incomes. The program would provide immediate, life-changing relief to thousands of individuals at a critical moment when healthcare costs are soaring and Vermonters are facing an affordability crisis.

Other states like Rhode Island have adopted similar initiatives, successfully wiping out medical debt for their most vulnerable residents at pennies on the dollar.

The proposal would also shield Vermonters' credit scores from medical debt, preventing healthcare providers and hospitals

Unlike other debt, consumers often have no idea of the cost of medical care before they receive it.

from reporting the debt to credit agencies.

Let's face it: medical debt doesn't reflect someone's financial responsibility—it's a reflection of the gaps in our healthcare system. Removing medical debt from credit scores would relieve Vermonters of the financial and emotional stress that so often accompanies this burden and give people a chance to rebuild their lives without debt holding them back.

I am excited about this program because it directly invests in people, giving Vermonters the freedom to invest in their families, homes, and futures. Vermonters would also be automatically enrolled in the program—no forms, no hassle. I believe this proposal represents government functioning at its best, taking pressure off of household budgets and helping people move forward with their lives.

People with unpaid medical debt are more likely to put off seeking the care they need due to fear of punishment, which can worsen their health, lead to more expensive care in the future, or put them out of work. When someone is sick or injured, their focus should be on recovery, not their finances.

I hope Vermonters will join me in supporting this program and contact their legislators to lift the burden of medical debt for thousands of Vermonters and build a healthier, more financially secure future for our state.

← **Fishers:** .....  
from page 10

ing. Any wound, however minor, can be fatal. It should be evident that these toxins could threaten all predators.

The Environmental Protection Agency attempts to regulate AR usage, but these toxins are ubiquitous. The black plastic boxes of AR poison are found outside grocery stores, feed stores, farm buildings, etc. Unlawful use is a serious problem. The FWB chose to deny my petition. It will continue to

allow trappers to kill fishers as recreation and to profit from their pelts. It is disappointing that the agency, whose mission is to conserve fish, wildlife, plants, and their habitats for the people of Vermont, would jeopardize the survival of a species like the fisher simply to protect a recreational and commercial pastime that defies current science and is practiced by only a minority.

*Jennifer Lovett, Starksboro*

← **MVSU:** .....  
from page 10

compromises and cuts, and we hope that our communities will support this budget. Board members are always open to speaking to anyone with questions, concerns, or suggestions. Thank you for your patience, constructive comments, and support of our public schools.

Sincerely,  
**Keri Bristow, MVSU/SD board chair**  
**Ben Ford, MVSU/SD board vice chair**



TOWN OF  
**KILLINGTON**  
VERMONT

**DEVELOPMENT REVIEW BOARD  
PUBLIC HEARING NOTICE**

The Development Review Board will hold a public hearing on Thursday, February 20, 2025, at 6:30p.m. at the Public Safety Building, located at 800 Killington Road with attendance also available by videoconference (Zoom) to review the following application:

Application 25-03 by KB22 LLC, for a Planned Unit Development (PUD) and Site Plan Review. This project includes the development of a Distillery with a tasting room, a Warehouse Building, and an Eight (8) Unit Multi-Family Dwelling Building. The project is located on Tax Maps 21-45 within the Commercial Route 4 zoning district.

A copy of the application may be viewed at the Town Offices at 2706 River Road between 9:00a.m. and 4:00p.m. Monday through Friday by appointment by calling (802)-422-3243. A digital copy of the application may also be requested in portable document format (PDF).

Participation in this local proceeding in person, via videoconference (Zoom), or through written statement is a prerequisite to the right to make any subsequent appeal. It is requested that written statements be submitted at least seven (7) days prior to the hearing for review by all.

For participation via videoconference (Zoom), a meeting link will be posted 1-2 hours prior to the hearing on the Town Website Calendar ([killingtontown.com](http://killingtontown.com))

Dated at Killington, Vermont, this 30th day of January 2025.  
Jim Haff, Town Zoning Administrator, Town of Killington, Vermont

← **Kimbell:**  
from page 8

of a fixed income and escalating taxes, the person could opt to have the balance deferred until the house is sold because a lien would be placed on their home.

**Create a homestead exemption.** This would exempt a specific amount of the property value from taxes for primary residents, say the first \$100,000 in value, essentially lowering the property taxes, provided that all residents are taxed at the same rate.

**Create a property tax credit.** This reduces the property tax bill based on the person's ability to pay. Vermont has this in place with specific brackets and phase-outs. It is administratively complex, has "financial cliffs," and has a lag in which your future property tax credit is based on your previous year's income.

So what is the answer? Well, in many ways, all of them. Personally, I don't like the idea of deferral because we shouldn't be setting taxes beyond people's ability to pay

in the first place, and reducing the value of their most significant investment would be a disservice to them and their families. The existing property tax credit has some real administrative flaws that could be addressed better and more simply through a creatively designed homestead exemption. And moving to a different source of revenue is something worth considering. Each one has consequences, some intentional and some unintentional, and we need to understand all of them before moving forward.

My focus in this legislative session is to work on this issue and to create a fair funding formula that supports a quality education system in Vermont — more details in the weeks to come.

*Charlie Kimbell is the state representative for Windsor-5, which includes Woodstock, Reading and Plymouth. Email: [ckimbell@leg.state.vt.us](mailto:ckimbell@leg.state.vt.us).*

← **Harrison:**  
from page 8

July 1. He used the opportunity to share his priorities and how they will fit into next year's budget. His focus areas include education reform, housing, public safety and affordability. The nearly \$9 billion (state and federal funds) spending plan has plenty for lawmakers to like and dislike.

His proposed budget allocates additional funding for several housing programs in addition to his call to reduce the regulatory burden for new developments. On the public safety front, he repeated the call to repeal the Raise the Age law, which increases the age allowing 19- and 20-year-olds to get charged as juveniles instead of adults. That law has been delayed the past few years.

On the affordability front, Scott took aim at several environmental laws previously enacted over his vetoes that will increase the cost of electricity and heating fuels. His administration will present proposals to either repeal or modify several climate laws in the coming week. He also proposed several tax breaks, including expanding the child tax credit to 6-year-olds, increasing the earned income tax credit for lower income families, eliminating the state income tax on veteran pensions (38 states do not tax them) and a slight increase in the income threshold to exempt social security benefits.

In the backdrop of the FY26 state budget

is a growing concern over what the new U.S. president and Congress may do with federal funding to the states. With 36% of Vermont's state revenue coming from Washington, D.C., any reduction could put additional pressure on programs and services here.

With education, Scott proposes setting aside \$77 million to bring down this year's estimated 6% average increase in property taxes as part of a transition proposal to lower the overall costs of Vermont's K-12 education.

Meanwhile, details are starting to emerge on the governor's proposed changes to our education system. A quick look at the numbers indicates that overall state spending would be lower by \$184 million from current levels once the transformation is completed. Districts could still spend more but would have to raise the funds from local taxpayers, rather than the state. A NEA spokesperson was highly critical of the spending reduction, saying it would lead to massive layoffs.

As Scott said in his inaugural speech on Jan. 10, we are all on "Team Vermont" despite our differences. It is my sincere hope that legislative leaders recognize they need to find ways to include bi-partisan input on major bills this session and help get us back on the right foot!

*Jim Harrison is the state representative for Chittenden, Killington, Mendon, and Pittsfield. He can be reached at [JHarrison@leg.state.vt.us](mailto:JHarrison@leg.state.vt.us).*

← **Ice fishing:**  
from page 8

reliable in certain areas of the state," said Thomas, the outreach director. "If you for years and years have always gone to this one area because it locks up, it doesn't mean it won't but don't just assume"

And if you're unsure?

"Call your local warden," volunteer Paul Noel of Irasburg said. After making almost a two-hour drive to get to Silver Lake, Noel showed up ready to teach beginners, excited to see those who have never ice-fished before come out and

enjoy the sport. Saturday in Barnard reached a high of 26 degrees Fahrenheit, but underneath five layers of clothes, Noel was unbothered. "There's no such thing as bad weather," he said, "only bad clothing"

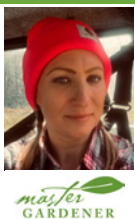
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- Landscape Construction and Installation
- Master Gardner Planning and Design
- Arborist Services



• **Gardening Tip of the Week**



Meet Advanced Master Gardener Laura Pratt. Laura combines her love for nature and her passion to always enhance the environment with designing and installing sustainable landscapes. Always keeping in mind how plants will help local wildlife as well as keep an eye appealing look. Whether you are looking to touch up a current landscape, add a completely edible landscape, or create a perennial native wild flower garden, Laura will make sure it thrives.

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COME ALIVE OUTSIDE Rutland **WINTER FEST** FEB 14-22 2025



**FRI, FEB 14**

**QUEER WORKING SPACE**  
8:00 AM – 12:00 PM | Rutland County Pride Center

**WINTERFEST KICKOFF**  
4:00 PM – 5:00 PM | Depot Park, Rutland

**VALENTINE'S DAY PUB CRAWL (21+)**  
5:00 PM – 8:00 PM | Downtown Rutland

**FREE COMMUNITY SKATE WITH CRYPTIDS**  
6:30 PM – 8:30 PM | Giorgetti Skate Arena

**SAT, FEB 15**

**SNOWMOBILE FESTIVAL**  
10:00 AM – 3:00 PM | Vermont State Fairgrounds

**JUST PLAY? NO WAY!**  
10:00 AM – 2:00 PM | Wonderfeet Kids' Museum

**TOUR AROUND THE WORLD**  
10:00 AM – 2:00 PM | Vermont Farmers Food Center

**VALENTINE'S DAY DANCE**  
6:00 PM – 9:00 PM | Wallingford Rotary Building

**REAL RUTLAND FEUD**  
7:00 PM – 9:00 PM | The Paramount Theatre

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**SUN, FEB 16**

**SNOW SCULPTING NATIONAL QUALIFIER**  
10:00 AM – 1:00 PM | Depot Park, Rutland

**CHILI COOK-OFF**  
11:00 AM – 1:00 PM | Depot Park, Rutland

**PLAY & SLAY: AN AFTERNOON OF GAMING**  
12:00 PM – 4:00 PM | Rutland County Pride Center

**TEEN VIDEO GAME NIGHT AND VALENTINE'S PARTY**  
6:00 PM – 8:00 PM | Boys and Girls Club of Rutland County

**MON, FEB 17**

**PUZZLE PALOOZA**  
2:00 PM – 4:00 PM | Godnick Center & Wallingford Rotary Building

**TEEN DINING CLUB: DARE TO TRY**  
5:00 PM – 7:00 PM (Ages 12-16) | Marble Valley Kitchen

**NERF BATTLE (AGES 13-18)**  
6:00 PM – 8:00 PM | Wonderfeet Kids' Museum

**TUES, FEB 18**

**ALL-RECOVERY MEETING**  
5:30 PM – 6:30 PM | Rutland County Pride Center

**CENTER STREET SLEDDING**  
6:00 PM – 8:00 PM | Center Street, Rutland

**WED, FEB 19**

**FAMILY YOGA**  
10:00 AM – 11:00 AM | RCPPC's 2Gen Campus

**GREAT BIGFOOT CHASE**  
11:00 AM – 1:30 PM | Starts at Rutland Free Library

**PJS AT THE PARAMOUNT**  
2:00 PM – 3:30 PM | Paramount Theatre

**WINTER WONDERLAND**  
3:00 PM – 4:00 PM | Godnick Center, Rutland

**PARTNERS**

- Boys & Girls Club of Rutland County
- Building Bright Futures
- Cairo Shriners
- Carpenter & Costin
- Casella Construction
- Casella Waste
- Chaffee Art Center
- City of Rutland
- Come Alive Outside
- Heritage Family Credit Union
- Miss Lorraine's School of Dance
- Partners for Prevention
- Rutland County Pride
- Rutland Free Library
- Rutland Parent Child Center
- Rutland Recreation and Parks Department
- Social Tinkering
- The Paramount Theatre
- Thicket Adventure
- Vermont Farmers Market
- Vermont State Fairgrounds
- Wonderfeet Kids' Museum

**THURS, FEB 20**

**HUMAN FOOSBALL**  
1:00 PM – 8:30 PM | Center Street Marketplace

**MANAGING ANXIETY FOR CAREGIVERS AND CRAFTS FOR KIDS**  
1:30 PM-4:00 PM | Rutland Free Library

**CRAFT & CHAT**  
6:00 PM – 8:00 PM | Rutland County Pride Center

**FRI, FEB 21**

**ADULT TRANS, NON-BINARY, AND GENDER NON-CONFORMING AFFINITY SPACE**  
6:00 PM – 7:00 PM | Rutland County Pride Center

**SAT, FEB 22**

**TOUR AROUND THE WORLD**  
10:00 AM – 2:00 PM | Vermont Farmers Food Center

**PLUS-SIZE CLOTHING SWAP**  
11:00 AM – 1:00 PM | Rutland Free Library

**BIGFOOT PAINT AND SIP**  
1:00 PM – 3:00 PM | Chaffee Art Center

**LITTLE ONES AND LOVED ONES DANCE**  
4:00 PM – 6:00 PM | One Church

**EVENING ADULT SNOWSHOE HIKE**  
4:30 PM – 7:30 PM | Rutland Country Club

**TEEN ICE SKATING**  
7:00 PM – 9:00 PM | Giorgetti Athletic Complex  
High School Students Only

**FREE ONGOING EVENTS**

**FREE SNOWSHOE RENTALS ALL WEEK**  
8:00 AM – 4:00 PM | Rutland Community Center

**SNOW SCULPTING VIEWING (2/14-2/16)**  
ALL DAY FRI AND SAT | Depot Park

**DOWNTOWN STORYWALK™ (2/17-22)**  
6:00 PM – 8:00 PM | Starts at Phoenix Books

For complete event information visit:

**RUTLANDWINTERFEST.COM**

@rutlandwinterfest





# SALES FOR FEBRUARY 2025

Items on sale Feb. 1-28, 2025



Visit [802spirits.com](http://802spirits.com) for locations and details.

Not responsible for typographical errors

 <b>TITO'S HANDMADE VODKA</b> 750ML SALE PRICE <b>\$19<sup>99</sup></b> SAVE \$3.00	 <b>BARR HILL GIN</b> 750ML SALE PRICE <b>\$33<sup>99</sup></b> SAVE \$4.00	 <b>PLATINUM 7X VODKA</b> 1.75L SALE PRICE <b>\$16<sup>99</sup></b> SAVE \$3.00	 <b>JAMESON IRISH WHISKEY</b> 750ML SALE PRICE <b>\$29<sup>99</sup></b> SAVE \$5.00	 <b>MAKER'S MARK BOURBON WHISKEY</b> 750ML SALE PRICE <b>\$28<sup>99</sup></b> SAVE \$3.00
 <b>GREY GOOSE ORIGINAL VODKA</b> 750ML SALE PRICE <b>\$26<sup>99</sup></b> SAVE \$3.00	 <b>JIM BEAM BOURBON</b> 1.75L SALE PRICE <b>\$29<sup>99</sup></b> SAVE \$7.00	 <b>BACARDI SUPERIOR RUM</b> 1.75L SALE PRICE <b>\$22<sup>99</sup></b> SAVE \$6.00	 <b>BULLEIT BOURBON FRONTIER WHISKEY</b> 750ML SALE PRICE <b>\$28<sup>99</sup></b> SAVE \$3.00	 <b>ABSOLUT VODKA</b> 750ML SALE PRICE <b>\$18<sup>99</sup></b> SAVE \$3.00
 <b>BLACK VELVET</b> 1.75L SALE PRICE <b>\$17<sup>99</sup></b> SAVE \$3.00	 <b>CANADIAN LTD</b> 1.75L SALE PRICE <b>\$12<sup>99</sup></b> SAVE \$3.00	 <b>HORNITOS PLATA TEQUILA</b> 750ML SALE PRICE <b>\$27<sup>99</sup></b> SAVE \$3.00	 <b>CANADIAN CLUB</b> 1.75L SALE PRICE <b>\$21<sup>99</sup></b> SAVE \$3.00	 <b>MILAGRO SILVER TEQUILA</b> 750ML SALE PRICE <b>\$31<sup>99</sup></b> SAVE \$3.00

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**RUTLAND 60 U.S. Rte. 7 (near Kinney Subaru) 773-0677**



**WORDPLAY**

VALENTINE'S DAY WORD SEARCH

Find the words hidden vertically, horizontally, diagonally and backwards

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

- |           |           |         |            |       |            |
|-----------|-----------|---------|------------|-------|------------|
| ADORE     | CANDY     | CUPID   | GIRLFRIEND | LOVE  | ROMANCE    |
| AFFECTION | CHAMPAGNE | DATE    | HEARTS     | MOVIE | ROSES      |
| BELOVED   | CHERUB    | FLOWERS | HUG        | POEM  | SWEETHEART |
| BOYFRIEND | CHOCOLATE | GIFTS   | KISS       | RED   | VALENTINE  |

**SUDOKU**

Solutions → 30

**How to Play**

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

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

Level: Intermediate

**CROSSWORD PUZZLE**

Solutions → 30

- CLUES ACROSS**
- Racquet sport group (abbr.)
  - Norse god of thunder
  - Russian industrial city
  - What's good for the \_\_\_
  - Round-ish shape
  - Baltimore MLBer
  - French modernist painter
  - Burned with water
  - Intestinal issue
  - Take the lead
  - Prove oneself worthy
  - None
  - Tax collector
  - Swiss river
  - Gymnast Raisman
  - Baby's dining accessory
  - Canadian beer distributor
  - Iconic American tourist destination
  - More expansive
  - Alert
- CLUES DOWN**
- Type of bomb
  - Polynesian island country
  - Heavenly body
  - Hard workers
  - Covered
  - Johns Hopkins Hospital founder
  - Plant of the grass family
  - Island person of the Bering Sea
  - Storehouse
  - Scarlet-flowered desert shrub
  - A pituitary hormone
  - Female sibling
  - Popular boots Doc \_\_\_
  - Showings
  - Conclusion
  - Share a common boundary
  - Shooting sport
  - Popular side dish
  - Global energy firm
  - Chronicles (abbr.)
  - Monetary unit of Afghanistan
  - Empowering
  - Space station
  - Disorder
  - State of fuss
  - Footwear for babies (abbr.)
  - Droves
  - Affirmative
  - Male parent
  - Utter obscenities
  - Type of verse
  - Unpleasant person
  - One who settles down
  - Founder of source-based history
  - A way to snarl

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		



**GUESS WHO?**

I am singer born in England on February 13, 1974. I liked performing while I was in primary school. I went on to join a popular boy band in 1990 that had many hits. My friend Elton John helped me face by substance abuse problems, and I've turned my life around.

Answer: Robbie Williams

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**WED**  
2/5

### S.E.A.T. Exercises

9-10 a.m. (Wednesdays) Godnick Adult Center, 1 Deer St., Rutland. \$6 per individual class or \$5 per class when paying for the whole month upfront. A brand-new, chair-based full body workout led by Melissa Cox. rutlandrec.com/godnick or 802-773-1853.

### Guided Snowshoe Hike

10 a.m.-12:30 p.m. Park Forest Center, Marsh-Billings-Rockefeller National Historical Park, Woodstock. Free. Join a Park Naturalist for a snowshoe hike to explore winter trails and nature's wonders. All skill levels welcome. Pre-registration required. Equipment rentals available at Woodstock Nordic Center. nps.gov/mabi/events.

### Michelob ULTRA Ski Bum Race Series

10 a.m.-2 p.m. Wednesdays through March 12. Highline ski trail, Killington Resort, Killington. \$60 per individual. Open to skiers, snowboarders, and telemark skiers ages 21+. Compete weekly for Ski Bum glory, followed by après parties with food, drink specials, and prizes from 4-6 p.m. Training course available 10 a.m.-noon. Registration required. killington.com/ski-bum-race-series.

### Active Seniors Lunch

11:30 a.m. (Wednesdays) The Lookout Tavern, 2910 Killington Road, Killington. \$5 donation towards the meal. 908-783-1050.

### Gentle & Restorative Yoga

11:30 a.m.-12:30 p.m. (Wednesdays) Wise Pines, 184 Hartland Road, Woodstock. \$15 or \$30 for three classes. Yoga class for seniors. wisepines.com/events.

### Diabetes Support Group

1-2 p.m. (Monthly, 2nd Wed.) RRMC Diabetes & Endocrinology Center, 160 Allen St., Rutland. Free. For patients managing diabetes, to discuss challenges, ask questions, and provide support. Hosted by Community Health and Rutland Regional Medical Center's Diabetes & Endocrinology Center. Contact Michele Redmond at 802-277-5327. chr.org/diabetes-support-group.

### Public Skating

2-3:40 p.m. Union Arena, 80 Amsden Way, Woodstock. Adult \$8, Youth \$6, Seniors \$5, Child under 3 Free, Super Senior (70+) Free. Skate rentals \$7 (figure or ice hockey). unionarena.net.

### Cribbage for Adults

3-5 p.m. (Wednesdays) Hartland Public Library, 135 Route 5, Hartland. Free. hartlandlibraryvt.org/calendar or 802-436-2473.

### Public Skate

3-5 p.m. Giorgetti Arena, 2 Oak St. Ext., Rutland. \$5 for city residents, \$8 for nonresidents, and \$5 skate rentals. rutlandrec.com/giorgetti.

### Bone Builders at the Chaffee

3:30-4:30 p.m. (Wednesdays) Chaffee Art Center, 16 S. Main St., Rutland. Free. Heather Wilson leads a bone-building class focused on weight training and balance exercises. chaffeeartcenter.org.

### Diabetes Support Group

5-6 p.m. (Monthly, 2nd Wednesday) Community Health Castleton, 261 Route 30, Castleton. Free. For patients managing diabetes, to discuss challenges, ask questions, and provide support. Contact Michele Redmond at 802-277-5327. chr.org/diabetes-support-group.

### Cavendish Abolitionist: The Story of Peter Tumbo

6-7:30 p.m. Cavendish Library, 573 Main St., Proctorsville. Free. A Cavendish Historical Society talk exploring the life of Peter Tumbo, a formerly enslaved man who survived the Middle Passage, fought in the Revolutionary War, and lived in Cavendish for 40 years. The event includes a discussion on the role of beads in the slave trade and a hands-on bead craft. Supported by the Cavendish Community Fund. 802-226-7807 or email margocaulfield@icloud.com.

### Texas Two-Step Dance Series

6:30-7:30 p.m. (Beginner), 7:30-8:30 p.m. (Intermediate) Artistree, 2095 Pomfret Road, South Pomfret. \$70. Four-week series through Feb. 26 teaching the fundamentals of the Texas Two-Step. Intermediate class for those with prior experience. Register at hisawyer.com/artistree/schedules/activity-set/1107845.2.6.

### Backyard Sugaring Program

6:30 p.m. Abbott Memorial Library, 15 Library St., South Pomfret. Free. Learn the basics of small-scale maple sugaring with lifelong Pomfret resident and experienced producer Vern Clifford. Includes discussion, photos, and equipment demonstration. Snow date: Feb. 13. abbottlibrary@gmail.com.

### Film Screening: 'Just Getting By'

6:30 p.m. Ludlow Town Hall Auditorium, Depot St., Ludlow. Free. Screening of "Just Getting By," a documentary exploring the challenges and resilience of low-income Vermonters, followed by a Q&A with director Bess O'Brien. Hosted by local libraries in partnership with Vermont Humanities Council as part of Vermont Reads. Attendees are encouraged to bring food donations for Black River Good Neighbors. fmlnews.org.

### Intermediate Line Dance

9:30-10:30 a.m. (Thursdays) Godnick Adult Center, 1 Deer St., Rutland. rutlandrec.com/godnick or 802-773-1853.

### Learn to Curl

10 a.m.-noon. (Tuesdays through Feb. 6) Wendell A. Barwood Arena, 45 Highland Ave., White River Junction. \$50 course fee, \$40 arena fee, \$80 membership fee. Learn the fundamentals of curling led by experienced instructors. Sessions include lectures, demonstrations, and on-ice practice. Equipment provided; participants should wear warm clothing and non-skid shoes. reg130.imperisoft.com/Dartmouth/ProgramDetail/313137363134/Registration.aspx.

### Survivors Support Group

10 a.m.-noon. (Thursdays) Godnick Adult Center, 1 Deer St., Rutland. Free. Fliers are available at the Godnick Center or call 802-775-3232. rutlandrec.com/godnick.

### Bone Builders

10 a.m. Sherburne Memorial Library, 2998 River Road, Killington. Free. Weights are provided. sherburnelibrary.org or 802-422-4323.

### Lunchtime Skate

11:30 a.m.-1 p.m. Giorgetti Arena, 2 Oak St. Ext., Rutland. Discounted admissions and skate rentals. Check site for pricing and details. rutlandrec.com/giorgetti.

### Rick Redington & Tuff Luv Record Release

Noon. Mountain Man Music, 5 Center St., Rutland. Vinyl record release event in-store with bagels provided by The Wild Fern. Separate album release events at The Wild Fern in Stockbridge on Feb. 7 & 8. Email to reserve a spot for the Wild Fern events. spreadintheluv@gmail.com.

### Chaffee: Artery

Noon. (Thursdays) Adults. Connect and create with others. \$10-\$20. Painting in all mediums welcome. No set topic or instructor, attendees will work on their individual artwork. Must pre-register. chaffeeartcenter.square.site.

### Ukelele Group

Noon-1 p.m. (Thursdays) Chaffee Art Center, 16 S. Main St., Rutland. Free. Attendees will play a collection of sheet music. All levels welcome, ages 12+. Must pre-register by Wednesday at noon. chaffeeartcenter.square.site.

### Michelob ULTRA Race World

1-3 p.m. Thursdays through March 13. Pico Mountain, 73 Alpine Dr., Killington. Refer to website for details. Weekly race series featuring individual and team competitions, followed by after-parties at the Last Run Lounge with food, prizes, and Michelob ULTRA specials. picomountain.com.

### Play Bridge!

2-4 p.m. (Thursdays) Norman Williams Public Library, 10 The Green, Woodstock. Free. Beginners are welcome to observe. normanwilliams.org or 802-457-2295.

### Backyard Sugaring Program

6:30 p.m. Abbott Memorial Library, 15 Library St., South Pomfret. Abbott Memorial Library hosts Backyard Sugaring, a program led by lifelong Pomfret resident and experienced maple sugar producer Vern Clifford. Clifford will discuss small-scale maple sugaring for beginners and those looking to improve their process, sharing techniques, equipment, and photos. Snow date: Feb. 13, 6:30 p.m. abbottlibrary@gmail.com.

### 'Just Getting By': Documentary Screening & Q&A

6:30 p.m. Ludlow Town Hall Auditorium, 37 Depot St., Ludlow. Documentary screening of "Just Getting By," directed by Bess O'Brien. The film highlights Vermonters struggling with food and housing insecurity. O'Brien will join a post-film Q&A. Free admission, supported by the Vermont Humanities Council. fmlnews.org.

### Square Dance

6:30-9 p.m. Community Meeting House, 88 Lottery Road, Shrewsbury. Donations accepted. Join the community for an evening of square dancing. All are welcome to participate. shrewsburyvt.org/calendar/event-square-dance.

### Speed Dating With Wingman Of The Year (Ages 40+)

7-9:15 p.m. Prouty's Parlor, 62 Merchants Row, Rutland. \$20. A lively speed dating event hosted by Max Emmons, co-founder of Wingman Of The Year. Includes structured mini-dates, a relaxed atmosphere, and professional matchmaking insights. Check-in starts at 6 p.m. Limited spots available; early arrival recommended. wingmanoftheyear.com.

### Stick & Puck

7:45-9:15 p.m. Giorgetti Arena, 2 Oak St. Ext., Rutland. \$5 for city residents, \$8 for nonresidents, and \$5 skate rentals. rutlandrec.com/giorgetti.

**THURS**  
2/6

**FRI**  
2/7

### Senior Café

10-11 a.m. Hartland Public Library, 153 US-5, Hartland. Free. Monthly gathering on the first Friday for unprogrammed social time with refreshments. Technical support appointments available by request. Transportation assistance may be arranged through Volunteers in Action. admin@aginginhartland.org or via@mahhc.org.

### Intro to Improv Dance

10-11:30 a.m. (Fridays through Feb. 28) Artistree, 2095 Pomfret Road, South Pomfret. \$150 for the entire class. Participants of all experience levels to explore creative self-expression through dance. The class incorporates various movement prompts, group and solo compositions, and music from diverse genres. Opportunities for reflection and somatic introspection are included. Registration required: hisawyer.com/artistree/schedules/activity-set/1111816?source=semesters.

### Bone Builders

11 a.m.-noon. (Fridays) Chaffee Art Center, 16 S. Main St., Rutland. Free. Heather Wilson leads a bone-building class that focuses on weight training and balance exercises to improve strength, balance, and bone density. chaffeeartcenter.org.

### Women's First Fridays - Wellness

11 a.m.-2 p.m. Jackson's Gore Courtyard, 77 Okemo Ridge Road, Ludlow. Join this women-focused event for a Group Ski and Ride at 11:30 a.m., followed by a yoga fitness class from 1-2 p.m. at the Spring House. A valid 24-25 Season Epic Pass or paid lift ticket is required for the ski portion. Registration required. okemo.com.

### Inside Exit Seminar: Ownership Succession

Planning  
11:30 a.m.-1 p.m. The Hub Co-Works, 67 Merchants Row, Suite 201, Rutland. \$5. Learn how to assess and prepare for internal business exit paths, including selling to family members, managers, or employees. Includes lunch from 11:30 a.m.-noon. Register in advance. thehubcoworks.com/inside-exit-seminar.

### Connections & Interconnections of Life Weekly

Group  
Noon-1 p.m. (Fridays) Chaffee Art Center, 16 So. Main St., Rutland. Free. A place to share thoughts, philosophies, spirituality, cultures, and more in a respectful way. All are welcome. Must RSVP: chaffeeartcenter.square.site.

### Stick & Puck

1:30-2:50 p.m. Union Arena, 80 Amsden Way, Woodstock. \$10 per session. Helmet required; other gear strongly recommended. unionarena.net.

## PARK AFFAIR SNOWBOARD CAMP

SATURDAY 8 A.M.-4 P.M.





← **Calendar:** Email events@mountaintimes.info.....  
from page 16

**16th Annual Vermont Adaptive VI/Blind Athlete Winter Festival**

2-8 p.m. Pico Mountain, Killington. Vermont Adaptive hosts this national festival for blind and visually impaired athletes, offering Alpine skiing, snowboarding, and snowshoeing. The weekend includes group lunches, a Friday night welcome party, and a Saturday banquet. Participants can also try Vermont Adaptive's auditory rifle system, used in Paralympic Nordic Combined competition. south@vermontadaptive.org or call 802-353-7584.

**Stick & Puck**

3-5 p.m. Giorgetti Arena, 2 Oak St. Ext., Rutland. \$5 for city residents, \$8 for nonresidents, and \$5 skate rentals. rutlandrec.com/giorgetti.

**Student Art Show Reception**

5-7 p.m. Brandon Artists Guild, 7 Center St., Brandon. Celebrate young artists at the annual Student Art Show reception featuring a variety of local student works. Refreshments will be served. brandonartistsguild.org.

**Family Movie Night: 'Beauty and the Beast'**

6-8 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. Watch Disney's 2017 live-action adaptation of "Beauty and the Beast" on the big screen. Children 12 and under must be accompanied by an adult. programs@normanwilliams.org.

**The Art of Grace Dorman**

6-8 p.m. Main Street Museum, 58 Bridge st. White River Junction. Opening exhibit of artist Grace Dorman's art. Show runs through March 28. mainstreetmuseum.org.

**Paul Asbell Jazz Quintet**

7-8:30 p.m. Artistree Community Arts Center, 2095 Pomfret Road, South Pomfret. \$30. A seasoned jazz quintet featuring musicians with national and regional acclaim, performing a diverse set of original compositions blending Blue Note-era jazz, Latin rhythms, New Orleans funk, and blues. artistreevt.org.

**SAT**  
2/8

**The Hard Mile – Saskadena Six Uphill Race**

7-9 a.m. Saskadena Six, 247 Stage Rd., Pomfret. \$20. Support Woodstock Ski Runners in this uphill race from the bottom to the top of Easy Mile. Participants can skin up and enjoy a free ski down before the resort opens. Competitive and non-competitive entries welcome. Coffee and pastries on the lodge deck post-race. Pre-registration required by Feb. 7 at noon. one.bidpal.net/s6uphill2025/welcome.

**16th Annual Vermont Adaptive VI/Blind Athlete Winter Festival**

7 a.m.-8 p.m. Pico Mountain, Killington. Vermont Adaptive hosts this national festival for blind and visually impaired athletes, offering Alpine skiing, snowboarding, and snowshoeing. The weekend includes group lunches, a Friday night welcome party, and a Saturday banquet. Participants can also try Vermont Adaptive's auditory rifle system, used in Paralympic Nordic Combined competition. south@vermontadaptive.org or call 802-353-7584.

**Park Affair Snowboard Camp**

8 a.m.-4 p.m. Killington Resort, 4763 Killington Road, Killington. A park-focused progression camp open to all snowboarders comfortable in a women-led space. Designed for all ability levels, ages 14+. For age-related questions, email mercedestortega@gmail.com. Pre-registration required. parkaffair.com/products/killington.

**Winter Group Hike**

10 a.m.-12:30 p.m. Fairgrounds Trailhead, 131 Town Farm Road, Poultney. Free. Join Slate Valley Trails for a guided winter hike led by SVT volunteers. Explore the trails, meet fellow hikers, and enjoy the beauty of winter in a group setting. slatevalleytrails.org.

**Vermont Winter Farmers Market**

10 a.m.-2 p.m. Vermont Farmers Food Center, 251 West St., Rutland. Free. Shop local produce, crafts, and goods every Saturday through May 10, 2025. vtfarmersmarket.org.

**Learn to Crochet**

11 a.m.-12:30 p.m. Green Mountain Yarn & Fiber, 715 US-4, Rutland. \$25. Monthly beginner-friendly crochet class covering basic stitches, terminology, and pattern reading. Participants will start a simple project in class. Bring a size H hook and worsted weight yarn. Preregistration required. greenmountainfibers.com.

**Rutland Railway Association & Model Club**

11 a.m.-3 p.m. 79 Depot Lane, Center Rutland. See an operating HO scale model railroad set up and displays of hundreds of rare or antique model trains, photographs, signs and more. facebook.com/p/Rutland-RailwayAssociation-100066761013097/.

**Art at the Chaffee: Drop N' Paint**

Noon-2 p.m. (Saturdays) Chaffee Art Center, 16 So. Main St., Rutland. \$25 per person, instructor help optional with a fee. All ages. Supplies and images to paint are provided. Must pre register by Friday noon at: chaffeeartcenter.org.

**Herbal Chocolate Truffle Workshop**

Noon-2 p.m. South Royalton Market, 318 S. Windsor St., South Royalton. Clinical herbalist Elspeth Sherman leads a hands-on workshop exploring the connection between the heart and emotional well-being through medicinal herbs. Participants will create heart-healthy chocolate truffles just in time for Valentine's Day. soromarket.coop.

**Learn to Knit**

1-2:30 p.m. Green Mountain Yarn & Fiber, 715 US-4, Rutland. \$25. Beginner-friendly class covering casting on, knitting, purling, and basic stitch patterns. Participants need US size 8 knitting needles and worsted weight wool yarn, available for purchase in the shop. Preregistration required. greenmountainfibers.com.

**Frida Kahlo Documentary & Food Soirée**

3 p.m. Billings Farm & Museum, 69 Old River Road, Woodstock. \$75-\$85, \$65 for members. Come celebrate the life and art of Frida Kahlo, featuring a screening of "Frida," Latin-inspired cuisine by Woodstock Inn's Chef Matthew McClure, live music by Route 5 Jive, and an interactive art experience. Attendees are encouraged to wear bold, colorful attire in Frida's signature style. Ages 21+. All proceeds benefit the Woodstock Vermont Film Series. billingsfarm.org/filmseries.

**West Coast Swing Dance Classes**

4-6 p.m. West Rutland Town Hall (upstairs), 35 Marble St., West Rutland. \$15 per class. Learn West Coast Swing with flexible registration options for individual nights or the full series. 4-5 p.m.-Teens. 5-6 p.m.-Adults. Pre-registration required. vtwestiebest@gmail.com.

**Public Skate**

4:15-5:45 p.m. Wendell A. Barwood Arena, 451 Highland Ave., White River Junction. \$5 per person; skate rentals and sharpening available for \$5 each. Season passes also available. Enjoy public skating at this family-friendly venue. hartfordvt.myrec.com.

**Sensory-Friendly Movie Night: 'Happy Feet'**

4:30-6:30 p.m. Grange Theatre, 65 Stage Rd., South Pomfret. \$10 adults, \$8 children/seniors. A sensory-friendly screening of "Happy Feet" designed for families with special needs in a relaxed, welcoming environment. Lights dimmed halfway, reduced sound levels, and freedom to move or express as needed. Guests may bring sensory items or snacks. artistreevt.org.

**Superb Owls**

5-7 p.m. Vermont Institute of Natural Sciences (VINS), 149 Natures Way, Quechee. \$10, free for VINS members. Family-friendly program featuring ambassador owls, owl-themed games, pellet dissection, and an evening owl prowl on the trails. Open to ages 4 and up. Registration required. info@vinsweb.org.

**Stick & Puck**

5:15-6:45 p.m. Giorgetti Arena, 2 Oak St. Ext., Rutland. \$5 for city residents, \$8 for nonresidents, and \$5 skate rentals. rutlandrec.com/giorgetti.

**Harry Manx Concert**

7 p.m. United Church, 129 Church St., Bethel. \$20-\$30. Royalton Community Radio and MountainFolk present Canadian blues artist Harry Manx, known for blending blues, folk, and Indian raga influences. royaltonradio.org.

**Foreigners Journey – A Tribute to Foreigner & Journey**

7 p.m. Paramount Theatre, 30 Center St., Rutland. \$30 + tax/fees. Experience the music of two legendary rock bands in one electrifying show featuring Constantine Maroulis. Expect classic hits like "Don't Stop Believin'," "Cold As Ice," and more. paramountvt.org.

**Walker Farm Music: Jim Keller Benefit for West River Sports**

7 p.m. Walker Farm, 705 Main St., Weston. Iconic guitarist Jim Keller, best known for the hit "867-5309/Jenny," performs a special benefit concert blending rock, soul, and poetic lyricism. Seated tickets sold out; floor tickets available. westontheater.org/jim-keller

**KMS Winter Gala**

7-10 p.m. K-1 Lodge (3rd floor), Killington. Celebrate 50+ years of Killington Mountain School with an evening of bidding, hors d'oeuvres, drinks, and music. Silent and live auctions support student-athletes through scholarships, coaching, and academic programs. Proceeds benefit KMS and KSC Development Program athletes. killingtonskiclub.com or killingtonmountainschool.org.



**Winterfest 2025**

7-10 p.m. Eight Oh Brew, 145 Main St., Ludlow. \$25-\$35. Enjoy an evening of live music as part of the Winter Music Series presented by Okemo Mountain School. Proceeds go towards local student-athlete financial aid and scholarships. okemomountainschool.org.

**SUN**  
2/9

**16th Annual Vermont Adaptive VI/Blind Athlete Winter Festival**

7 a.m.-5 p.m. Pico Mountain, Killington. Vermont Adaptive hosts this national festival for blind and visually impaired athletes, offering Alpine skiing, snowboarding, and snowshoeing. The weekend includes group lunches, a Friday night welcome party, and a Saturday banquet. Participants can also try Vermont Adaptive's auditory rifle system, used in Paralympic Nordic Combined competition. south@vermontadaptive.org or call 802-353-7584.

**Stick & Puck**

9:40-10:50 a.m. Union Arena, 80 Amsden Way, Woodstock. \$10 per session. Helmet required; other gear strongly recommended. unionarena.net.

**Public Skating**

11 a.m.-12:10 p.m. (Sundays) Union Arena, 80 Amsden Way, Woodstock. Adult \$8, Youth \$6, Seniors \$5, Child under 3 Free, Super Senior (70+) Free. Skate rentals \$7 (figure or ice hockey). unionarena.net.

**Annual Chocolate Auction**

11:15 a.m. First Universalist Society of Hartland, Corner of 8 Brownville Road & Route 12, Hartland Four Corners.. Annual auction featuring over 40 homemade chocolate desserts crafted by local bakers, chefs, and food establishments. Held the Sunday before Valentine's Day. Hosted by the Hartland UU Society. hartlanduu.org.

**Open Mic Poetry at Phoenix Books**

2-3 p.m. Phoenix Books, 2 Center St., Rutland. Free. Share your poetry or listen to local voices at this welcoming open mic event. Sign-ups available at the door. Hosted by Bianca Amira Zanella, a Vermont-based performance poet and artist. phoenixbooks.biz.

**Film Screening: 'Frida'**

3 p.m. Billings Farm & Museum Visitor Center Theater, 69 Old River Road, Woodstock. \$15, \$12 members. Screening of "Frida" (2024), an immersive documentary exploring the life and art of Frida Kahlo through her own words and artwork. Directed by Carla Gutiérrez. Spanish with subtitles. Rated R. billingsfarm.org/filmseries.

**Public Skate**

3:15-4:30 p.m. Wendell A. Barwood Arena, 451 Highland Ave., White River Junction. \$5 per person; skate rentals and sharpening available for \$5 each. Season passes also available. Enjoy public skating at this family-friendly venue. hartfordvt.myrec.com.

Calendar:  
from page 17

**MON**  
2/10

**Bone Builders**

10 a.m. Sherburne Memorial Library, 2998 River Road, Killington. Free. Weights are provided. sherburnelibrary.org or 802-422-4323.

**Monday Movie**

1 p.m. (Mondays) Sherburne Memorial Library, 2998 River Road, Killington. Free. Contact the library for the title. sherburnelibrary.org/movie-monday or 802-422-9765.

**Drop-in COED Hockey**

7:45-9:15 p.m. Giorgetti Arena, 2 Oak St. Ext., Rutland. \$5 for city residents, \$8 for nonresidents, and \$5 skate rentals. rutlandrec.com/giorgetti.

**TUES**  
2/11

**Learn to Curl**

10 a.m.-noon. (Tuesdays through Feb. 6) Wendell A. Barwood Arena, 45 Highland Ave., White River Junction. \$50 course fee, \$40 arena fee, \$80 membership fee. Learn the fundamentals of curling led by experienced instructors. Sessions include lectures, demonstrations, and on-ice practice. Equipment provided; participants should wear warm clothing and non-skid shoes. reg130.imperisoft.com/Dartmouth/ProgramDetail/313137363134/Registration.aspx.

**Intro to Cabochon Stone Setting**

1-4 p.m. Tuesdays through Feb. 4. CraftStudies Studio & School, 87 Maple St., Hartford, VT 05001. \$250 (for all four sessions). Learn to add gems to your jewelry in this four-session class. Beginners will complete a pair of earrings, while returning students can enhance previous projects. Includes bench time and basic materials. Registration required. craftstudies.org.

**Stick & Puck**

1:30-3 p.m. Union Arena, 80 Amsden Way, Woodstock. \$10 per session. Helmet required; other gear strongly recommended. unionarena.net.

**Handcraft Gathering**

2-4 p.m. (Monthly, 3rd Tuesday) Abbott Memorial Library, Library St., So. Pomfret. Bring your knitting, crocheting, embroidery, or mending projects. abbottmemorallibrary.org.

**Alzheimer's Support Group**

4-5 p.m., (Monthly, 2nd Tuesday) Community Health, 71 Allen St., Suite 403, Rutland. Free. A monthly meeting for Alzheimer's caregivers and family members to share experiences and support one another. The group is run by participants with hands-on experience in caregiving. chrr.org.

**Uncovering Microfiber and Microplastic Pollution in the Arctic and Antarctic**

5:30-7 p.m. Vermont Institute of Natural Sciences (VINS), 149 Natures Way, Quechee. Suggested donation: \$10. Field researcher Brooke Winslow of the Rozalia Project will discuss efforts to track and analyze microplastic pollution in the polar regions. Learn about forensic techniques used to identify pollution sources and develop actionable solutions. vinsweb.org.

**Line Dance Classes**

5:30-7:30 p.m. (Tuesdays) Bradford Methodist Church, 186 N Main St., Bradford. \$10. Easy line dancing at 5:30 p.m., perfect for novices, followed by a 6:30 p.m. beginner-level class. All ages welcome. Bring water and wear comfortable shoes. No need to register in advance. jeanbeanslinedancing@gmail.com.

**Rutland Area Toastmasters**

6-7:30 p.m. (Monthly) Courcelle Bldg, 16 North St. Ext., Rutland. Develop public speaking, listening, and leadership skills. Guests welcome. 802-775-6929. toastmasters.org.

**A Bridge Across Our Two Vermonts**

7 p.m. Jeffords Auditorium, Vermont State University Castleton, 233 South St., Castleton. Free. Will Eberle explores overcoming bias and stigma to address addiction, housing insecurity, and poverty in Vermont. A discussion on fostering health, happiness, and belonging for all Vermonters. marisa.valent@vermontstate.edu.

**'The Effect'**

Through Feb. 9. Various Times. Briggs Opera House, 5 S. Main St., White River Junction. \$20-\$45. Shaker Bridge Theatre presents "The Effect" by Lucy Prebble. This provocative play explores love, ethics, and the complexities of a clinical trial for a new antidepressant. shakerbridgetheatre.org.

**'King James'**

Jan. 29-Feb. 16. Barrette Center for the Arts, 74 Gates St., White River Junction. \$34-\$74, \$24 youth and student tickets. Rajiv Joseph's play follows superfans Matt and Shawn as they bond over LeBron James' tenure with the Cleveland Cavaliers, navigating their friendship through shared love of basketball. northernstage.org.

**Okemo Inkeepers Race Series**

Mondays, January - March, 10 a.m.-noon. Wardance slope, Okemo Mountain Resort, Ludlow. The 43rd annual race series welcomes skiers and snowboarders of all skill levels, ages 18-80, competing as teams or individuals. Enjoy a fun, competitive league with awards at season's end. Social gatherings follow on Monday evenings, 5-7 p.m., at local establishments. Contact Ken at okemoracing@gmail.com.

**Skating Lessons**

Tuesday through March 5, 5:30-6:30 p.m., and Wednesdays, through March 6, 4:20-5:20 p.m. Union Arena Community Center, 80 Amsden Way, Woodstock. Skating lessons for all abilities, including Snowplow Sam (ages 3-5), Basic Skills (ages 6+), and Pre-Free to Free Skate levels. Winter session includes participation in the Annual Ice Show on March 9. Registration and details at uaskateclub.com.

**Women's Nordic Ski Skate Clinics**

Wednesdays, 8:30-10 a.m., Fridays, 9:30-11 a.m. Woodstock Nordic Center, 14 The Green, Woodstock. \$30 per session or \$150 for six sessions. Intermediate to advanced skiers can join Olympian Tessa Westbrook to improve skate skiing technique. Sessions run through the end of the season, weather permitting. Registration at the Nordic Center lodge. woodstockinn.com.

**UPCOMING**

**White River Indie Film Festival**

Feb. 13-16, JAM - Junction Arts & Media, 5 S. Main St., White River Junction. Annual festival showcasing global indie films, documentaries, and local filmmaking talent. Events include #PitchFest, filmmaker workshops, panel discussions, and screenings exploring romance and activism. Feature films include "A Photographic Memory," "Hundreds of Beavers," "No Other Land," and "To a Land Unknown." Comedy night fundraiser and Valentine's Day party also planned. wrif.org.

**Winter Wonders Farm Camp**

Feb. 19-21, 9 a.m.-4 p.m. Billings Farm & Museum, 69 Old River Road, Woodstock. A three-day winter farm camp for ages 8-11 featuring hands-on animal care, cooking, crafts, outdoor exploration, and farm activities. Includes a guided hike, creative projects, and Festive Friday PJ Day with popcorn and a movie. Registration required. billingsfarm.org/camps-at-the-farm.

**ONGOING**

**'FACES in Harmony'**

5-7 p.m. Chaffee Art Center, 16 So. Main St., Rutland. Free. Highlights include "artwork of faces," "The Peace Train," an annual photo contest, and a community wall. Through Feb. 28. chaffeeartcenter.org.

**'The Art of Life': Exhibition**

Chaffee Art Center, 16 So. Main St., Rutland. Free. "The Art of Life" exhibit, featuring photographs and collages by Robert Black. Works by Chaffee artist members will be on display and for sale. Donations appreciated. Exhibit runs through March 1. chaffeeartcenter.org.

**Cooking Classes at Mission Farm**

Check website for classes and registration. The Kitchen at Mission Farm, 316 Mission Farm Road, Killington. Learn to cook, host an event, or teach a class in Mission Farm's open kitchen space. missionfarmkitchen.org.




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go.uvm.edu/olli-rutland

**For registration questions:**  
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# [MUSIC Scene]

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

**WED**  
2/5

**CHESTER**

6 p.m. The Pizza Stone VT – Open Mic Night

**KILLINGTON**

6 p.m. Killington Cafe & Wine Bar – Open Mic hosted by Liz Reedy

6 p.m. Rivershed – Jeremiah Strauss

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

**LUDLOW**

6 p.m. Off the Rails – Learn to Line Dance

**POULTNEY**

7 p.m. Poultney Pub – Open Mic hosted by Lobo

**QUECHEE**

6 p.m. The Public House – Kim Wilcox

**RUTLAND**

8 p.m. Center Street Alley – Full PA/Backline Open Mic hosted by Josh LaFave

**KILLINGTON**

2 p.m. K1 Base Lodge – Chris Pallutto

2 p.m. Pico's Last Run Lounge – Daniel Brown

2 p.m. Snowshed's Long Trail Pub – Duane Carleton

6 p.m. Liquid Art – Open Mic hosted by Grateful Gary

6 p.m. North Star Lodge Star Lounge – All Request Apres Ski with DJ Dave

6 p.m. Rivershed – Jeremiah Strauss & Nick Bredice

6 p.m. The Foundry – Liz Reedy

7 p.m. Pickle Barrel – Zach Nugent & Dead Set

8 p.m. Jax Food & Games – Jenny Porter & Friends

**LONDONDERRY**

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

**LUDLOW**

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

**POULTNEY**

6 p.m. Poultney Pub – Vinyl Night with Ken

**QUECHEE**

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

**RUTLAND**

8 p.m. Angler Pub – A Sound Space Open Mic hosted by Caber Wilson

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

**WOODSTOCK**

6:30 p.m. Ottauquechee Yacht Club – Rose Hip Jam

**FRI**  
2/7

**CASTLETON**

6 p.m. Blue Cat Bistro – Live Music

**KILLINGTON**

1 p.m. Bear Mountain Base Lodge – Duane Carleton

2 p.m. K1 Base Lodge – Liz Reedy and Nick Bredice

2 p.m. Snowshed's Long Trail Pub – Daniel Brown

4 p.m. The Foundry – Just Jamie

6 p.m. Rivershed – Rob Pagnano

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

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

7:30 p.m. The Foundry – Marc Edwards

8 p.m. Pickle Barrel – Royals

9 p.m. Jax Food & Games – Just Jamie

9 p.m. Wobbly Barn – Steal the Sky

**POULTNEY**

6 p.m. Poultney Pub – Mean Waltons

**QUECHEE**

5:30 p.m. Public House Pub – John Lackard

**RUTLAND**

6 p.m. Stonehedge Indoor Golf – Duane Carleton

9 p.m. Center Street Alley – Last Chair Band

**BRIDGEWATER**

**CORNERS**

4 p.m. Long Trail Brewery – Singo

**KILLINGTON**

2 p.m. K1 Base Lodge – Daniel Brown

4 p.m. Pickle Barrel – Jamie's Junk Show with special guest opener Jenny Porter & Krishna Guthrie

4 p.m. The Foundry – Aaron Audet

5:30 p.m. Killington Cafe & Wine Bar – Rick Webb

6 p.m. O'Dwyers Public House at the Summit Lodge – Rambletree

6 p.m. Rivershed – Rob Pagnano

6:30 p.m. Still on the Mountain – Liz Reedy

6:30 p.m. Wobbly Barn – Krishna Guthrie Band

7 p.m. North Star Lodge Star Lounge – James Joel

7 p.m. The Foundry – Jenny Porter

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

8 p.m. Jax Food & Games – Aaron Audet Band

9 p.m. Pickle Barrel – Royals

9 p.m. Wobbly Barn – Steal the Sky

10 p.m. Pickle Barrel Crow's Nest – Jamie's Junk Show

**LUDLOW**

9 a.m. Okemo's Sunburst Six Bubble Chair – Lift Line Dance Party with DJ Dave

11 a.m. Okemo's SouthFace Village – Super Bowl Saturday Tailgate Party with music by Sammy B

2 p.m. Okemo's Jackson Gore Courtyard – Apres Afternoon with Pete Downing

2 p.m. Okemo's The Bull – Carl Anton

**POULTNEY**

7:30 p.m. Poultney Pub – Monthly Pub Sing with Carl Anton

**QUECHEE**

5:30 p.m. Public House Pub – Blue Fox

**RANDOLPH**

7:30 p.m. The Underground Listening Room – The Funky Flats with DJ Sound Syndicate

**STOCKBRIDGE**

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

**WOODSTOCK**

6:30 p.m. Ottauquechee Yacht Club – Bobby Sheehan



**SUN**  
2/9

**KILLINGTON**

Noon. Rivershed – Brunch with Rob Pagnano

1 p.m. Pico's Last Run Lounge – Duane Carleton

2 p.m. K1 Base Lodge – Liz Reedy

6 p.m. Liquid Art – Tboneicus Jones

6 p.m. Rivershed – Trivia

6 p.m. The Foundry – Jazz Night with the Summit Pond Quartet

8 p.m. Jax Food & Games – Jenny Porter

**LUDLOW**

11 a.m. Okemo's Solitude Lift – Sunday's with Sammy B

**STOCKBRIDGE**

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

**MON**  
2/10

**KILLINGTON**

2 p.m. K1 Base Lodge – Duane Carleton

2 p.m. Snowshed's Long Trail Pub – Chris Pallutto

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

6 p.m. The Foundry – Blues Night with John Lackard

8 p.m. Jax Food & Games – Rhys Chalmers

**LONDONDERRY**

6 p.m. New American Grill – Sammy B

**LUDLOW**

8:30 p.m. The Killarney – Open Mic Night hosted by Indigenous Entertainment

**RUTLAND**

7 p.m. Angler's Pub – Trivia hosted by Sunset Entertainment

**STOCKBRIDGE**

5 p.m. Wild Fern – Bow and River

**WOODSTOCK**

6:30 p.m. Ottauquechee Yacht Club – Richard Enderlin

**TUES**  
2/11

**KILLINGTON**

6 p.m. Rivershed – Sammy B

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

**POULTNEY**

6 p.m. Poultney Pub – Bluegrass Jam

**RUTLAND**

8 p.m. Center Street Alley – EDM Night with DJ EG, DJ Sims and Sunset Dreamz

**THUR**  
2/6

**BRANDON**

5:30 p.m. Red Clover Ale Company – Open Mic hosted by Emily Nelson

**BRIDGEWATER**

**CORNERS**

5 p.m. Long Trail Brewery – Anna May

**SAT**  
2/8

**BRIDGEWATER**

8 p.m. Woolen Mill Comedy Club – Comedy Show

**BLUE FOX**

SATURDAY @ 5:30 P.M.



## Experience the magic of winter at Billings Farm's Winter Wonders Camp



WOODSTOCK—This February, children ages 8-11 can immerse themselves in the wonders of winter farm life at Billings Farm & Museum's Winter Wonders Farm Camp, running Feb. 19-21 (students are off school for winter break in most local schools), from 9 a.m. to 4 p.m.

The three-day camp offers a unique blend of hands-on farm activities, outdoor exploration, and creative projects designed to engage young learners in the rhythm of a working dairy farm during winter. Campers will experience animal care, including collecting eggs, feeding cows, learning about horse gear, and discovering how wool from Billings Farm's Southdown sheep is used.

In the Learning Kitchen, children will make homemade bread, jam, and mac and cheese using Billings Farm cheese. The program also includes seasonal crafts, such as homemade crayons and wool projects, and plenty of outdoor fun, including a guided hike in the Marsh-Billings-Rockefeller National Historical Park and winter charades.

The final day of camp, "Festive Friday PJ Day," invites campers to wear pajamas while making old-fashioned popcorn on a wood stove before enjoying a movie in the Visitor Center Theater.

For more information, visit: [billingsfarm.org/camps-at-the-farm](http://billingsfarm.org/camps-at-the-farm).

Courtesy National Park Service & Billings Farm & Museum

Children ages 8-11 will enjoy the experience of farm life at Billings Farm & Museum's Winter Wonders Camp on Feb. 19-21.

## The Hard Mile uphill race challenges skiers at Saskadena Six

Saturday, Feb. 8 at 7 a.m.—POMFRET — Skiers and riders will take on The Hard Mile, Saskadena Six's uphill race, to support the Woodstock Ski Runners Educational Fund. Participants will skin up Easy Mile, starting near the Woodstock Ski Runners Clubhouse and finishing at the Ski Patrol Hut, before enjoying a free ski down the mountain.

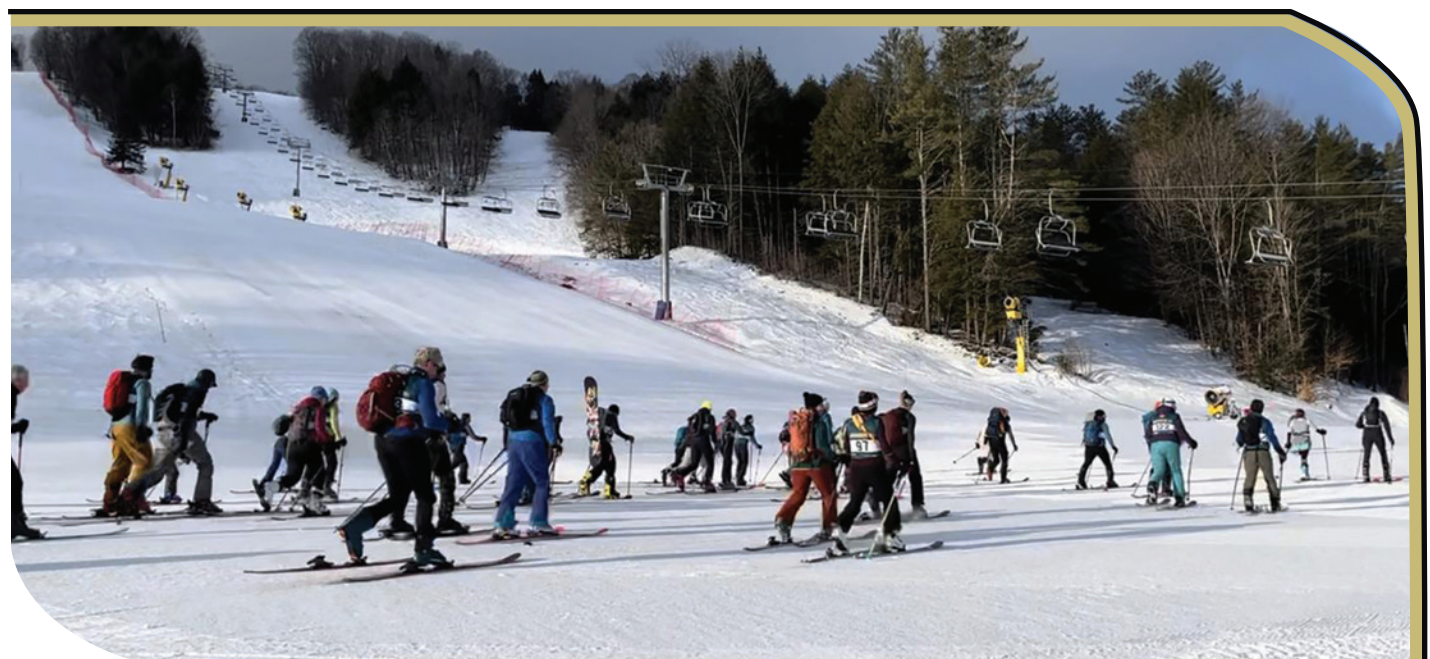
Racers can compete for time or simply enjoy the scenic uphill trek. Afterward, participants are invited to the S6 Main Lodge for coffee and pastries.

Entry: \$20 per person

Equipment: Skis with touring gear or split boards only (no snowshoes or skis without metal edges). Saskadena Six does not offer uphill equipment rentals.

Registration: Open Jan. 10 - Feb. 7 at noon; no same-day registration.

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



Skiers and riders will take The Hard Mile uphill race challenge on Feb. 8 at Saskadena Six, Stage Road, Pomfret

Submitted



By Shannon Cunniff

The White River Craft Center in Randolph will host monthly presentations by Vermont Weaver's Guild.

## Weave your way into creativity with Vermont Weavers Guild's workshops and presentations

Saturday, Feb. 8 at 10 a.m.— Whether you're a seasoned textile artist or a curious beginner looking to unravel the mysteries of weaving, the Vermont Weavers Guild has an exciting lineup of events to help expand your creative horizons. With free public presentations from nationally recognized weavers and hands-on workshops designed to elevate skills, there's no better time to get tangled up in hand weaving.

The Vermont Weavers Guild, a nonprofit dedicated to promoting the fiber arts, is hosting monthly presentations at 10 a.m. at the White River Craft Center, 50 Randolph Ave., Randolph. Those unable to attend in person can tune in live online to explore fascinating textile traditions. Upcoming topics include:

- Feb. 8 – Jennifer Moore on Textile Traditions of the Peruvian Highlands
- March 8 – Rebecca Smith on Transparent Weaving
- Apr. 12 – Nancy Gossell on Repurposing Heirloom Textiles

For those eager to put their hands to work, the guild offers multi-day workshops at the White River Craft Center, open to non-members for a registration fee. These workshops require basic loom operation skills and provide an opportunity to explore different weaving techniques:

- April 26-27: Rag Rug Weaving with Leslie Fesperman – Learn to craft durable and decorative rugs using both historic and modern materials. (\$230 for non-members, materials fee \$15, register by Feb. 27.)
- May 17-18: Transparent Weaving with Rebecca Smith – Discover the delicate art of weaving fabrics so light they seem to float. (\$280 for non-members, materials fee \$5, register by March 17.)
- Aug. 15-16: Weft Ikat Technique with Mary Zicafoose – Experiment with resist-dyeing weft threads to create intricate patterns. Thanks to a grant from Concept 2, Inc., this workshop is just \$155 for non-members.

"We hope these presentations and workshops help more people appreciate the artistry behind hand-woven textiles," said Claudia Gibson, Vermont Weavers Guild president. "The generous support from Concept 2 makes it possible for more people to learn from world-class weavers."

Looking for even more inspiration? The Vermont Weavers Guild Member Exhibition will run May 10-25 at the White River Craft Center.

The Vermont Weavers Guild, the only weaving-focused guild in Vermont, welcomes members from across the state, as well as New Hampshire, New York, and Canada. Membership benefits include early access to workshops, a lending library, and community support. First-time members can join for a discounted rate of \$30 for their first year.

For more details, visit: [vtweaversguild.org](http://vtweaversguild.org).



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# 'The Fire Inside': When an Olympic gold medal isn't enough

One of the history-making stories at the 2012 London Olympic Games was the addition of women's boxing to the competition. The United States, which had struggled for decades to win any medal in the boxing category, won the first gold medal awarded in the 75 Kg Middle Women division, thanks to 17-year-old Flint, Michigan resident Claressa Maria Shields. Shields would win a second gold medal at the 2016 games in Rio, becoming the only American boxer to win two golds in the sport.

If you haven't heard, or don't remember Shields, that tracks with the theme of "The Fire Inside," a film that came and went quickly in a "blink and you missed it" release by Amazon MGM Studios at the end of December. Shields, one of the marquis names in professional women's boxing today, didn't receive the accolades, recognition, or any of the lucrative post-Olympic endorsements some athletes receive when they return from the games adorned with gold hardware. This bio-pic on Shields' life seeks to ask and answer those questions.

"The Fire Inside," written by Oscar-winning filmmaker Barry Jenkins and directed by Oscar-nominated cinematographer and first-time director Rachel Morrison, offers most of the time-honored plot devices audiences come to know and expect in a boxing movie. Boxers typically come from rough and tumble beginnings, and Shields' road to the Olympics is not glamorous. We get the classic trainer/boxer dynamic, as Shields, played to great effect by Ryan Destiny Irons, and her trainer Jason Crutchfield (a superb Brian Tyree Henry, fresh off his Oscar-nominated performance in 2023's "Causeway") go through all the motions of a volunteer neighborhood coach who starts out not wanting to train a girl to box, but will eventually become her biggest champion and surrogate family. And Shields is the girl who's faced more adversity than any child should, channeling her anger and rage into her leading talent, her boxing abilities.

Again, we're not talking about breaking any new ground with this movie. We've seen this story dozens of times, yet as the film producers in the 1991 movie "Barton Fink" reminded the Fink, the boxing picture is a proven formula. Yes, we know what we are going to get, right down to the training montage leading up to the 2012 Olympic Games, yet the story is engaging enough to keep viewers interested. History tells us Shields wins gold, so no surprise is coming. Still, director Morrison finds ways to build up the tension, and there are some thrills in the authentic boxing sequences.

Other aspects of the film don't play out as smoothly. Morrison, the successful cinematographer of films like "Black Panther," "Mudbound," "Fruitvale Station," and "Cake," delivers a rather bland-looking movie. Shot in digital, the translation to a gritty, hand-held documentary feel falls flat. The film would have benefited from a 16mm film look or some visual style to give it a more cinematic treatment that the story calls out for and deserves.

Shields' complex home life and the struggles of her single mom aren't fleshed out enough. The film trades in a few cliched scenes of a neglectful mom, but we're never given a character with any depth. It's understandable, as this story is focused on Shields, but the edges of her story are incomplete. To rise above the standard boxing story, I'm looking for more reasons than just "It's a true story" to compel me.

The most interesting aspect of "The Fire Inside" happens in the film's third act, after Shields wins the gold medal in London. She returns to Flint, Michigan, and nothing

about her life changes. Well, it does change, but in one worse way: she's locally famous for achieving something the people in her impoverished neighborhood can only dream about, but the dream is unfulfilled. Where are the endorsements, television interviews, commercials, and lucrative marketing deals? Where is Shields' exclusive line of Nike boxing shoes? And when the U.S. Olympic Association finally comes knocking to invite her to train at their facility in Colorado, why is it their offer comes with a stipend two-thirds less than those of her male counterparts, counterparts that Shields correctly points out, may not have won anything, or may ever win a medal?

This part of the story isn't fleshed out nearly enough by the film provided, yet it is the one that raises the most interesting questions. When we live in a time in our country where three initials are under attack for ridiculous reasons, this film reminds audiences that diversity, equity, and inclusion were always three values America lagged behind. The reality for Claressa Shields was that she was a Black girl from the poorer-than-poor Flint, Michigan, excelling in a sport that, until trailblazers like herself changed the perception, was thought of as "males only." In this film, Shields discovers that she has to fight more battles than just in the ring in order to achieve the rewards she deserves. It is a fight that so many women before her, and will continue after, must fight. And judging by the early actions of the current administration, it will be a tough battle that will only be won one agonizing round at a time.

"The Fire Inside" is available to rent on-demand.



## Screens and Streams

By James Kent



Courtesy Amazon MGM Studios

## PEGTV and the Rutland Herald presents LIVE Mayoral Forum

Wednesday, February 12<sup>th</sup> at 6pm

Moderated by Rich Clark

Professor of Political Science at Vermont State University Castleton

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## Step into Frida Kahlo's world at Billings Farm's Film & Food Soirée

Saturday, Feb. 8 at 3 p.m.—WOODSTOCK—Experience the vibrant world of Frida Kahlo at the Film & Food Soirée on Saturday, February 8, at Billings Farm & Museum. The evening begins at 3 p.m. with a screening of "Frida," an Oscar-shortlisted documentary exploring the legendary Mexican artist's life, art, and legacy through lyrical animation and her own words.

Following the film, guests will indulge in a Latin-inspired culinary experience by Woodstock Inn & Resort's Executive Chef Matthew McClure. The menu will feature garbanzo bean tacos, mole-braised pork tostadas, and a Latin Mezze board with artisanal dips, cured meats, and Billings Farm cheeses. Signature Margaritas and horchata will complement the flavors.

Live music by Route 5 Jive will fill the air with the swing sounds of Django Reinhardt and Stéphane Grappelli, blended with jazz, samba, and Afro-Cuban rhythms. Guests can also take part in an interactive art experience, creating colorful paper flowers inspired by Frida's bold

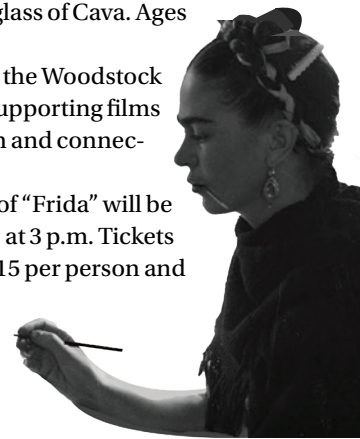
artistic spirit.

Attendees are encouraged to embrace Frida's style with bright colors, expressive patterns, and floral accessories. Tickets are \$75 in advance, \$85 at the door, and \$65 for Billings Farm members, including the film, food, and a complimentary glass of Cava. Ages 21+ only.

All proceeds benefit the Woodstock Vermont Film Series, supporting films that spark conversation and connection.

A regular screening of "Frida" will be held on Sunday, Feb. 9, at 3 p.m. Tickets for this screening are \$15 per person and \$12 for Billings Farm members.

For more information, visit: [billingsfarm.org/filmseries](http://billingsfarm.org/filmseries).



# 'Just Getting By' documentary brings food and housing insecurity to the screen in Ludlow

Thursday, Feb. 6 at 6:30 p.m.—LUDLOW—Vermonters facing food and housing insecurity take center stage in "Just Getting By," a new documentary by Bess O'Brien, screening at Ludlow Town Hall auditorium on Feb. 6. Director O'Brien will participate in a post-film Q&A.

The film provides an intimate and urgent look at the daily struggles of working families, individuals experiencing homelessness, and those relying on food shelves and temporary housing programs. It also highlights the resilience of Vermonters, including new Americans navigating the cost of living, Native communities implementing sustainable farming practices, and service providers supporting those in need.

Vermont has the fourth highest rate of homelessness in the U.S., trailing only New York, Hawaii, and Oregon, and a

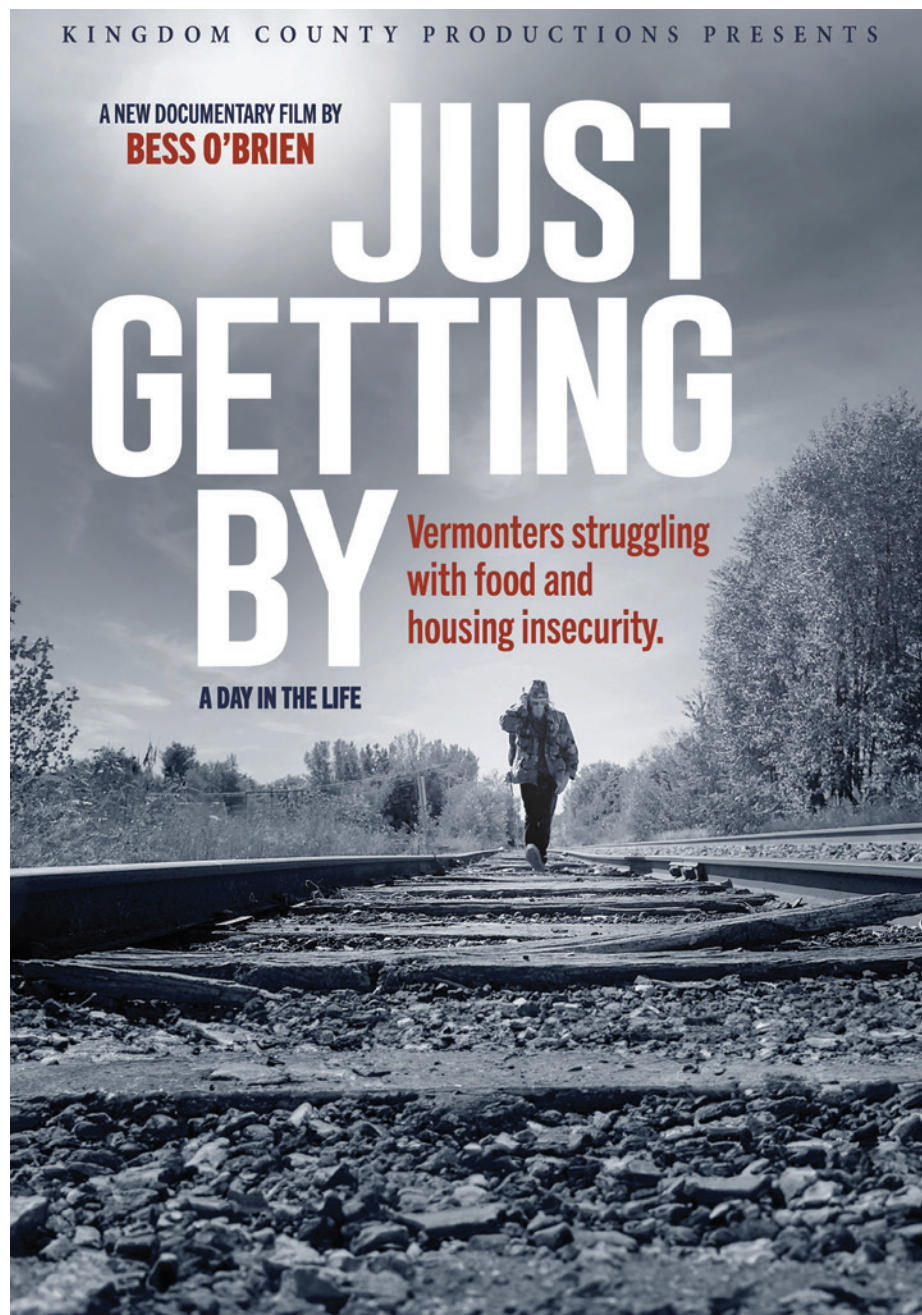
third of Vermonters struggle with food insecurity. Through personal stories and striking visuals, "Just Getting By" sheds light on these challenges while celebrating the strength of those who persevere.

O'Brien and cinematographer Patrick Kennedy filmed the documentary between 2022 and 2023. It has been touring the state, sparking important conversations about economic hardship in Vermont.

"This film captures the lives of Vermonters living paycheck to paycheck, striving to provide food and shelter for their families while demonstrating incredible resilience," said O'Brien.

The screening is free, made possible by a grant from the Vermont Humanities Council.

For more information, visit: [fmlnews.org](http://fmlnews.org).



Courtesy Kingdom County Productions

"Just Getting By" will screen at the Ludlow Town Hall auditorium on Feb. 6.



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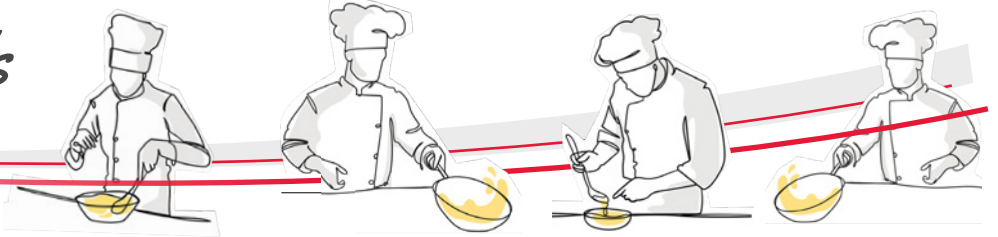
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seasoned connoisseur or a curious newcomer, our diverse selection and knowledgeable team are here to guide you. [killingtonwinebar.com](http://killingtonwinebar.com), 802.353.6423.

### killington market

### Killington Market

Take breakfast, lunch or dinner on the go at Killington Market, Killington's on-mountain grocery store for the last 30 years. Choose from breakfast sandwiches,

hand carved dinners, pizza, daily fresh hot panini, roast chicken, salad and specialty sandwiches. Vermont products, maple syrup, fresh meat and produce along with wine and beer are also for sale. [killingtonmarket.com](http://killingtonmarket.com) 802-422-7736 or 802-422-7594.



### Back Country Café

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### Inn at Long Trail

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### Liquid Art

Relax in the warm atmosphere at Liquid Art. Look for artfully served lattes from their La

Marzocco espresso machine, or if you want something stronger, try their signature cocktails. Serving breakfast, lunch and dinner, they focus on healthy fare and provide you with a delicious meal different than anything else on the mountain. [liquidartvt.com](http://liquidartvt.com), (802) 422-2787.



### Mountain Top Inn

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### Vermont Craft

Vermont Craft is a lively bar and restaurant located in the Mountain Green Resort in Killington, serving locally sourced craft beer and a range of shareable, casual foods inspired by local farms [vermontcraft.net](http://vermontcraft.net) (802) 342-5469



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they offer a Filmore salad, grilled roast beef, burgers and sandwiches. Take away available. [www.vtsugarandspice.com](http://www.vtsugarandspice.com) 802-773-7832.



### Lookout Tavern

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### SouthSide SteakHouse

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### The Grey Bonnet Inn

### Bar & Restaurant

The Grey Bonnet Inn Bar & Restaurant offers a cozy, welcoming atmosphere with a delicious menu. Enjoy a variety of hearty dishes and refreshing drinks, perfect for casual dining or a relaxing evening out after a long week. (802) 772-7262 <https://greybonnetkillington.com/>

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# Park Affair returns to Killington for a day of progression and community

Saturday, Feb. 8 at 8 a.m.—KILLINGTON—Park Affair, a snowboard progression camp rooted in community and empowerment, returns to Killington for a full day of skill-building, camaraderie, and fun. This event, designed for all ability levels, welcomes snowboarders 14+ who feel comfortable in a women-led space.

The day kicks off with check-in from 8-8:45 a.m. at Ramshead Base Lodge, followed by breakout groups from 9 a.m. - noon to focus on terrain park progression. After a lunch break at Snowshed Cafeteria, riders will continue honing their skills before the Park Jam at 3:15 p.m., show-

casing their progress in a fun and supportive environment. The day wraps up with awards at 3:45 p.m. at Ramshead.

Park Affair is more than an event—it's a movement aimed at creating an inclusive space where snowboarders feel confident and unstoppable. Beyond riding, the organization fosters mentorship, competitions, donation drives, and year-round community involvement.

Pre-registration is required.

For full event details and to sign up, visit [parkaffair.com](http://parkaffair.com). For age-related inquiries, email [mercedestortega@gmail.com](mailto:mercedestortega@gmail.com).



Courtesy Killington Resort

Park Affair, a women-led snowboard progression camp, returns to Killington on Feb. 8 for a day of coaching, camaraderie, and a Park Jam, with pre-registration required at [parkaffair.com](http://parkaffair.com).

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# February musings: love, laughter, and community connections

Happy Valentine's Day! Where would we be without friends and loved ones? Valentine's Day gives us an excuse to celebrate all of our friends and family. February is the month of love, and hopefully, we are surrounded from all directions. Love and kindness make a difference and are never wasted. Please add a random act of kindness to your to-do list this month. We also celebrate American Heart Month, National Senior Independence Month, and President's Day. Specifically, Feb. 9 is Chocolate Day, Feb. 17 is Random Acts of Kindness Day, and finally, Feb. 25 is International Sword Swallower's Day. Valentine's Day is also the one day that chocolate is not fattening!

This month, the Sherburne Library will be showing movies that are all Oscar nominees. That doesn't mean they are all noteworthy, so please Google them before you come. Check the titles on the library website.

A second ladies' night will be held on Wednesday, Feb. 12, at 6 p.m. to make laser-printed jewelry.

Stop in and take a look, as these creations are amazing.

The Volunteers will continue to meet on Tuesday afternoons. The library is the official partner of the Valentine Phantom, so that has been the focus. The group is also working on the summer theme of Color Your World. No special skills are needed! They need fabric scraps for some of the projects.

Last month, the Thoughts on Aging Group discussed Happy/Well, Sad/Sick, and Prematurely Dead.

You can figure that out. This month's discussion will focus on Finding the Joy Again. The group will meet at the library on Wednesday, Feb. 19, at p.m. All thoughts and opinions are respected, and nothing leaves the library so we can express our feelings freely.

"Gather" by Kenneth Cadow is the selection for the February meeting of the Book Club. It's the story of a young Vermont teenager facing horrendous problems. One reviewer said she usually reads very fast but had to slow down for this book, adding that the book simultaneously broke her heart but then filled it so full that she walked away happy. The book club will meet on Wednesday, Feb. 26, at 1 p.m.

I am a big tea drinker and have mentioned the benefits of drinking tea in past newsletters. I recently read about the five healthiest teas and why they are the best for our health. First, did you know that tea is the most widely consumed flavored beverage in the world? In fact, you may be overwhelmed by the options available. True teas are made from the leaves of the *Camellia sinensis* plant. Differences in color and flavor depend on how the leaves are harvested, rolled, crushed, and exposed to air before drying. So, let's talk about the five top tea choices. First, black tea has a much darker and stronger flavor when compared to green tea. That's because it goes through an oxidation process. The tea leaves are crushed and exposed to air, turning them brown and intensifying the flavor.

Types of black tea include English Breakfast, Earl Grey, Darjeeling, assam, and chai tea. Green tea leaves keep their green color because they're picked while they're young and immediately heated to prevent oxidation. This gives the tea a much milder flavor. Green tea is considered a "super" food thanks to its sky-high antioxidant content. Matcha tea is like the superhero version of green tea. Made of finely ground green tea leaves, matcha is a powder you dissolve in water. Since you're consuming the entire leaf, you get even higher amounts of antioxidants than in green tea. Oolong tea falls somewhere between green and black teas, making it a great option if black tea is too strong and green tea is too mild. Rooibos tea has many antioxidants but no caffeine. It typically has a nutty, malty, earthy, and sweet flavor. Whatever you choose, drink tea often. Many experts recommend two or three cups per day to enjoy the health benefits of lower risk of cancer, heart disease, diabetes, and cognitive decline. There's nothing better than a cup of tea in your hands with the snow coming down, the wind blowing, and a temperature below 10 degrees. Try it!

I don't cook much anymore, but I love reading recipes. I came upon one the other day that costs pennies and seems to alchemize out of nothing. It's a Depression-era pie that requires six ingredients. I cannot imagine what this tastes like, so if you try it, please give a review.

## Water Pie

- 1 ½ cups water
- 1/4 cup flour
- 1 cup sugar
- 2 tsp vanilla
- 5 T butter cut into pats
- 1 pie crust



## Directions

- Pour water into the pie crust.
- Mix sugar and flour and sprinkle over water.
- Do not stir.
- Drizzle vanilla over the pie.
- Place pats of butter on top of the mixture.
- They will float.

Bake at 400 for 30 min.

Then 375 for another 25-30 min.

As we age, we all notice changes in our physical being and our thought processes. Some call these changes signs of becoming "frail." This may not sound like a big deal because we expect these changes as an inevitable stage of aging. But frailty is an actual medical condition that might make it harder to come back from health-related setbacks as well as cause earlier mortality. It affects your independence and quality of life and makes you more susceptible to medical curve balls. How can we recognize this condition, and more importantly, how can we reverse it? First, recognize little signs like not being able to open jars or walk at a good pace. Any dip in energy, unexplained weight loss, and trouble exercising are all warning signs. Staying active in any way can lower risk, but strength training is the real MVP here. Two muscle strengthening sessions a week are recommended, plus 150 minutes of moderate exercise per week are necessary tools for reversing frailty. The third essential element in frailty prevention is balance, which prevents falls. Any adult is susceptible to becoming frail, so take notice and focus on building strength. As I read through this article, I thought about myself and the fact that I can't always open jars anymore, nor do I run up and down steps. I go slow and hang on to the railing. This really got my attention, but lucky for us, we have the perfect strength training class in Killington. Bone Builders is held every Monday and Thursday at 10 a.m. at the library. See you there!

None of us wants to end up living with our children. Virtually no one has ever said they plan on living with their children. That is why the following poem is so funny. It was sent to me on Facebook and written by Joanne Bailey Baxter.

*When I am an old lady, I'll live with each kid.  
And bring so much happiness just as they did.  
I want to pay back all the joy they've provided.  
Returning each deed! Oh they'll be so excited!  
When I'm an old lady and live with my kids  
I'll write on the walls with red, whites and blues,  
and I'll bounce on the furniture wearing my shoes.  
I'll drink from the carton and then leave it out.  
I'll stuff all the toilets and, Oh, how they'll shout!  
When I'm an old lady and live with my kids  
When they're on the phone and just out of reach  
I'll get into things like sugar and bleach.  
Oh, they'll snap their fingers and then shake their head.  
When I'm an old lady and live with my kids  
When they cook dinner and call me to eat  
I'll not eat my green beans, salad, or meat.  
I'll gag on my okra, spill milk on the table  
And when they get angry, I'll run if I'm able.  
When I'm an old lady and live with my kids  
I'll sit close to the TV, through channels, I'll click  
I'll cross both eyes and see if they stick  
I'll take off my socks and throw one away  
And play in the mud til the end of the day.  
And later in bed, I'll lay back and sigh  
I'll thank God in prayer and then close my eyes  
My kids will look down with a smile, slowly creeping  
And say with a groan, "She's so sweet when she's sleeping."*

The Little White Church is planning a takeout lasagna dinner on the day of the Town Meeting. Between 4:30 and 6 p.m. on Monday, March 3, can drive by the public safety building and pick up homemade lasagna, salad, and dessert for a \$5 donation. Signs will be placed telling you where to drive, and the takeouts will be brought to your car. All you have to do is roll down your window. Please put this on your calendars, as the donations help the church spread the good word throughout our community by helping those in need. Also, remember that the food pantry is open to anyone. Remember, we all need a little help every once in a while.

Happy Valentine's Day! Enjoy the month and all the good things that come your way, including all the chocolate you can eat.

The very best,  
Gerrie



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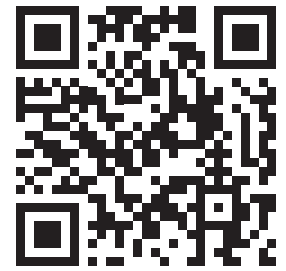
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# DOWNTOWN RUTLAND VERMONT



## Wonderfeet Kids Museum

Wonderfeet Kids' Museum fosters curiosity and exploration, inspires creativity, and ignites the imagination of every child through the power of play. Inside the museum, you will find the brand-new 13-foot-tall Green Mountain Power robot. Kids can even go inside the robot and view the museum from a periscope out of its head! Area businesses generously supported the museum with new, fun exhibits, such as the opportunity to play as the driver of a Casella Waste Systems Recycling Truck. In the Mountain Playground, sponsored by Killington

Resort, children and families can explore the beauty of Vermont's mountain landscape through the seasons. Other exhibits include a Farm, Farmer's Market, Train & Depot, Diner, Credit Union, Bandstand, Wonder in the Woods, and "Jr. Mint." The Jr. Mint experience gives kids the opportunity to create with a variety of media. This space was designed with their partner, The MINT - Rutland's Makerspace.

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Shandi Marie- Brand Photographer



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Solutions From page 15

### Crossword

A	T	P								T	H	O	R												
T	U	L	A							G	O	O	S	E											
O	V	A	L							O	R	I	O	L	E										
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### Sudoku

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

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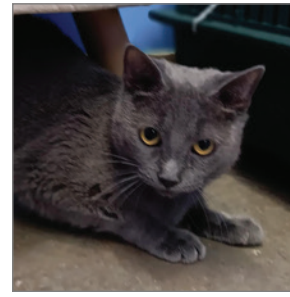
# Rutland County Humane Society



Sponge—7½-year-old. Neutered male. Domestic shorthair.



Chicken—9-month-old. Neutered male. Domestic shorthair.



Sweet Potato—1-year-old. Spayed female. Domestic shorthair.



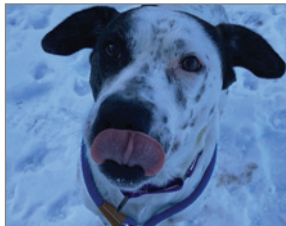
Brody—2-year-old. Male. Lab mix.



Monopoly—2-year-old. Spayed female. Domestic shorthair.



Cauliflower—2-year-old. Neutered male. Domestic shorthair.



Mila—2.5-year-old. Female. Pit bull mix.

**Rutland County Humane Society**  
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Tues. - Sat. 11 a.m. - 4 p.m.  
Closed Sun. & Mon. • www.rchsvt.org

**BAILEY**

Bailey—5-year-old. Female. Terrier mix.

**TYRONE**

Tyrone—2-year-old. Neutered male. Hound mix.



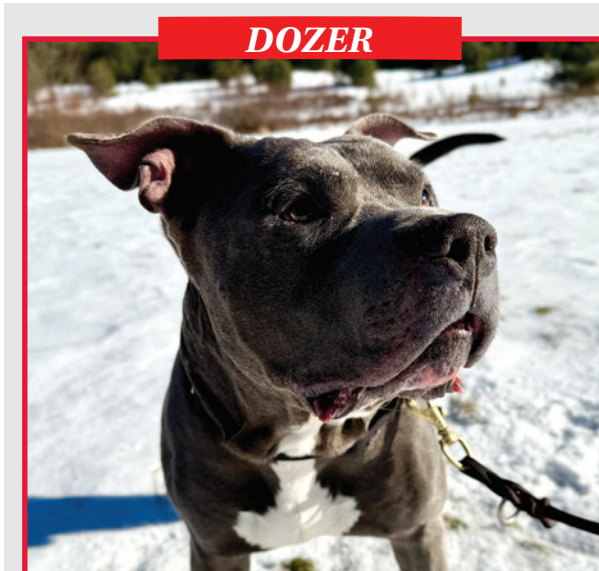
Maggie—2.5-year-old. Spayed female. Pit bull.



Ham—2-year-old. Neutered male. Domestic shorthair.



Piggy—2-year-old. Female. Pit bull.



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\*Open by appointment only. spfldhumane.org

# Cosmic Catalogue

 **Aries**  
March 21 - April 20

Throughout 2025, you're going to have to make some personal choices. On the one hand, you're going to feel like those decisions are impossible to make. On the other hand, life will demand that you make them. What to do? This week, at least, start considering what you want. What are you willing to compromise on, and what are you willing to fight for?

 **Leo**  
July 21 - August 20

Your sense of adventure will be activated this week, thanks to Venus. The question is, do you need to book a ticket and go somewhere? Are you hungry for knowledge, wisdom, and the need to know? It could also be both! Whatever you've been holding off on, now is the time to go full steam ahead. A desire has been put in your heart for you to chase it, not deny it and hope it goes away.

 **Sagittarius**  
November 21 - December 20

Life is too short not to enjoy it more than you may have been. There will always be another chore or task to take care of. That said, how often do you get a spontaneous opportunity to do something that's infused with joy, laughter, or even a bit of romance? If you do not have enough of these things in your life, then it really is time to start adjusting accordingly. Little moves made now could morph into significant ones later.

 **Taurus**  
April 21 - May 20

If you've been cruising for a while, enjoying life, and drinking sweet moments, that's good for you! You've earned it. Remember, though, that the energy will starkly contrast this week. If you need time alone or discover that you're no longer available for what you have been, that's OK. Time to recharge your batteries will help you make better choices that serve you now and in the months to come.

 **Virgo**  
August 21 - September 20

When you let lose the need to know, then you're able to really make a move. As Jupiter begins to move forward in your Career sector once again, you need to start embracing opportunities for your advancement. You don't have to have all the information or things to be in perfect alignment. Have a bit of faith and trust that the Universe has your back because it does. Start saying yes to life because it's already saying yes to you!

 **Capricorn**  
December 21 - January 20

Sometimes, you have to put your ambitions on hold and find joy in other areas of life. This week and for some time to come, it will be your domestic scene where you'll need to focus your attention. You could start by sprucing up your living space. Start making it prettier and create an environment that you prefer to be in. Little things done now will create a firm foundation for your future.

 **Gemini**  
May 21 - June 20

Fortune favors the brave. You'll get an extended opportunity to be exactly that – brave. This may mean fighting for what's right within a friendship group or community online, in real life, or both. When those around you know what you stand for, you'll naturally attract your tribe. Sure, you've got the gift of the jab and can chat with anyone, but the question is, do you want to? Choose your people carefully—quality counts.

 **Libra**  
September 21 - October 20

Your patron planet, Venus, moves into your Relationship Zone this week. If you want something from someone, let it be known! When you show up confidently, even if that means being more direct than you're used to, your special someone can meet your needs. Love is a delicate balance of chasing and attracting. Figure out the balance that works for you. You'll have some time to get this right but do get started.

 **Aquarius**  
January 21 - February 20

Life has been a bit heavy for you these past few months. As a result, you may have lost touch with the little things that bring you a sense of joy, peace, and harmony. Give some thought to the little rituals or things you like to do for yourself that restore you. Is it reading? Daily exercise? A little time alone? Whatever it is, carve time out of your day to make it happen. It will do wonders for you.

 **Cancer**  
June 21 - July 20

The longer you spend sharpening your axe, the quicker you'll chop down the tree. The question is, in which area of your life do you need to be swinging the axe? Sure, you've got a few personal issues you're working on to develop your confidence, but you're getting there. It may now be time to start aiming the axe in everything related to your life direction and professional path. Work on attracting, rather than chasing, what you need work-wise and in life.

 **Scorpio**  
October 21 - November 20

Life really isn't so much about the big events, though they are important. True joy, happiness, and a truly alive spirit are about seeing joy and appreciation in the little things. This may be in the thankless tasks or the tasks you'd prefer not to do. It matters not who you are; we all have things in life we don't enjoy doing. Decide to enjoy them anyway, and you'll be amazed by how much happier you will feel.

 **Pisces**  
February 21 - March 20

In order to get the abundance you desire, you have to not only go out there and chase it. You also have to create the right conditions in order to receive them. This week and next, start working on your desires and what you want to attract into your life. Your mission is to be so certain about what you want. Keep your eye on the prize, and soon enough, the prize will arrive.

## Warrior or sheep?

If you don't stand for something, you'll fall for anything. Do you know what you stand for, or are you following the crowd? Safety in numbers. It's easy to be a sheep. Not everyone is a warrior. Though how do you know unless you find out?

Alas! A warrior, like it or not, is what you're being called to be. It will take blood. It will take sweat. It will take tears. It will take knowing what you want and stopping at nothing until you get it.

The time for reflection, reassessing, or changing your tactic will come later. For now, it's about breaking new territory, conquering, and winning—whatever the price.

This week will introduce us to the energy of later this year, the next few years, and beyond.

If you feel an urgency or surge of energy you didn't feel before, then you're right on track.

The key to getting everything you've ever wanted begins with the chase.

Even if you don't know the outcome, you most certainly know what it will be if you don't even make a move.



Cosmic Catalogue  
By Cassandra Tyndall



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

## Northeastern hawks soaring through winter



### The Outside Story

By Susan Shea

Driving on Vermont's Interstate highways in winter, I often notice large hawks perched in trees on woodland edges at regular intervals along the road. With the stark landscape providing better visibility and many bird species gone for the winter, this is a great time of year to hawk-watch.

The raptor I see most along the highway has a white breast with a band of dark brown streaks across the belly, a brown back, and a reddish tail. This is a red-tailed hawk, North America's most common hawk. Some species of hawks that breed in northern New England migrate south for the winter, but most red-tailed hawks remain and are joined by others from Canada. I frequently see red-tailed hawks soaring above open areas. They turn slow circles on broad, rounded wings, with their tail feathers fanned out, and occasionally emit a

piercing *kreer*. Red-tailed hawks belong to the genus *Buteo* and are often referred to simply as *buteos*; all hawks in this group share this distinctive flight silhouette. From the sky, they scan for prey with keen eyesight until they spot an unsuspecting rodent, then suddenly swoop down to grab it in their talons. They also hunt from high perches, such as trees along highways. These raptors prey on mice, voles, rabbits, squirrels, waterfowl, and other birds. They prefer open country interspersed with woods. In winter, the Champlain Valley and parts of the Connecticut River Valley are hotspots for them.

Another hawk that can be spotted in open areas is the American kestrel (pictured below), North America's smallest falcon. Males have a rusty back and tail, a slate-blue head and wings, and a falcon's pointed wings and long tail, while females are just rufous. Look for a small hawk perched on a utility pole or wire or hovering over a field, flapping its wings. In summer, kestrels consume many grasshoppers and other insects but prey solely on small rodents and birds in winter. They will stash surplus kills in shrubs and tree hollows for future meals. Kestrels favor open areas such as fields, pastures, and parks. They are common in the Champlain Valley in winter. According to the North American Breeding Bird Survey, kestrel populations have decreased by 53% over the last 50 years. Declines are likely due to the cutting of dead trees they use for nesting, the loss of insect prey due to pesticides, and farming practices that remove trees and brush, making rodents scarce.

Some hawk species hunt other birds and visit feeders in winter, hoping to catch a tasty meal. One is the sharp-shinned hawk, our smallest accipiter. Raptors in this genus have short, broad wings and long tails, enabling them to fly through the woods at high speeds in pursuit of prey. Adult sharp-shinned hawks have a gray back, orange horizontal bars across the breast, and a banded tail. Although they breed in dense forests, in winter, they frequent woodland edges, fields, and suburban backyards with feeders where it's easier to spot songbirds and mice. The

Cooper's hawk, a medium-sized accipiter, also visits bird feeders in winter. Very similar in appearance to the sharp-shinned hawk, it can take on larger prey such as pigeons, doves, and squirrels.

While snowshoeing or skiing in the forest, if you're lucky, you may glimpse an American goshawk, our largest accipiter. This uncommon and secretive bird of prey has a gray back, streaked breast, and a white stripe over its orange eyes. The goshawk hunts larger prey than our two other accipiters do, such as rabbits and grouse. In summer, goshawks are known to defend their nests fiercely. With the mate making a racket nearby, I was once dive-bombed by a goshawk when I unwittingly got too close to a nest while hiking.

In some winters, it's possible to see an arctic hawk called the rough-legged hawk in northern New England.

Another species of *Buteo*, these hawks move south, seeking open habitats similar to the northern tundra, such as farm fields and airports. This raptor has narrow wings, a long tail, and a large head. The dense feathering on its legs, an adaptation to cold, gives the rough-legged its name. The plumage of this species varies in pattern and color.

While driving, gazing at your backyard feeder, or walking outdoors this winter, look for these skilled hunters and masters of flight.

*Susan Shea is a naturalist, writer, and conservationist based 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 New Hampshire Charitable Foundation: nhcf.org.*



## Valentines Day from yesteryear

Valentine's Day is right around the corner. In today's world it's a holiday filled with romance and love as shown through flowers, candy and a special dinner.

However, the origin of this day does not have romance associated with it. According to history it began as Saint Valentine's Day and was added to the Catholic liturgical calendar in 500 AD. It was in commemoration of three martyred saints who were all named either Valentine or Valentinus. If you stretch your imagination a little you may find that one of the Valentines did have a slight connection to love. He was a priest who performed weddings for soldiers who were forbidden to marry. It was felt that married men did not make good soldiers. Saint Valentine did not believe in that theory. He wore a ring with Cupid on it so soldiers would recognize him. There were no Valentine Day greeting cards back then but Saint Valentine handed out paper hearts to remind Christians of their love for God.



Fast forward to modern times and most of us had our first connection to Valentine's Day at school. In the early grades at Christ the King School every student brought Valentine cards for their classmates. I remember the cards came in large packets and we put each student's name on a card and signed it. They went into a big box in the classroom. There were sweet treats in the afternoon so we probably came home pretty "hyped up!"

For me Valentine's Day always involved cake as my father's birthday was on that day. Between home and school there was a lot of celebrating!

Back in yesteryear if adults wanted to give their sweetheart some special candy they probably paid a visit to Cinderella's Sweets. It was located on the corner of Center Street and Wales Street. Candy was made fresh in the store. If you were walking by you could look in the window from the Wales Street side and watch the process. I remember that all the workers wore white from head to toe.

While researching the history of the store I found a Rutland Historical Society Quarterly publication written by Dave Zsido. He spent some time working there as an assistant candy maker in the early '60s. Thanks to Dave I learned many details about the store.

The owner of Cinderella Sweets was Nicholas Stergos. He opened the store in 1931. If you were a person who liked tradition you could get your sweetheart some

delicious Valentine candy there for 40 years until it closed in 1971.

Some of the candy options offered were: soft cream candy, thin mints in a variety of flavors, French truffles and fudge. Nicholas' companion, Helen King, was a fixture in the store. She was in charge of the hand dipped chocolates.

Another place to get candy was Fanny Farmer, which was located at the opposite end of Center Street on the corner of Merchants Row. The company began in Rochester, New York, in 1919. It started appearing in the Rutland City Directory in 1942. By the late '60s the store had moved across the street to the Rutland Shopping Plaza. It was still at this location when the final directory was printed in 1986. However, I don't know the year when the store closed.

If someone wanted to express their love through flowers where could they shop for them? Unlike the candy stores the flower shops were not located downtown. In fact they were scattered throughout various parts of the city. Hunt's Flowers was located at 127-131 Church St. The proprietor was Lawrence E. Hunt. Dick's Flowers at 72 Park St. was another option for obtaining Valentine flowers. It was owned by Dick Chevalier. This address is presently the home of Garland's Park Place Florist. Another option back in the '50s was Courcelle Flowers located at 12 Evergreen Ave. with Enos Courcelle as proprietor.

Moving into the '70s new options became available for flowers. Evelyn's Florist on North Main Street and Flower Fashions on Cottage Street were popular places. Since Cottage Street is just off the major downtown section it was a handy spot for workers to select Valentine flowers on their way home.

I may have missed some of the florists but just those mentioned shows that stores offering flowers outnumbered the candy stores back in the day. Of course, if you came home with both flowers and candy your loved one was most likely a very happy recipient!

With Valentine's Day just around the corner choose your favorite spot to shop for flowers and candy. Some day you will look back and remember the stores that had a role in making someone very happy!

Wishing you a Happy Valentines Day on February 14th!



### Looking Back

By Mary Ellen Shaw





## Look, up in the sky!

It's been almost one year since my family traveled to Vail for a ski vacation. I have a brother who lives in Denver, so we like to visit annually. While we're there, we take advantage of the looming Rocky Mountains and the fun they offer.

After a couple of days in the Mile High City, we rented a car and headed into the backcountry. Thankfully, the snow was plentiful, and Vail's iconic village was in the full swing of winter.

The hotel we stayed at had a wonderful spa, a large fitness center, and expansive rooms, but the real appeal was the gigantic pub/lounge where several large stone fireplaces added ambiance and warmth. With the addition of a nightly musician and a tasty cocktail, it was the perfect way to end a physically grueling day on the slopes.

Our plan during that trip was to ski three of the four days we were there (we always like to allow a one-day break to recoup and visit somewhere in the surrounding vicinity). The first two days were epic, with perfect conditions and accommodating weather. However, rain on the third day kept us off the slopes. On the evening of the third night, frigid temperatures turned the afternoon rain into ice. When we awoke on the fourth morning, the conditions didn't look appealing, but we still ventured out.

I'm a snowboarder, while my wife and son prefer to ski. Although we try to stay together through most of the day, I inevitably ride at a different pace and end up journeying on my own. Not to mention, I'm not interested in black diamonds, which they view as fun and challenging. Ultimately, I'm a cruiser, and when the music is floating through my ears while carving long, wavy turns, I'm absolutely in my happy place.

As soon as we got on the lift and were on our way up the mountain, I noticed the daylight glistening intensely off the trails, signaling icy conditions that, at least for me, are not conducive to enjoyable snowboarding. When we reached the top, I was especially cautious getting off the lift for fear of wiping out.

I navigated the start just fine, but as soon as we approached the main slopes, I knew the conditions were going to prove troublesome. Yet, instead of playing it safe and backing off, I ventured forth. Halfway down the mountain, after navigating the iciest conditions I've ever been in, I looked at my wife and son and told them to go ahead. I was going painfully slow, and I knew they were getting annoyed.

Now, keep in mind I've been snowboarding for 30 years. And while I'm no pro, I'm very competent. The fact is, I've wiped out enough in my career to know that I'd rather be safe and slow than having to make a trip to the local emergency room.

And yet, as careful and exacting as I was, I still managed to injure myself.

The fall happened on an especially icy turn. I wasn't going fast; in fact, I was barely moving. But as I glided over a patch of glare ice that I overlooked, my board kicked out, causing me to fall backward. Normally, this would have been a laughable tumble, but on this occasion, I inadvertently put my left arm out behind me and slammed down on it with all my weight.

Instantly, I knew I was in trouble. The pain was immediate and intense. I lay on the ground staring at the sky, hoping the worst hadn't just happened.

I've had many injuries throughout my sporting life, but thankfully, I've never needed surgery. But while I lay wincing in pain, I had a feeling all of that was about to change. Eventually, I got myself up (not without a significant struggle) and made my way down the mountain, where I informed my wife of my predicament.

I've been told I'm an idiot for never going to the doctor, but my self-diagnosis was that I tore my rotator cuff. I've spent the last year struggling to heal from this injury while instituting my own physical therapy. Luckily for me, I've made a substantial recovery, but I think my days of snowboarding may be drawing to a close.

This week's feature, "Super/Man: The Christopher Reeve Story," is a heartbreaking but uplifting documentary about an unknown actor who catapulted onto the world stage playing the most iconic of superheroes and then suffered the most tragic of all injuries.

Most people are familiar with the horrible tragedy suffered by Christopher Reeve. The actor, athlete, and family man was thrown by a horse and suffered a critical spinal injury confining him to a life of immobility. And yet, he still found a way to make a difference in the world around him.

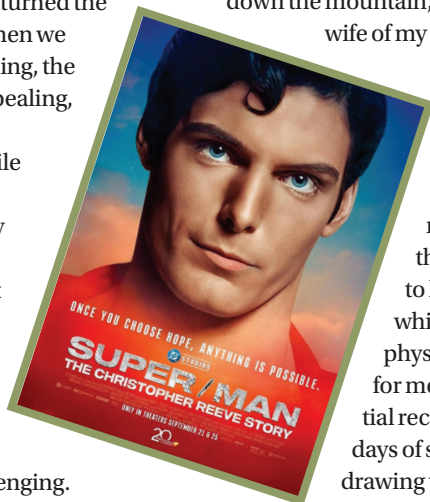
If you're looking for an inspirational story, this one tops the charts. Just be prepared to have your heart tugged in countless directions.

A heroic "A-" for "Super/Man: The Christopher Reeve Story," now available to stream on Amazon Prime Video.

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



## Farewell to the Skyeship

As we came through the mid-station the other day, the lifty handed us a sticker and asked if we would put it on the cabin for him. Not really paying attention, we took the sticker and looked down. The sticker announced the final days of the Skyeship. That 1990s art gallery in the sky is being replaced (well, the cabins anyway), and even though this had been announced with the transfer of ownership, that sticker made it really hit home.

Now, don't get me wrong. If you ride the Skyeship directly after riding the K-1, you realize pretty quickly how rickety those 32-year-old cabins have become. And how loud. But if you remember when they were first installed, how exciting and safe they were after having to sprint to get on the original gondola.

I was a young teenager when the Skyeship first went in, with all the pomp and circumstance that S-K-I and the 1990s could bring. Those zany-looking ski sweaters of the time complimented the crazy artwork that broke up the peacefulness of the mountains. These cabins didn't blend in — they screamed for attention—especially the four super fancy ones with leather seats and metal circling the cabin. You remember, the ones that rich folks were supposed to rent for the day if you only wanted to ride the Skyeship and have perfect timing to get to your cabin again? Remember how gross those cabins were when they had the heaters running? The sweat that would be dripping, frozen, off the top of the cabins—Oh man, they would smell so bad that you almost wanted to throw up. But you couldn't because you were too busy covering your ears from the piped-in radio static (we didn't have internet music back then). They were supposed to have a radio, but there was no service over there, and all that we ever got was static and a bunch of steam. Hey, innovation means trying crazy, weird things, right?

The Skyeship still had some of that OG Gondola magic. The length of the first section has seen some legendary action by more of us than would care to admit. The Highship was voted one of the best places to smoke weed in High Times Magazine, and it's been party to some great albeit long conversations. Instead of putting your roach in the little seat hole of the old cabin, you just left it on the ledge. And more than a few people have gotten off at the mid-station only to walk right back around to get back on.

But the artwork has stood the test of time—that crazy, super 1990s artwork. I still get excited when I get my favorite cabin and bummed when we just miss it. I love the joy it brings me when it comes by as I am skiing. What am I going to do when I cannot yell "Slinky!" at the top of my lungs and start

bouncing up & down like one of my little athletes?

I mean, I will miss them all and the joy of screaming random made-up names for all the cabins except Green Machine. After 32 years, I still haven't come up with a new name for that one. There's the KROM gondola, which I use to teach my young athletes about the god of the snowmakers. The Killington gondola, of course. Or the skier or the snowboarder. The butterfly. I wonder if anyone could actually name all 45 designs.

Have you seen the Bear Attack gondola? Or the Death Star Cabin? How about the TapeWorm gondola or the Throw Up Cabin? Do you know the names of the four people naked in the Hot Tub Cabin? There were so many rumors, but I always decided it was the original Killington Kids enjoying their peace after retirement. There's the sun and the fly on the bullseye. There's the barbed wire and the "Pres Smith's tax returns" one. Do you remember the molten silver gondola, I always thought that one was so cool. And purple, so that automatically made it popular for me. There's the fish gondola, which makes absolutely no sense at a ski resort. But there it was.

Each and every cabin is unique and awesome. Although two of the slinky cabins are pretty close together on the line right now. Coaching 5- and 6-year-olds, we spend most of the entire Skyeship ride yelling out crazy new names for these art pieces...and, most importantly, looking at art. The combination of art and nature has been stunning over the years — and hasn't lost its magic. I know the art of S. Lee, Russell Jacques, George Snyder, Rolf Knie, Raymond Yu, and Yankel Ginzburg better than I do Van Gogh or Rembrandt.

The Skyeship has been a part of the Killington experience for 32 years and was even an exhibit at the Whitney Museum of American Art. Will Killington repeat this greatness? Probably not, and for so many reasons, not the least of which is financial. But can we mourn the passing of this beautiful tribute to the 1990s while still looking forward? Absolutely.



**Living the Dream**  
By Merisa Sherman



Courtesy Behance

The Killington Skyeship gondola will be retired after this season.



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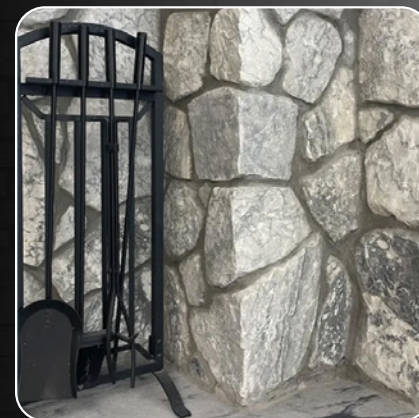
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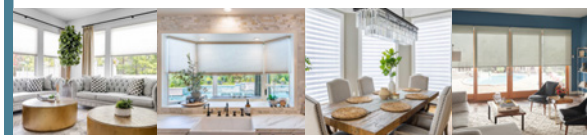
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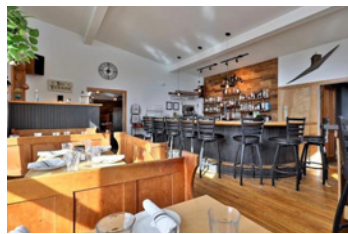


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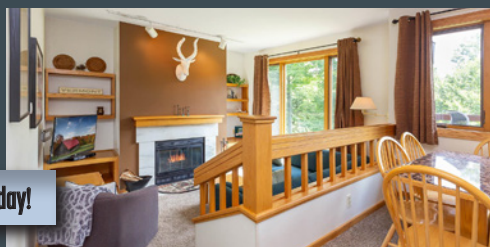
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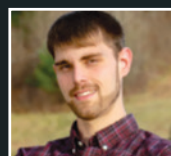
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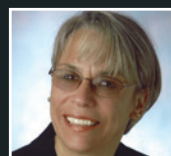
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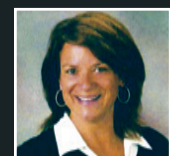
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# Planning a new garden bed this winter

By Deborah J. Benoit

The middle of winter, with snow covering brick-hard, frozen ground, may seem like an odd time to plan a new garden bed, but it's the best time. If you make decisions now, you'll be ready when the weather warms and the ground is workable.

Putting in a new garden bed takes a lot of effort, and nothing is as frustrating as forgetting something you'll need to proceed. Taking the time now to consider what you want to do will also give you the time to determine what supplies you'll need to make the project a success.

After you've done a bit of mid-winter daydreaming and maybe made a wish list of plants you want in your garden this year, it's time to plan. Look at the available space in your yard and select a spot.

Keep in mind not only the amount of sunlight your new garden bed will receive but also how far it is from a water source. At least until plants are established, you'll want to be sure they are well watered, which could mean toting water.

Taking measurements and using graph paper will enable you to draw your new bed to scale, but even a rough sketch with estimated measurements can provide a head start on garden renovations when spring arrives.

Will you be planting in the ground? If you plan to build a raised bed, determine the materials needed and the amount of soil mix to fill it. Make sure you have the necessary tools at hand.

If the area is currently lawn or weeds, how do you plan to clear it? You could dig up what's growing there. You could cover it with newspaper or cardboard and mulch using a sheet mulching technique (see <https://go.uvm.edu/spring-garden>), or you could smother it with

a tarp (see <https://go.uvm.edu/garden-tarping>).

Will you want to fence in the area to keep unwanted critters away from the plants? Now is a great time to check options, compare prices, and find pre-season bargains.

If you haven't already, decide what you want to grow. Will the bed be decorative or productive? Will it be for flowers, vegetables, annuals, or perennials? If your chosen plants will need support (such as tomato cages or a trellis), check out available options.

If you haven't already done so, make a plant wish list. Browse through seed catalogs and garden books. Select plants that will thrive in the new bed's growing conditions. Have fun considering the possibilities.

With your wish list in hand, choose plants that will fit the location, such as available light, height, and size. Keep in mind the amount of space the mature plant will occupy. Place taller plants to the rear or north side of the bed so they don't block light from shorter plants.

Get out that pencil and paper, maybe a packet of colored markers, and make a rough sketch of the garden bed. Start placing plants in your sketch using a simple symbol. Rearrange or replace plants as your design evolves. You've got plenty of time to make your final choices.

On a lazy Sunday afternoon when the weather outside is less than welcoming, grab a garden catalog or hop online to peruse seed and plant sources for inspiration. Get to work planning a new garden bed. When spring arrives, you'll have plans in hand, ready to go.

*Deborah J. Benoit is a UVM Extension Master Gardener from North Adams, Massachusetts, part of the Bennington County Chapter. [master.gardener@uvm.edu](mailto:master.gardener@uvm.edu).*



Submitted

*Winter is the perfect time to plan a new garden bed, ensuring you're ready to dig in when spring arrives.*



By Ksenia Chernaya/Pexels

*Sketching out a new garden bed on paper will make design and plant placement easy when it comes time to plant this spring.*

## Freedom: from page 10

reproductive liberty, protects privacy, and makes Vermont a more just and equitable state. Trump's first days in office serve as ample reminder that our elected representatives must urgently prioritize these initiatives.

Third, we need to recognize that court challenges and state policy reforms, though essential, are not by themselves sufficient. Now and for the long-term, we must come together, assert our Vermont values and rights, and protect our most vulnerable neighbors.

Part of that work requires access to good information. People should look to trusted messengers for the latest on the evolving legal and policy landscape — groups like ACLU, Planned Parenthood, Migrant Justice — and it is always a good time to know your rights. In particular, ACLU is encouraging everyone to understand their rights and the rights of their neighbors with respect to ICE and Border Patrol, and the

ACLU has materials translated into many languages, as well as videos.

Part of that work — looking out for one another — may require people to report civil rights concerns, including racial profiling by federal, state or private actors. Depending on the nature of the incident, there are several groups and state agencies that collect that information, including the Vermont Attorney General's office.

Finally, at a time when the Trump administration is trying to scare our communities into submission, it's imperative that Vermont leaders push back against his bullying tactics and assert our values loudly and proudly.

Attorney General Charity Clark should be commended for challenging the birthright citizenship order and refuting the Trump administration's baseless threats towards sanctuary jurisdictions.

But Vermonters also need to consistently hear from the governor, the General Assembly and other state leaders that attacks on our community members will not be tolerated. Vermonters need to know our leaders have our backs and will do everything in their power to defend the rights of all of us.

We are now on the defensive, protecting the basic rights and freedoms that are rightfully ours, and the road ahead will be long and difficult. And yet, in this moment of fear and confusion, we must remember that some things remain unchanged: our existing constitutional and state civil rights protections; the importance of quality, reliable information; and the need for strong state leadership and community-based solidarity.

Most importantly and also unchanged is our commitment to the Vermont values of "Freedom and Unity," and to the rights and dignity of all of our neighbors.



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