

# MOUNTAIN TIMES

Vol. 51, No. 11

The best things in life are **FREE!** I flatter myself.

March 15-21, 2023



## SAINT PATRICK'S DAY IS MARCH 17

Celebrate Friday and the luck of the Irish may rub off on you!



## FIRST DAY OF SPRING

Despite the recent snowstorm, spring will be here (officially) Monday, March 20. It's also known as the Vernal Equinox where the Earth's axis is vertical creating equal amount of daylight and darkness at all latitudes.



Courtesy U.S. Ski & Snowboard

## SHIFFRIN IS NOW THE WINNINGEST WORLD CUP ALPINE SKIER OF ALL TIME

Mikaela Shiffrin, 28, officially broke the alpine World Cup record on March 11 by scoring her 87th win (5 of them were at Killington!) Shiffrin surpassed Swedish alpine racer Ingemar Stenmark's record of 86 wins, which he had held since 1989. Earlier this year Shiffrin surpassed Lindsey Vonn's record of 82 wins, the female record.

## Killington awarded maximum CRRP grant of \$1 million

Money will help fund new municipal water system

### Staff report

Governor Phil Scott and the Agency of Commerce and Community Development (ACCD) announced the first round of approved grant applications for projects that spur economic recovery through the Community Recovery and Revitalization Program (CRRP) on Tuesday, March 14.

Killington received the maximum award of \$1 million for the "creation of a municipal water supply system and transmission to include the Valley Wells, well house, pump station, storage tank(s), and all transmission mains from the wells to the storage tank(s)... the transmission main from the storage tank to the Six Peaks Village and continuing to along Killington Road to its intersection with Ravine Road. This project will also require land acquisition and easements."

Awards were not to exceed the lesser

of \$1,000,000 or 20% of total project cost, according to the Community Recovery and Revitalization Program Report written by the Dept. of Economic Development (DED). The program aims to strengthen communities across the state by reversing the harm caused by the Covid-19 pandemic through assistance with capital investments that will help businesses, nonprofits, and municipalities to recover, retain existing jobs, and grow the economy.

The state approved 31 projects through an inter-agency committee, resulting in a total award amount of \$10,328,196 which is expected to support \$153,515,054 in total project costs. The 31 projects are expected to support 354 existing jobs and enable the creation of 205 new jobs, 79 new affordable

Grants → 16



Submitted

## Floating on clouds of powder!

Skiers and riders were treated to another big dumping of snow Monday night through Tuesday with over a foot recorded as of press time. Be safe out there and **don't get lost**, Killington Search and Rescue off duty until further notice. See story page 7.



By Curt Peterson

Bullock-Prado displayed a cake, cupcakes at the library event.

## Pastry chef Gesine Bullock-Prado delighted Woodstock crowd

By Curt Peterson

Gesine Bullock-Prado's book signing at the Norman Williams Library on March 11 had a crowd laughing and reliving all the stories and baking advice she shared.

A capacity audience heard Mary King interview the famous, energetic, humorous 53-year-old cook, pastry chef, TV celebrity and teacher. As a bonus, attendees were provided samples of cupcakes and a cake baked by the author.

The book, her fifth, is called, "My Vermont Table - Recipes for all (Six) Seasons." The photos, all taken by her husband Ray Prado.

Bullock-Prado, the sister of actress Sandra Bullock, told the story of how she began cooking. Her mother was German with vegan leanings and, "her cooking was very 'cabbage-forward'."

As a child she loved the story of Hansel and Gretel. "But I thought, instead of children, why doesn't the witch eat that wonderful house?" Bullock-Prado said.

"The first thing I cooked was goulash," she said. A wood-fired pizza oven brought an epiphany — "Then the mantra became 'cheese, cheese, and more cheese, and beer, beer, and more beer.' I am very 'cheese-forward' and 'bread-forward.'"

She left the legal profession because food inspired more passion. Bullock-Prado came to Vermont from Hollywood in Pastry chef → 2

## 'The medical community failed us' Teen launches business to raise mental health awareness after losing friends to suicide, mom seeks help

By Katy Savage

On the surface, Eli McDermott seemed happy. The 18-year-old had just graduated from Carrabassett Valley Academy in Maine and was a rising snowboard star. He was just about to attend college in Utah.

"I definitely thought he was well loved, he was well taken care of," his mother, Jennifer McDermott, said. "He had a world of opportunity to explore and create and live."

But it wasn't enough.

McDermott committed suicide on April 8, 2021, two weeks before his 19th birthday.

Now, his mom is speaking out against the lack of resources.

"I really, really feel the medical community failed us," she said.

McDermott grew up in Wells, Vermont with his older brother, Wyatt, and younger sister, Addison. He spent a lot of time at Killington Resort, where his father worked at the ski school. He started snowboarding at age 7.

"Once we put him on a board he just took off," Jennifer said. "He loved it. He adored it. He lived for snowboarding."

McDermott attended an academy for snowboarding and frequently traveled for contests. He mostly competed in slopestyle — a combination of rails and jumps.

"He basically played in the park," she said.

McDermott made it to the U.S. Revolution Tour and Junior World Championships in 2019.

Looking back, Jennifer said there were some warning signs the year before he died.

He was good, but not good enough to be a full-time professional snowboarder.

"He realized he wasn't going to be able to accomplish what he wanted to accomplish," Jennifer said.

His mother noticed his highs and lows.

When he learned a new trick, he felt better, but a week or two later, he felt low.

Suicide awareness → 4

## \$3.9M grant will help Housing Trust redevelop Columbian Avenue Apartments

The Housing Trust of Rutland County received a \$3.9 million grant from the Vermont Housing and Conservation Board for the redevelopment of the Columbian Avenue apartments and adjacent lots to create East Creek Commons. This grant is the first secured funding for the project bud-

get of \$11.2 million.

The project will include a complete renovation of nine units at 194-198 Columbian Avenue. The adjacent properties are currently under option and include a gut renovation of 200 Columbian Ave. with expansion on two now vacant lots, 202-208 Columbia Avenue, creating

an additional 14 units.

East Creek Commons will also feature common indoor and outdoor spaces including a designated area for children with a bike track and playset. The project will also clean up environmental hazards on the adjacent land, creating safe affordable housing for residents.



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# Woodstock Village voters to decide on eliminating auditors

Staff report

Woodstock Village residents will vote to eliminate two elected auditor positions at the annual meeting March 21 and hire a public accountant or auditing firm to review finances.

"We've had a hard time finding people who want to run to be elected auditors," Town Manager Eric Duffy said.

One auditor position is vacant and the other position, filled by Steven Stuntz, is up this year. Despite the elected positions, the Village has long employed an outside firm. This year's audit was conducted by Mudgett Jennett & Krogh-Wisner,

P.C. in Montpelier for around \$15,000. The elected auditor then reviews the work.

"It's kind of doubling the work by reading what the auditors already put together," Duffy said. "It's a position that doesn't need to exist going forward."

Under Vermont law, auditors are required to adjust the accounts, report their findings in writing and distribute them to legal voters at least 10 days prior to the annual meeting.

Trustee member Jeff Khan admitted the Village audit report was "late this year." It wasn't done in time for the annual report and still

wasn't done as of March 13, according to Khan.

The proposed \$1,463,235.28 budget, of which \$630,841.65 is to be raised by taxes, is up about 5% over the previous year's budget.

Khan said wages are up for police and administrative staff.

"With what inflation's done this past year, we're below that," Khan said.

Seton McIlory, who served as chair of the Trustees, and William Corson are both running for reelection with no challengers.

Voting will be held by Australian ballot from 7 a.m. to 7 p.m. on March 21 at the Town Hall.



Submitted

Rutland South Rotary has donated dictionaries for 20 years.

## Rutland South Rotary donates dictionaries to third graders

The magic number is 276. Rutland South Rotary Club's Project Dictionary recently donated 276 dictionaries to third graders at Rutland Intermediate School, Proctor Elementary, Rutland Town School, Clarendon Elementary, Rutland Area Christian School, Barstow, and Christ the King. Rotarians visited these schools, distributed the dictionaries, and engaged with the students. Supporting childhood literacy is one of Rutland South's top priorities, and has participated in Project Dictionary for over 20 years.



Courtesy Rutland South Rotary

Third graders at Rutland Intermediate School hold dictionaries.



Submitted

Chef Gesine Bullock-Prado

## ← Pastry chef: from page 1

2004 and operated the very popular Gesine Confectionery in Montpelier for some years. She now has a baking school in Hartford called Sugar Glider Kitchen and teaches classes at King Arthur Flour in Norwich.

"Anyone can make any recipe work, if they are able to grieve, and able to be patient," she said. "One has to start by thinking, 'This might be fun, and if I screw up, I might learn something'"

Recommendations, shared with humor and energy, included using "starch water" from cooking potatoes, for example for prescribed water; having modern appliances, baking with perforated mats and "flimsy" pie tins, letting your dough "relax," having a "cake spatula" and always using unsalted butter.

She is a well-known author of five food-oriented books, including a memoir.

Mary Schroeder and Stephanie Chase, visitors from Nashua, said hearing Bullock-Prado's stories and tips on baking and how to overcome fear in the kitchen were well worth the trip.

One book-purchaser, nodding toward Prado, asked Gesine, "Why doesn't your husband weigh 350 pounds?"



# KILLINGTON FORWARD PASSES

## WHAT'S NEXT?

**APRIL 21 IS THE ESTIMATED DATE FOR GREAT GULF CLOSING WITH SP LAND. AFTER WHICH GREAT GULF WILL GIVE THE TOWN THE "GREEN LIGHT" FOR THE BUILDOUT OF PHASE 1 WATER AND ROAD INFRASTRUTURE — PROJECTED TO TAKE 18-24 MONTHS TO COMPLETE.**

*The town will also move forward with Phase 1B (blasting the hill from Anthony Way to Route 4 to lower grade and installing the dry water line).*

- Town will close on new town hall building on Route 4 (PO building) in April, then plan for renovations (the move won't likely take place until late summer 2023)
- Watch for additional announcements about grant funding awards
- Details on workforce specific housing options, opportunities and restrictions will be determined, more specific site planning will begin

To learn more about plans to move Killington Forward visit [www.killingtontown.com](http://www.killingtontown.com) or use the QR code to the right.



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## MOUNTAIN TIMES

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

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Submitted

Pippa Scott 16, is selling "Ride for Eli" sweatshirts to remember her friend, Eli McDermott, who committed suicide in April 2021. It's part of her new business, Ride for Mental Health.

## ← Suicide awareness:

from page 1

"He started to have a lot of pressure and anxiety," Jennifer said. "We assumed that it had a lot to do with being a high level competing athlete. He was getting higher up there and he had a lot of competition."

Covid hit during McDermott's senior year of high school. Competitions were canceled and McDermott moved back home to Vermont.

He was taking a gap year from college due to Covid and planned to move back West in the fall for college.

"He was super nervous about that," his mother said.

McDermott was placed on antidepressants. He had appointments with a therapist, but "Honestly, he was bad at keeping those," Jennifer said.

Still, nothing about his behavior seriously worried Jennifer. "He just seemed to be anxious and nervous," she said.

McDermott had started producing snowboard videos. He seemed happy.

"He was always smiling. He was always happy," Jennifer said. "He made everyone else happy and laugh. He was a light to a lot of people."

Just before he died on Feb. 24, 2021, he placed 18th in the U.S. Open competition at Aspen Mountain Ski Area in slopestyle and 17th in big air on Feb. 26, 2021.

Then, in March 2021, he "basically had a breakdown," Jennifer said. He and his older brother Wyatt, who was 20 at the time, were on a rock climbing trip in Utah with some friends when Wyatt called his mom and said, "Mom, you have to bring (Eli) home," she remembered.

When McDermott came back to Vermont, there was no help available. It took two weeks to get an appointment with his primary care doctor, who immediately referred him to the emergency room. McDermott stayed in the hospital for less than 24 hours before he was released. Five days later, he committed suicide.

"There are not enough providers out there," Jennifer said. "That's an overall general problem that everybody is facing, all

around is facing."

Jennifer compared her son's mental illness to her diagnosis of breast cancer in 2019. Jennifer noticed a lump and had surgery immediately after seeing her doctor.

"There was follow through because it was something that could be seen," she said. "It was a physical ailment that could be acknowledged. Eli had something more dangerous than cancer and it was not dealt with."

### Stats show rise of mental health problems among teens, low resources

McDermott's not alone. The Centers for Disease Control and Prevention published survey results in March 2022 that showed 53% of teens reported they were "persistently sad or hopeless," and about 26% saying they had seriously contemplated suicide.

In October 2021, the American Academy of Pediatrics and other organizations declared a national emergency in child and adolescent mental health, saying children were experiencing "soaring rates of depression, anxiety, trauma, loneliness, and suicidality that will have lasting impacts on them, their families, and their communities."

Vermont launched a 9-8-8 Suicide and Crisis Lifeline in July 2022 to connect those experiencing emotional distress with counselors who are trained to treat and address suicidality.

Part of the problem is that the state doesn't have enough beds or staff. Brattleboro Retreat, which has experienced financial woes, is the only hospital in the state with psychiatric beds for children and adults.

The Vermont Department of Mental Health has sought to add more psychiatric beds and put out a call to health organizations. The University of Vermont Medical Center responded with an ambitious plan to open a 40-bed unit, before backing out due to financial reasons.

### Lingering questions

Jennifer is still trying to piece together what happened to her son.

"There was no note, nothing," she said.

"We don't know what the final straw was. I don't know if there was any defining movement. It was a cumulation of feeling bad about life."

The day he died, McDermott went to work with his father. He had just visited friends days before.

"Nobody realized anything was wrong," Jennifer said.

Jennifer remembers her son walked out of the house on a Thursday around 6 p.m. He didn't come back that evening.

"We searched for him for a bit and figured he went out to clear his head," Jennifer said.

The next morning, he still wasn't home, but the family wasn't concerned because they realized his sleeping bag was gone.

"We were thinking for that first 12 hours that he walked out into the woods and took a breather, connected with nature, slept," Jennifer said.

McDermott still wasn't home Friday evening. That's when they started searching for him. Jennifer's husband called the crisis hotline.

"He wasn't answering phone calls. He didn't have a car, wallet or anything," she said.

Vermont State Police issued a missing person's report on Saturday. Jennifer's cousins found McDermott in the woods the next day. He hanged himself close to home.

"He was well loved. He wasn't a kid that should have ever happened to," Jennifer said.

McDermott was adventurous and outgoing. He liked to play tricks on other people to make them laugh. He also liked to bake.

"He was renowned for his breakfast french toast cut up with bananas on it," Jennifer said. "He was always smiling. Inside he wasn't."

McDermott's death shocked his peers.

"He was a huge part of the snowboard community," said Pippa Scott, 16, who was one of McDermott's best friends. "I think that it really showed us that we really had to check in on one another."

Pippa heard about McDermott's death from her snowboard coach. She didn't know how to react. "There was no emotion. I remember my initial reaction being in denial," she said.

Pippa grew up in Boston and has been attending Killington Mountain School since she was in seventh grade, where she's now a sophomore student.

McDermott was one of three friends she lost to suicide within three years. All of them were competitive male snowboarders in their teens.

"They were all male snowboarders competing in pretty much the same competitions and they all died," Pippa said.

On the outside, all of them seemed fine.

"I didn't know they were struggling," she said. "I think that's why mental health became such a big thing for me because no one was having conversations about mental health so no one was talking about struggling."

### Ride for Mental Health

Pippa Scott wanted to have deeper conversations with her friends. She launched a business in January called Ride for Mental Health where she sells sweatshirts commemorating her friends. She's pledged all her proceeds toward mental health awareness. So far, she's raised \$3,960.

"I kept talking to people around me and it didn't seem like there was really room in our sport to talk about such heavy topics," she said. "It was more like surface

level connections, even though we're such a tight-knit community."

Next month, she plans to sell her sweatshirts at the National Championships in Colorado to raise mental health awareness.

Following McDermott's death, she said people have started opening up more.

"No one's life is simple and easy," she said. "That was my one goal to see if I can help at least one person," she said.

Pippa regularly talks to Jennifer about her efforts to raise awareness.

"Mental health is still stigmatized and it shouldn't be," Jennifer said.



## Devon Neary promotes pride of place

Director of Rutland Regional Planning Commission lives his passion for Rutland, shares his vision with others

It was in March of last year that Devon Neary first contacted me, with a thank-you note on Facebook, in response to an op-ed I had written about the accomplishments of the region's emerging leaders. At the time, Neary was a Rutland City alderman and a transportation planner for the Rutland Regional Planning Commission (RRPC).

Neary's note was so earnest, the antithesis of a bureaucrat's tortuous "talking points," that I was compelled to learn more about him. When he was named executive director of RRPC in July 2022, succeeding Ed Bove, everyone seemed to cheer the choice.

From observing Neary's work, and in speaking with those who appreciate his vision and leadership style, I quickly learned why: Devon Neary is an authentically enthusiastic community leader, a pragmatic public servant dedicated to helping the Rutland region thrive for decades to come.

Neary's love for all things Rutland seems to have no bounds. As he told me in a recent interview, "I am the poster child for young folks who might be considering a move to Rutland, a place where they can make good friends, and start a family."

At its core, the Rutland Regional Planning Commission provides the essential resources our region needs to make smart decisions — about land use, economic development, technology, energy, transportation, and emergency management. In a recent interview, Devon Neary augmented that summary.

"We are the steady straight-moving ship," Neary said. He added, "We are the regional glue that connects our municipalities, no matter what changes or personal dynamics might occur. We do the work, but we make it very reflective of the values of the individual communities we serve, because that's more effective for long term sustainable growth," he clarified.

Former longstanding Project Vision chair Joe Kraus, whom Neary considers a mentor and role model, had this to say about Neary: "Devon has a big heart and a wisdom beyond his years. When I wonder where our world is heading, I think of Devon and others like him, and I know that we will be fine."

When I asked Neary how he would "pitch" the Rutland region to a visitor who might be skeptical about relocating here, he replied with his customary positivity — but also with candor.

"Yes, there are challenges, but opportunities abound here," Neary began, "and the RRPC is leading community-based planning efforts that highlight our towns' unique cultural, historical and recreational assets, all of which contribute to our high



**For the Greater Good**  
**By Liz DiMarco Weinmann**



*Devon Neary*

quality of life."

To that point, Neary is justifiably proud of several emerging RRPC programs. They include a municipal energy resilience program, which will fund energy efficiency and weatherization for local and municipal buildings, and a department of environmental conservation, to improve the health of Vermont's rivers and lakes.

An avid outdoorsman, Neary especially enjoys biking and skiing. His training in environmental law (Neary has a master's from Vermont Law and Graduate School) reflects his personal pursuits as well as his professional policy focus.

"I've always been drawn to the natural world," Neary explained. "My work enables me to facilitate generational protection, so that others can have the opportunity to appreciate the natural wonders of Vermont for decades to come."

For people who like to exercise by walking, running, and hiking, as well as biking, RRPC is working with the Vermont Agency of Transportation on a bicycle and pedestrian initiative, to create safe, accessible and walkable downtowns and village centers.

Rutland Town resident Paul Gallo, who has been driving the completion of an extensive bike/walking path that includes a large area near Rutland Recreation Center, applauds Neary's efforts.

"Devon Neary is very dialed in on the needs and wants of the next couple of generations," said Gallo, "especially those who will choose Vermont as their go-to destination for clean air, natural beauty, and outdoor recreation."

Considering all the good that RRPC does for the Rutland region, Neary concedes that the organization needs to do a better job of promoting its accomplishments.

"We are in the initial stages of updating our strategic plan for the region," Neary explained. "We're using a variety of forums to inform and engage as many people as possible in the process, including under-represented people in underrepresented places," he added.

Over the past eight months since he took the helm at RRPC, Neary has added several newcomers to augment the organization's talents. Of his recruitment and mentoring style, Neary says, "It's all about the people. I have learned to hire and develop the per

Neary → 16



# Article 5

## Move Killington Forward

# THANK YOU

## KPAA Board of Directors

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## GUEST EDITORIAL

# A carbon bomb in our Green Mountain National Forest?

By Howard Jennings

*Editor's note: Howard Jennings, a Bristol resident, is the former research director of Mobility Lab, a transportation think tank in Virginia. He is now working with Save Public Forests, a collective effort of scientists, researchers, ecologists and individuals from many organizations, united in researching and promoting realistic modern-day solutions to climate change, forest degradation and the biodiversity crisis.*

I believe that the staff at the Green Mountain National Forest (GMNF) are good, well-meaning professionals who care deeply about our forest, but that they are locked into outdated science and policies in a 2006 Forest Plan that works directly against efforts to mitigate climate change.

I am part of Save Public Forests (savepublicforests.org).

The Telephone Gap logging will remove at least 446,000 metric tons of carbon from the GMNF — equal to the annual emissions of 354,300 cars.

org), a Vermont and Massachusetts coalition of scientists, ecologists, foresters, and other citizens dedicated to contemporary, science-based solutions to the climate and biodiversity crises worsened by forest degradation. We want you to know what's at stake, and to propose a new forestry paradigm for the U.S. Forest Service (USFS) to consider.

A proposal has been recently released by our GMNF called the Telephone Gap Integrated Resource Project south and east of Brandon, which includes logging 11,800 acres of mostly old and mature forest, an area larger than the city of Burlington. Most of the stands are 80-160 years old, already sequestering vast amounts of carbon and continuously taking up and storing tens of thousands more tons each year.

Cutting them is a huge problem. We conservatively calculate that the Telephone Gap logging will remove at least 446,000 Mt (metric tons) of carbon from the GMNF. For comparison: 446,000 Mt of carbon is equal to the annual emissions of 354,300 cars, 1.6 times the total number of registered passenger vehicles in Vermont (221,936 as of 2021). Or 1.6 times the emissions from the McNeil Biomass Power Plant, Vermont's largest point source of carbon emissions (about 340,684 Mt in 2022).

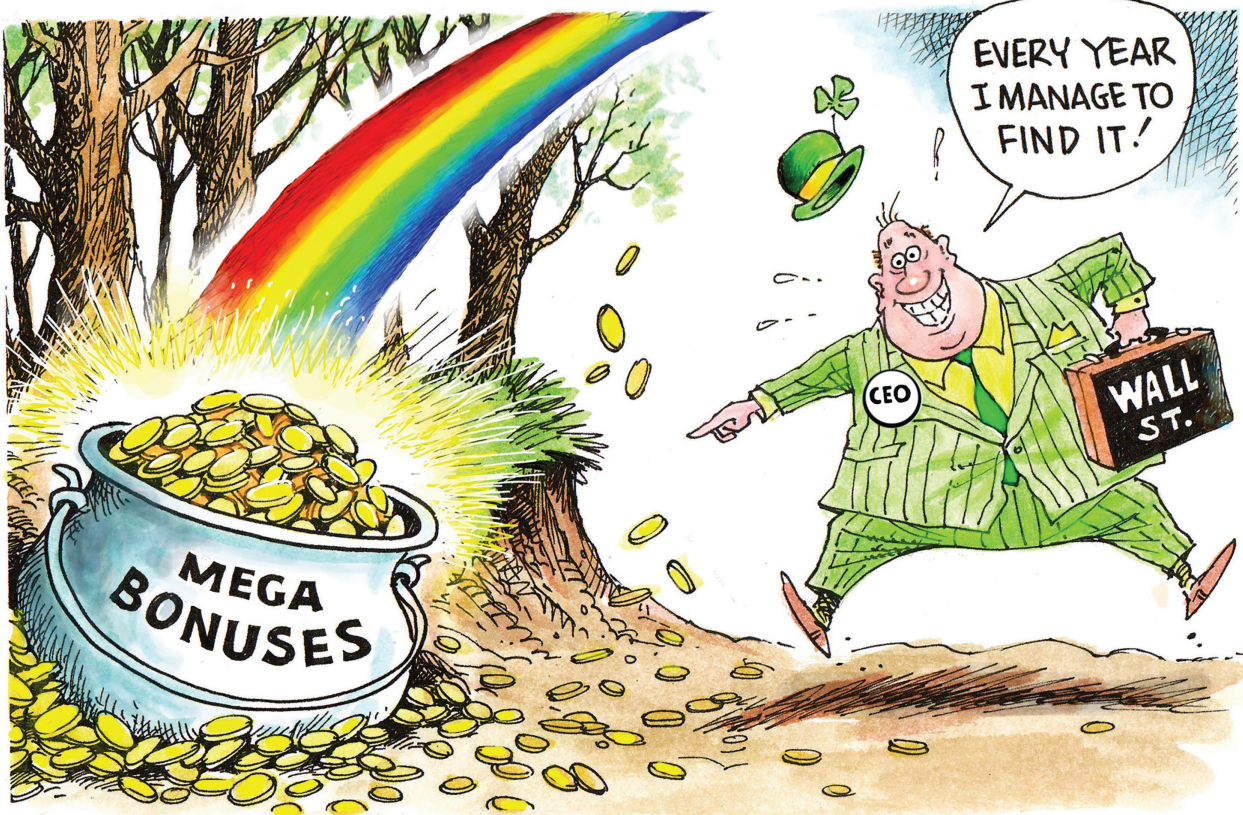
When the trees are cut, some of the wood will make it into durable wood products, but, based on recent sales, much will go for pulp and biomass burning that result in release of CO<sub>2</sub>. Considering that and the additional emissions from logging activity and processing, the Telephone Gap "carbon bomb" will release an enormous amount of stored carbon that will take decades to recapture. A global climate solution cannot wait that long.

## A new paradigm

Here's the urgency, and it is personal to us all. The International Panel on Climate Change (IPCC) tells us that we may reach the tipping point of 2.7 degrees F. above the pre-industrial baseline as early as 2030 to 2040. The Global Carbon Budget Tracker report of 2022 reinforces that, saying we only have nine years left before we reach the tipping point. The IPCC says mass starvation, forced immigration of a hundred million people, and global economic instability are virtually inevitable beyond 2.7 degrees.

Today we are at 2 degrees, and we are seeing almost daily accounts of climate disasters here and abroad causing billions of dollars of damage and untold misery. It is easy to see

Telephone Gap → 19



CEOs and pots of gold by Dave Granlund, PoliticalCartoons

## LETTERS

## Please save our books

Dear Editor,

The citizens of Castleton, along with students, faculty and staff of Castleton University, are taking action. We held a book read-in Monday, March 6, to show support for retaining print books at the Vermont State University libraries.

The read-in began on the Calvin Coolidge Library steps at 5:30 p.m. and everyone was asked to bring a print book to read. With books in hand, we walked through campus to the Jeffords Center to welcome Castleton residents as they arrived to attend the Town Meeting. The read-in ended at 6:30, before the Town Meeting started.

Reading in public is a peaceful and effective way to demonstrate the important role print books play in the lives of students, faculty, staff and all residents.

The Vermont State University plans to dispose of almost all print books and convert to an all-digital library. This will be a disaster for everyone. There are no plans to digitize existing print books before they are eliminated. Only books and print materials available in digital format will be available in the "new and improved" library.

Most of the 130,000 print books now in the Calvin  
Read-ins → 8

## Thanks for passing Killington Forward: the future looks bright

Dear Editor,

A big thank you to the voters of Killington. The passage of the Killington Forward article at last week's Town Meeting, by a wide margin, has finally set the new Six Peaks Village into motion. We owe it all to this amazing community.

We are confident that this long-term project will improve the experience not just for visitors from far and wide, but the locals as well.

Killington Resort and Great Gulf Group are excited to embark on a partnership to bring (even more) world class skiing and riding, dining, entertainment venues and activities to the area. We are confident that this long-term project will improve the experience not just for visitors from far and wide, but the locals as well.

Our involvement and commitment to create a vibrant new community will bring many new opportunities to the town of Killington. With clean water and infrastructure improvements, the Killington area will truly thrive. The community will have more options for housing and the number of great year-round job opportunities are set to increase significantly.

We appreciate that there are construction concerns about the changes the Six Peaks Village may cause and assure you we will work diligently to make sure the skier experience is not affected in the short-term. If you've ever been to one of

the great ski resort villages out West, then you know how truly transformative this can be. We are excited to bring this experience to the heart of the Green Mountains.

We plan to break ground on additional parking as soon as possible in 2023 and will continue to be transparent as progress is made towards the new Ramshead Lodge and beyond.

Again, we could not have done it without your votes. So, thank you!

The future of Killington looks bright.

Sincerely,  
**Michael Sneyd, president Resort Residential for Great Gulf and Mike Solimano, president and general manager at Killington and Pico Resort Partners**

## School workers: We need action to ensure everyone's safe at school

Dear Editor,

Last month, 21 schools across Vermont were targeted by a vicious hoax that terrorized countless students and staff members as they were sent into lockdown and SWAT teams carrying AR-15s burst into the lobby.

We are thankful nobody was physically harmed in these incidents. Yet, many of us faced the credible threat of an active shooter, and that threat remains with us. Under such conditions, effective education becomes impossible.

That's why we are demanding that our elected state leaders take meaningful action to ensure that every child and every school employee is safe at school.

School shootings have become far too common in the United States, and the numbers tell a clear story: Stricter gun laws prevent unnecessary deaths. We want to change the laws that permit easy access to the most lethal and efficient weapons, and the conditions that increase the likelihood of violence in our communities.

We must also recognize that the threat of gun violence  
School safety → 8



## CAPITAL QUOTES

Silicon Valley Bank, which provided funds for powerful tech investors, collapsed on Friday, March 10 and was taken over by federal regulators, becoming the largest U.S. bank to collapse since 2008. The day before the collapse, clients raced to withdraw around \$42 billion in deposits. Authorities in the U.S. and U.K. are working to prevent further financial chaos.

**“This is an important point — no losses will be borne by the taxpayers. Let me repeat that: No losses will be borne by the taxpayers,”**

President **Joe Biden** said.

**“I don’t think people should panic, but it’s just prudent to have insured deposits versus uninsured deposits,”**

**Jay Hatfield**, the CEO at Infrastructure Capital Advisors and portfolio manager of the InfraCap Equity Income ETF, told CNN.

**“Joe Biden is pretending this isn’t a bailout. It is. Now depositors at healthy banks are forced to subsidize Silicon Valley Bank’s management. When the Deposit Insurance Fund runs dry, all bank customers are on the hook. That’s a public bailout. Depositors should be paid by selling off Silicon Valley Bank’s assets, not by the public. Taxpayers should not be responsible,”**

said Republican presidential candidate **Nikki Haley**.

**“In the coming days and weeks, Congress will be looking closely at the causes behind the run on Silicon Valley Bank and other banks and how we can prevent a similar crisis in the future,”**

Senate Majority Leader **Chuck Schumer** and House Minority Leader **Hakeem Jeffries** said on Monday, March 13.

## LETTER

# KSAR submits letter of no confidence in new fire chief after being called off search for lost skier

## Suggests creation of separate public safety agency

*Editor’s note: On Monday, March 13, 17 members of Killington Search and Rescue (KSAR) submitted the following letter (dated March 12) to Killington Town Manager Chet Hagenbarth detailing their vote of no confidence in newly hired fire chief Chris LaHart. The organization seeks a “collaborative discussion with Killington town officials to determine a practical solution to separate” from Chief LaHart’s fire department so it can continue to serve the town and region. More discussion is expected at the Select Board meeting, Monday, March 20.*

*Below is the letter as submitted to the town manager from KSAR.*

Mr. Hagenbarth,

Killington Search and Rescue (KSAR) has been a volunteer search and rescue team in Killington, Vermont since 2012, recognized by the Vermont Search and Rescue authorities. KSAR has earned and maintains certifications in Wilderness First Response and Search and Rescue (SAR) standards. The team has expert institutional knowledge of the local area and is trained and experienced in a variety of wilderness situations, all weather, and available on a 24/7 basis, 365 days per year.

KSAR has functioned as a cohesive asset within Killington Fire Rescue (KFR) under the leadership of former Chief Gary Roth. We have responded to countless emergencies, including wild land fire. The team trains together at least monthly. Training has included attending and assisting with annual state SAR events as well as Vermont State Police SAR Team trainings. In addition KSAR team members seamlessly work together and teach one another, bringing up the level of each member and the team as a whole.

The January 2023 the town of Killington KFR transitioned from volunteer to a municipal department, with a full time paid chief. This has unfortunately and unexpectedly created an adversarial and toxic environment for KSAR members. Chief LaHart initially informed the team it would function as it has and he would learn how we worked. However, the team was blindsided on March 6 after a routine call out for a lost skier in the Pico Backcountry. At this time he took the team “offline” (out of service), advising KSAR it was a liability, claiming there was no documentation to verify member certifications and qualifications. Said information was shared with him prior to his arrival. KSAR training, certification, and callout logs back to 2012 are maintained by KFR.

To date, Chief LaHart has reprimanded, bullied, and dismissed team members Denise Coriell (AEMT head of 1st Response and KSAR leader) and Jennifer Robinson (KSAR technical leader) from KFR responsibilities for being insubordinate and disrespectful. Though Denise was personally informed otherwise, Chief LaHart now claims she was not dismissed. Chief LaHart states that chain of command and respect are of utmost importance to him. He, however, has not shown respect to the team, by ordering other team

members to deliver his disciplinary messages with no written warning, discussion, and/or due process. KSAR members have lost trust and confidence in Chief LaHart for these matters and others such as lack of communication, untruthfulness, and sexism as described below.

On March 7 KSAR was holding a scheduled team meeting (9 members present) which was suddenly interrupted by Chief LaHart and his wife Leslie LaHart, accompanied by visitors Killington Police Chief Montgomery and Robert Giolito. Leslie LaHart then abruptly stated the team is to now accept the visitors as the new KSAR leaders. Furthermore, they would be evaluating the team’s practices, procedures, and equipment starting that moment. Subsequently within minutes the Chief dismissed Jen and

Denise from KSAR, for questioning the qualifications and decision to have Montgomery and Giolito take over. Also, it is unclear where Leslie LaHart falls in the chain of command as given her disruptive interactions with the group.

Since the March 7 meeting, the team has been ordered to accept

Chief LaHart’s directives without questioning and with due respect. A subsequent March 10 KSAR meeting (2 members present) with Chief LaHart further revealed he will not change his stance and that questioning his directives will not be tolerated and is considered insubordinate and disrespectful. Chief LaHart also stated he is personally replacing Bob Schlachter as the KSAR Team Leader, though Chief LaHart readily admits he has no SAR experience.

Most of the KSAR members have observed multiple incidents that give the team extreme concern about Chief LaHart’s treatment of its volunteers, especially women. KSAR feels Chief LaHart has created a toxic intimidating environment for female members at this time, given the dismissal of two women in leadership positions. At a meeting earlier in March, the Chief questioned only male members if they were interested in fire certification, though female members were present at the time. In addition, members are uncomfortable meeting alone with Chief LaHart due to his bullying behavior and contradictory opinions.

KSAR members would like to continue to serve the Town of Killington and State of Vermont at this time and are unable to serve

KSAR → 8



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**KILLINGTON**  
VERMONT

## NOTICE

### PUBLIC INFORMATION MEETING Intent to Apply for USDA Rural Development Loan for Killington Road Improvements

**MARCH 27, 2023**

The Killington Forward Initiative is a comprehensive plan proposed by the Town of Killington that consists of multiple integrated components, including enhancements to municipal water infrastructure and the reconstruction of portions of Killington Road to support current and future businesses, properties, schools and workforce and community housing.

The Town intends to file an application to U.S. Department of Agriculture - Rural Development for a Community Facilities Program loan to support the design and construction of the Killington Road improvements, which are proposed to include a multi-use path, sidewalks, bus pullouts, pedestrian crosswalks, intersection improvements, lighting and landscaping improvements, and the reconstruction of the road south of the VT-100 / US-4 intersection to eliminate the steep grade. The Town will hold a Public Information Meeting to present the project and answer questions from the public.

The meeting will occur at the Selectboard Meeting scheduled for  
March 27, 2023 at 6:30 PM  
at the Killington Public Safety Building at 800 Killington Road.

## School safety: from page 6

lence is only one of the factors that undermine the safety and wellbeing of students and staff. Safety is not just about preventing casualties during a mass shooting; it's about addressing deep inequalities and poverty, confronting hate in our communities, dealing with growing staffing shortages, and ensuring that all families have access to health care, housing, food, child care, and safe and dignified work.

To achieve school safety, we have to address:

Chronic understaffing creates impossible conditions for teachers, which in turn leads to outbursts, aggressive behavior, self-harm, and other unsafe student behaviors.

Gaps in our social safety net expose families to financial and emotional stresses that fuel students' struggles in school.

Partisan culture war attacks on public education and increasingly incendiary rhetoric around teaching of Black history and LG-BTQ+ topics nurtures racism and homophobia in our communities, and creates a climate of fear for students in targeted groups and the adults who support them.

Under such conditions, we can only expect the already crisis-level staffing shortage to worsen as fewer and fewer people are drawn to an underpaid, stressful, and in-

creasingly unsafe profession, further eroding our ability to provide a safe and effective education to our kids.

Currently, the education support professionals and paraeducators who support students with intensive learning needs do not make a living wage, and vacancies in these positions prevent schools from being able to deliver essential special education services.

As professionals whose job it is to protect and educate your children, we say: Enough is enough. We cannot do our jobs when our state government can't provide the most basic physical and emotional safety to all of us. We refuse to simply continue with business as usual while our students grow more anxious, and our colleagues head for the exits. Part of being a classroom teacher is setting firm boundaries with clear consequences to ensure everyone's safety.

We expect and demand meaningful legislative action before the end of this session. This includes passing the following bills:

- H106, a bill protecting the academic freedom of educators.
- H208, which would establish a public pre-K program and additional funding to existing early childhood education providers.
- S.40, a comprehensive

gun bill that would, among other things, ban the possession of semiautomatic assault weapons and large-capacity magazines, incentivize safe gun storage and ownership, and allow gun manufacturers to be held liable for damages.

- H.66, which would provide universal paid family and medical leave.
- H.235, which would address the staffing crisis by incentivizing all school districts to provide salary increases to teachers and support staff in high-poverty and rural districts.

We want to return to school next fall knowing a good-faith effort is being made to address the crises of safety in our schools. We are calling on our legislators and governor to make these bills laws before the end of this legislative session.

**Members of the Vermont School Workers Action Committee:** Tevye Kelman, Vickie Johnson and Beverly Taft of Randolph Union High School; Brigitte Savard, Joe Carroll and Perry Bellow-Handelman of Montpelier High School; Cynthia Tighe of Lamoille Union High School; and Michael N. Leonard of Burlington High School

## Read-in: from page 6

Coolidge Library will be lost to everyone forever. Vermont residents not associated with the university will no longer have access to the digital materials in the "new and improved" library.

This is a terrible and completely unnecessary loss to the town of Castleton, to Rutland County, to the state of Vermont and to the university.

While we do what we can in Castleton, we ask that others also take action by holding public read-ins throughout Vermont, including at the Statehouse. Print books and other physical materials must be retained side by side with digital materials to preserve our history, our knowledge and our educational standards for the benefit of all current and future Vermonters.

Print books can last forever but digital books last only as long as the publisher/vendor says they do, or until the electricity goes out.

**Bill Wood, Castleton**

## KSAR: ..from page 7

under Chief LaHart given the experiences thus far in the past seven weeks.

Going forward KSAR members request at this time:

- Collaborative discussion with Killington Town Officials to determine a practical solution to separate from Chief LaHart's adversarial and toxic environment. One idea could be modeled after Stowe Mountain Rescue, which is one of five Stowe Public Safety Agencies funded primarily by the town and donors.
- This letter to be shared with the Town Select Board in a timely manner.

Respectfully submitted,

**Seventeen KSAR members current, and those recently dismissed or resigned per attached Sunday (March 12) 'roll call' letter sharing — wet signatures available on request.**

**Bob Schlachter, Dave Coppock, Joel Blumenthal, Murray McGrath, Jen Robinson, Denise Coriell, Amelia Gardner, Steve Finer, Jon Prendergast, Connor McGrath, William Guban, Nick De Maio, Ashley Murray, Zack Wilkins, Cathy Cappetta, Courtney Harvey, Nate Harvey.**



WORDPLAY

'PEANUTS' word search: Find the words hidden vertically, horizontally, diagonally and backwards

SUDOKU

Solutions → 20

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

- BENEATH

BUDDING

COMPOST

CURE

FARM
- FRUITS

GEORGIA

GROUNDNUT

HARVEST

HOPPER
- LEGUME

PEANUT

PEG

PLANTING

POD
- PRODUCTION

ROASTED

ROOTS

RUNNER

SOIL
- SPANISH

VALENCIA

VARIETY

VIRGINIA

CROSSWORD PUZZLE

Solutions → 20

CLUES ACROSS

1. Belonging to a thing

4. Pass or go by

10. Partner to cheese

11. Subjects

12. U.S. State (abbr.)

14. Bits per inch

15. Forest-dwelling deer

16. Illinois city

18. A salt or ester of acetic acid

22. Wholly unharmed

23. Cuddled

24. Bane

26. Global investment bank (abbr.)

27. Oh my gosh!

28. Arrive

30. Famed Spanish artist

31. Home of "Frontline"

34. Group of quill feathers

36. Keyboard key

37. Army training group

39. Detail

40. Pole with flat blade

41. Football play

42. Makes unhappy

CLUES DOWN

1. Stain one's hands

2. Nocturnal hoofed animals

3. Back condition

4. Popular movie alien

5. City of Angels

6. Peaks

7. Infantry weapons

8. Left

9. Atomic #99

12. Told a good yarn

13. Vale

17. Resistance unit

19. Aquatic plant

20. Bluish greens

21. About some Norse poems

25. Reinforces

29. Egyptian mythological goddess

31. Supportive material

32. Subatomic particle

33. Expired bread

35. Cereal grain

38. Goes against

41. Walkie \_\_

43. One who does not accept

44. Beliefs

45. Indicates near

46. Brazilian NBA star

47. Grab quickly

49. Romantic poet

56. College dorm worker

57. Set of data

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.

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

Level: Intermediate

Guess Who?

I am a singer born in California on March 18, 1979. I met my future bandmates while attending high school, where I played basketball. The band originally had a rock sound under the name Kara's Flowers, but turned soulful after a name change.

Answer: Adam Levine

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## WEDNESDAY MARCH 15

### Johnson Recreation open skate

9 a.m.-5:45 p.m. & 7-8 p.m. Johnson Recreation Ice Rink, 2706 River Road, Killington. Killington parks and Recreation does not supply skates, hockey equipment, helmets, or hockey sticks. Please use your own personal gear. For more info visit: [killingtonrec.com](http://killingtonrec.com) for updates on rink conditions.

### Woman's Nordic ski skate clinics

9-10:30 a.m. Woodstock Nordic Center lodge at Woodstock Inn & Resort, 14 The Green, Woodstock. \$25 daily drop-in rate or \$115 for a 5-session punch-card. A delicious library fundraiser. Sample both sweet & savory homemade pies for breakfast. All proceeds benefit the library. Library volunteers and trustees will be serving up all-you-can-eat pie for breakfast with tea, coffee, or juice. The slices are cut thin so it is easy to try many different varieties. Pies are both sweet (such as pumpkin, apple, berry, chocolate) and savory (such as quiche, pot pies, pizza). For more info call 802-457-6674 or email [xcski@woodstockinn.com](mailto:xcski@woodstockinn.com).

### Early Literacy playgroup

10 a.m.-12 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. A fun playgroup for your 2-5 year old. Miss Allie, A certified teacher hosts. For more info visit: [rutlandfree.org](http://rutlandfree.org)

### Spring Story Time

10:30 a.m.-11:30 a.m. Fletcher Memorial library, 88 Main St., Ludlow. Free. Storytime is the perfect opportunity for children and caregivers to make new friends, practice early literacy and language skills and have fun! Each week features stories, songs and hands on art or STEM activities. For more info visit: [fmlnews.org](http://fmlnews.org).

### Mastering Your Credibility with Danielle Bass from the Better Business Bureau

11:30 a.m.-1 p.m. Virtual. Free. Join us as we learn how to utilize the Better Business Bureau to establish trust and credibility within our community. Danielle will dive into the importance of having a BBB business profile, how to deal with negative reviews, and more. For more info visit: [eventbrite.com/e/mastering-your-credibility-w-danielle-bass](http://eventbrite.com/e/mastering-your-credibility-w-danielle-bass).

### Castleton Woman's Club March meeting

12 p.m. The historic medical college building, a.k.a. the Old Chapel, on the Castleton University campus. Free. Meet for a buffet lunch at noon, followed by a business meeting and at 1 p.m. Guest speaker Beth Murphy will share how she creates her botanical art which consists of mixed media collages that are fine art, both familiar and modern. For information call 802-468-5691.

### Book Group discussion of 'Think and Grow Rich' by Napoleon Hill

4-5 p.m. Chaffee Art Center, 16 So. Main St., Rutland. We will discuss "Think and Grow Rich" by Napoleon Hill. Group is 3rd Wednesday of each month, RSVP Required. We are excited to be partnering with Phoenix Books on Center St., Rutland! (Book group member gets 20% off of our monthly books.) For more info visit: [chaffeeartcenter.org](http://chaffeeartcenter.org)

### Figure drawing with live model

5-7 p.m. Chaffee Art Center, 16 So. Main St., Rutland. 4 weeks \$60 or \$20 per class, Must RSVP. 3rd Wednesday of each month. Enjoy and learn figure drawing with a real-life model at The Chaffee Art Center. Bring own supplies.

### Mixer at DG Bodyworks

5-7 p.m. Dg Bodyworks, 7 Depot St., Proctorsville. Four instructors! One amazing experience. A combination of active & restorative yoga poses lead by Mikayla with massage by Denise and Lori for an experience that relaxes and energizes the recipient. Meditation by Michael. Refreshments & Mingle. All levels welcome. For more info visit: [dgbodyworks.com](http://dgbodyworks.com).

### Youth open hockey

6-7 p.m. Johnson Recreation Ice Rink, 2706 River Road, Killington. For more info visit: [killingtonrec.com](http://killingtonrec.com) for updates on rink conditions.

### Extra Stout at Wallingford Town Hall Concert Series

7-9 p.m. Wallingford Town Hall, 75 School St., Wallingford. Suggested donations of \$10 to \$15/person. Vermont's favorite traditional Irish band will perform, bringing all of the variety that Irish music has to offer. Baker extraordinaire Erika Berner will be providing delicious homemade treats for the bake sale. Proceeds from the bake sale benefit Empire State Ride to End Cancer. For more info visit: [aramountvt.org/event/dark-star-orchestra](http://aramountvt.org/event/dark-star-orchestra).

### 'Through Artists' Eyes' opening reception

7-9 p.m. Okemo Mountain School, 53 Main St., Ludlow. Free. An opening reception will showcase our OMS Artists' creativity. Refreshment will be served. Our art students have been exploring new ideas using techniques such as ceramics, acrylics, reduction printing, illustration, sketching and photography. All art will be on display at Okemo Mountain School March 8-15. For more info call 802-228-1112; Email: [kfoster@okemomountainschool.org](mailto:kfoster@okemomountainschool.org) or visit: [yourplaceinvermont.com/event/through-artists-eyes](http://yourplaceinvermont.com/event/through-artists-eyes).

### 'Sweat,' the 2017 Pulitzer Prize winning play

7:30 p.m. Barrette Center for the Arts and the Courtyard Theater, 74 Gates St., White River Jct. Tickets \$19-\$69. Cynthia shocks her friends, a group of factory workers in Reading, Pennsylvania, by applying for a position management. Globalization and automation bring massive cuts to the factory, unraveling decades-old friendships and exposing the racial fault lines of the town. Can the union strike hold or will everyone have to fend for themselves? This portrait of the human cost of the decline in manufacturing shines a light on working class communities that often feel left behind. Winner of the 2017 Pulitzer Prize for Drama! [northernstage.org/sweat](http://northernstage.org/sweat)

### Dark Star Orchestra

7:30 p.m. Paramount Theatre, 30 Center St., Rutland. Tickets: \$45, \$55 + tax/fees. Performing to critical acclaim celebrating over 20 years Dark Star Orchestra continues the Grateful Dead concert experience. Their shows are built off the Dead's extensive catalog and the talent of these seven fine musicians. For more info visit: [aramountvt.org/event/dark-star-orchestra](http://aramountvt.org/event/dark-star-orchestra).

## THURSDAY MARCH 16

### Audubon West Rutland Marsh walk

8-11 a.m. Marsh boardwalk kiosk on Marble Street, West Rutland. Free. Join our friendly and knowledgeable birders on our monthly marsh walk in this Audubon Important Bird Area. No experience necessary. Go the entire 3.7 mile loop or go halfway. For info visit: [birding@rutlandcountyaudubon.org](mailto:birding@rutlandcountyaudubon.org)

### Johnson Recreation Open Skate

9 a.m.-5:45 p.m. Johnson Recreation Ice Rink, 2706 River Road, Killington. Killington parks and Recreation does not supply skates, hockey equipment, helmets, or hockey sticks. Please use your own personal gear. For more info visit: [killingtonrec.com](http://killingtonrec.com) for updates on rink conditions.

### Bone Builders with Mendon Seniors

10 a.m. Roadside Chapel, 1680 Townline Road, Mendon. Free. Join Mendon Seniors for their bone building session every Tuesday and Thursday. For more info call Pat 802-422-3368.

### Circle of Parents

10 a.m. Virtual. Free. Circle of Parents is a professionally facilitated, peer led self-help support group for parents and other caregivers. Participants meet weekly for 60-90 minutes online in virtual meetings. For more info and to join a group contact Amber at [amenard@pcavt.org](mailto:amenard@pcavt.org) or 802-498-0603.

### Storytime at Rutland Free Library

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

### Killington Bone Builders

10 a.m. Sherburne Memorial Library, 2998 River Road, Killington. Free. In the meeting room at Sherburne Memorial Library. Weights provided. For more info visit: [sherburnelibrary.org](http://sherburnelibrary.org).

### Ukelele group

12-1 p.m. Chaffee Art Center, 16 So. Main St., Rutland. Free. Meet on Thursdays as musician Steven Wilson leads attendees through specific sheet music. All levels welcome. This is not a class, but a group enjoying playing the ukelele together. Must pre-register: [chaffeeartcenter.square.site](http://chaffeeartcenter.square.site) or call 802-775-0356.

### Drive-up pick-up meals

12 p.m. Godnick Center, 1 Deer St., Rutland. \$3.50 donation for ages 65+, \$6 fee under age 65. Reservations required. Godnick Center, in partnership with Southwestern Vermont Council on Aging and Meals on Wheels, is providing drive-up pick-up meals on Mondays and Thursdays at noon at the Godnick Center. For more info. visit [namivt.org/support/peer-support-groups](http://namivt.org/support/peer-support-groups).

### "Sweat," the 2017 pulitzer prize winning play

2 p.m. Barrette Center for the Arts and the Courtyard Theater, 74 Gates Street, White River Jct. Cost is: \$19-\$69. Cynthia shocks her friends, a group of factory workers in Reading, PA, by applying for a position in the factory's management. Globalization and automation bring massive cuts to the factory, unraveling decades-old friendships and exposing the racial fault lines of the town. Can the union strike hold or will everyone have to fend for themselves? This heart-wrenching portrait of the human cost of the decline in manufacturing shines a light on working class communities that often feel left behind. Winner of the 2017 Pulitzer Prize for Drama! [northernstage.org/sweat](http://northernstage.org/sweat).

### Circle of Parents in Recovery

3 p.m. Virtual. Free. Support group meets weekly online on Thursdays from 3-4:30 p.m. For more info visit: [pcavt.org](http://pcavt.org).



## DARK STAR ORCHESTRA WEDNESDAY, 7:30 P.M.

### Public skating at Union Arena

Union Arena, 80 Amsden Way, Woodstock. \$6 ages 13-up; \$5 ages 4-12; Free ages 3-under. Skating rink open to the public. For more info visit: [unionarena.org/public-skate-sessions](http://unionarena.org/public-skate-sessions).

### NAMI Connection peer support group

3 p.m. Virtual. Free. Struggling with managing your mental health? NAMI Connection Peer Support Group can help. This is a free, 90-minute recovery support group for people living with a mental health condition. For more info visit: [namivt.org](http://namivt.org).

### Circle of Parents for Grandparents

4 p.m. Virtual. Free. Meets weekly online. Run by Prevent Child Abuse VT. For more info visit: [pcavt.org](http://pcavt.org).

### Explore drawing faces

4-5:15 p.m. Chaffee Art Center, 16 So. Main St., Rutland. Ages: 6-12, \$25, minimum enrollment 5, must RSVP. Students will learn the principles of drawing with a focus on drawing faces. All supplies included. For more info visit: [chaffeeartcenter.org](http://chaffeeartcenter.org).

### Vermont Judiciary Commission on Diversity, Equity, and Inclusion forum

4-5 p.m. Rutland County Courthouse (Civil and Probate Divisions), 84 Center St., Rutland. Free. Members of the community are invited to the forum to provide comments about the diversity, equity and inclusion practices of the Judiciary. For more info visit: [vermontjudiciary.org](http://vermontjudiciary.org).

### Yoga with Kellie

4-5 p.m. Rutland Free Library 10 Court St., Rutland. Free. Join Kellie for yoga weekly in the Fox Room. For more info visit: [rutlandfree.org](http://rutlandfree.org).

### Stone Valley Arts: Kids and adults ballroom classes with Patti Panebianco

5-7:50 p.m. Green Mountain Community School, Brennan Circle in Poultnery. Cost is \$15-\$112. Ballroom dancing classes for kids and adults. For more info visit: [stone-valley-arts.loxi.io/ballroom-dance-with-patti-panebianco](http://stone-valley-arts.loxi.io/ballroom-dance-with-patti-panebianco).

### VINS: A Forest of Lights

5-7 p.m. VINS, 149 Natures Way, Quechee. \$10/adults; \$5/youth (4-17). The VINS Forest Canopy Walk and surrounding woodland take on a festive look and feel this winter. Covered in thousands of lights, the Forest Canopy Walk glows with magic and enchantment. Visitors are invited to stroll through the immersive forest of lights and experience the peace and wonder of the Forest Canopy Walk at night. For more info or to purchase tickets visit [vinsweb.org](http://vinsweb.org).

### Watercolor class

6-8 p.m. Chaffee Art Center, 16 So. Main St., Rutland. \$35 per person, all materials included. Minimum enrollment: 5. Enjoy the brush strokes of watercolor with artist Dale Bills. For more info visit: [chaffeeartcenter.org](http://chaffeeartcenter.org).

### Adult open hockey

6-8:30 p.m. Johnson Recreation Ice Rink, 2706 River Road, Killington. For more info visit: [killingtonrec.com](http://killingtonrec.com) for updates on rink conditions.





**Calendar:** Email events@mountaintimes.info  
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### Stone Valley Arts: community music jam

6-7:30 p.m. Green Mountain Community School, Whitney Hall/The Buttery in Poultny. Donations appreciated. Come join us every Thursday afternoon for an acoustic music jam. Bring your instruments, your voices, and your ideas. We'll take turns, teaching each other new song numbers while keeping it simple. We follow bluegrass jam rules but rock, folk, blues, Americana: as long as everybody can join in! Please RSVP Bennett at bennett\_lovett\_graff@hotmail.com.

### Castleton Film Festival Women-Directed Films:

#### 'Honeyland'

7 p.m. Herrick Auditorium, 62 Alumni Dr., Castleton.

### Open gym: basketball

7-9 p.m. Killington Elementary School Gymnasium, 686 School House Road, Killington. \$5 at the door or \$20 for a 10-visit punch card. Open gym will run until March. Thursdays will be basketball. The cost of entry is either \$5 at the door or you can purchase a 10-visit punch card for \$20. Cash payments or checks will be accepted, no credit cards. You may not purchase punch cards in advance. For more info visit: Killingtonvt.myrec.com.

### “Sweat,” the 2017 pulitzer prize winning play

7:30 p.m. Barrette Center for the Arts and the Courtyard Theater, 74 Gates Street, White River Jct. Cost is: \$19-\$69 Cynthia shocks her friends, a group of factory workers in Reading, PA, by applying for a position in the factory's management. Globalization and automation bring massive cuts to the factory, unraveling decades-old friendships and exposing the racial fault lines of the town. Can the union strike hold or will everyone have to fend for themselves? This heart-wrenching portrait of the human cost of the decline in manufacturing shines a light on working class communities that often feel left behind. Winner of the 2017 Pulitzer Prize for Drama! northernstage.org/sweat

## FRIDAY

### Stone Valley Arts: Rosemary Moser WoodSpryte

#### Early Learning Adventures

9:30-10:30 a.m. Green Mountain Community School, Whitney Hall/The Buttery in Poultny. Cost is \$12 per class. Literacy-based learning adventures for the very young! We read high-quality engaging children's stories, then bring them to life through the arts—visual art, music, movement, drama—as well as activities in science, cooking, gardening, history, social-emotional learning, and more. For more info visit: stonevalleyarts.org.

### Learn to crochet

12-1:30 p.m. Green Mountain Yarn & Fiber, 217 Woodstock Ave., Suite E in Rutland. Cost is \$20. Join Ruth to learn how to crochet! This class is for complete newbies. Participants will begin a simple crochet project in the class to learn basic stitches, terminology, and pattern reading. You will need a size H crochet hook and worsted weight yarn for the class. Use the dropdown box to select the date of the class you wish to attend. For more info visit: greenmountainfibers.com.

### Pysanky: Ukrainian egg decorating drop-in sessions

1-4 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Small reimbursement fee. Create beautiful, decorated eggs and celebrate this Ukrainian tradition! If you know the basic techniques, join us around the table to write eggs together. Danelle Sims will set up a workstation and be available for assistance. For more info visit: normanwilliams.org or email programs@normanwilliams.org for questions.

### Music at Woodstock Inn's Nordic Center

2-5 p.m. Nordic Center, 76 South St., Woodstock. Free. Join us at the Nordic Center's restaurant and bar, the Fireside Lounge for singer/songwriter and guitar player Tony Lee Thomas. Delicious soup and sandwich specials will be available and your favorite drinks will be pouring at the bar! For more info visit: https://www.woodstockinn.com/do/events/music-at-the-nordic-center-0.

### Celebrate St. Patrick's Day at The Vic Tavern at the Village Inn of Woodstock

5-8 p.m. The Vic Tavern at the Village Inn of Woodstock, 41 Pleasant St., Woodstock. Enjoy fine Irish cuisine, live Irish music and Fun St. Paddy's Day Cocktails. For more info visit: woodstockvt.com/events/celebrate-st-patricks-day-at-the-vic.

### VINS: A Forest of Lights

5-7 p.m. VINS, 149 Natures Way, Quechee. \$10/adults. \$5/youth (4-17). The VINS Forest Canopy Walk and surrounding woodland will take on a festive look and feel this winter. Covered in thousands of lights, the Forest Canopy Walk will glow with magic and enchantment. Visitors are invited to stroll through the immersive forest of lights and experience the peace and wonder of the Forest Canopy Walk at night. For more info or to purchase tickets visit vinsweb.org.

### “Sweat,” the 2017 pulitzer prize winning play

7:30 p.m. Barrette Center for the Arts and the Courtyard Theater, 74 Gates Street, White River Jct. Cost is: \$19-\$69 Cynthia shocks her friends, a group of factory workers in Reading, PA, by applying for a position in the factory's management. Globalization and automation bring massive cuts to the factory, unraveling decades-old friendships and exposing the racial fault lines of the town. Can the union strike hold or will everyone have to fend for themselves? This heart-wrenching portrait of the human cost of the decline in manufacturing shines a light on working class communities that often feel left behind. Winner of the 2017 Pulitzer Prize for Drama! northernstage.org/sweat

### BarnArts presents ‘The Good Doctor’

7:30 p.m. Woodstock Town Hall Theater, 31 The Green, Woodstock. Cost: \$20 adults; \$15 students. "The Good Doctor" begins with a narrator, a Chekhov-like writer, who leads the audience through nine scenes that go from ridiculous to absurd to charming and back again as the narrator reflects on the creative process, popping in and out of the stories. For more info visit: info@barnarts.org

## SATURDAY MARCH 18

### Johnson Recreation open skate

9 a.m.-8:30 p.m. Johnson Recreation Ice Rink, 2706 River Road, Killington. Killington parks and Recreation does not supply skates, hockey equipment, helmets, or hockey sticks. Please use your own personal gear.

### Build your own ukelele at The MINT

9 a.m.-3 p.m. The MINT Makerspace, 112 Quality Ln. in Rutland. Cost (includes materials): MINT members \$500 non-members \$600. This is a beginning-level workshop for folks who want to experience the joy and personal satisfaction of building your own concert ukulele. This is a four-session class, taking place on Saturdays: March 4, 11, 18, 25. (brown bag lunch) For more info visit: rutlandmint.org/events.

### Winter Farmers' Market

10 a.m.-2 p.m. Franklin Conference Center, 1 Scale Ave., Suite 92, Rutland. Free. The Vermont Farmers' Market is one of the largest and most diverse farmers' markets in Vermont, and the first to operate 52 weeks out of the year. The farmers' market bring together as many as 60 vendors. With a seasonal variety of produce, local grass-fed meat, eggs, artisan cheeses, freshly baked breads, jellies and jams, maple products, honey, CBD products, delicious hot foods, wine and spirits, artisan crafts and more, the winter market is a great place to shop, eat and visit. For more info visit: vtfarmersmarket.org.

### VINS: NH Days – \$10 Admission

10 a.m.-4 p.m. VINS Nature Center, 149 Natures Way, Woodstock. Cost is \$10 for New Hampshire residents. Join us for NH Days at the VINS Nature Center. Take in a live animal program, visit our special exhibits and enjoy the day! For more info visit: vinsweb.org.

### Rutland Railroad Museum & model club

11 a.m.-1 p.m. 79 Depot Lane (off Business-4) Center Rutland. Free. Children of all ages will delight in the HO scale model railroad operating display (HO is a rail transport modeling scale using a 1:87 scale). The depot is now a museum that displays hundreds of rare or antique model trains, photographs, signs and diverse memorabilia saved from an earlier time, including the former Rutland Railroad caboose #45. For more info visit: rutlandrailway.org.

### Calligraphy: 'Hope' with Jorika Stockwell

11 a.m. - 3p.m. Gallery at the VAULT, 68 Main St., Springfield. Cost is \$40.00. Hoping for spring? Make a little hope and get a taste of two styles of calligraphy! We will learn to letter the word “hope” in both Uncial and Italic script and make a card (or two!) that will be ready to uplift a friend. We will discuss the history of both scripts, learn basic techniques of calligraphy broad nib pens, practice and create. All materials provided but bring your own pen if you have one. Pens available for purchase. (\$9). Register by March 15. For more info visit: galleryvault.org.

### Vermont regional one-Act Festival

1-6 p.m. Mill River Union high school, 2321 Middle Road, Clarendon. A celebration of high school drama throughout our region! Four schools will be presenting their theatrical offerings with forums and talk backs.

### “Sweat,” the 2017 pulitzer prize winning play

2 p.m. Barrette Center for the Arts and the Courtyard Theater, 74 Gates Street, White River Jct. Cost is: \$19-\$69 Cynthia shocks her friends, a group of factory workers in Reading, PA, by applying for a position in the factory's management. Globalization and automation bring massive cuts to the factory, unraveling decades-old friendships and exposing the racial fault lines of the town. Can the union strike hold or will everyone have to fend for themselves? This heart-wrenching portrait of the human cost of the decline in manufacturing shines a light on working class communities that often feel left behind. Winner of the 2017 Pulitzer Prize for Drama! northernstage.org/sweat

### Menopause the Musical

2 p.m. The Paramount Theatre, 30 Center St., Rutland. Tickets: \$39. Four women at a lingerie sale have nothing in common but a black lace bra plus memory loss, hot flashes, night sweats, not enough sex, too much sex and more! This musical parody set to classic tunes from the '60s, '70s and '80s will have you cheering and dancing in the aisles! See what more than 17 million women and fans worldwide have been laughing about for over 20 years! For more info visit: paramountvt.org.

### Pop-Up tennis doubles: 'Luck of the Draw'

3-5:30 p.m. The Athletic Club at Woodstock Inn& Resort, 14 The Green, Woodstock. Cost: Members/Inn guests: \$25; non-member: \$40. Come and join us on the courts to test your luck. This fun doubles event will be full of surprises and prizes! Please bring a dish to share and we will see you there!

### Fireside stories

4-6 p.m. Hartland Public Library, 153 US-5, Hartland. Free. Join us on the trails for a fire, s'mores, and storytelling. For more info visit: hartlandlibraryvt.org.

### New England Masters ski racing finals banquet

5-8 p.m. Killington Base Lodge, Killington. Cost is \$45. Registration for the finals banquet at the Killington Mountain Lodge on Sat., March 18 is now open! Hope you can join us as we celebrate another successful season of Masters racing in New England. nemsracing.org.

### VINS: A Forest of Lights

5-7 p.m. VINS, 149 Natures Way, Quechee. \$10/adults. \$5/youth (4-17). The VINS Forest Canopy Walk and surrounding woodland will take on a festive look and feel this winter. Covered in thousands of lights, the Forest Canopy Walk will glow with magic and enchantment. Visitors are invited to stroll through the immersive forest of lights and experience the peace and wonder of the Forest Canopy Walk at night. For more info or to purchase tickets visit vinsweb.org.

### Hands-on hand-made pasta lesson

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

### Menopause the Musical

7 p.m. The Paramount Theatre, 30 Center St., Rutland. Tickets: \$39. Four women at a lingerie sale have nothing in common but a black lace bra AND memory loss, hot flashes, night sweats, not enough sex, too much sex and more! This hilarious musical parody set to classic tunes from the '60s, '70s and '80s will have you cheering and dancing in the aisles! See what more than 17 million women and fans worldwide have been laughing about for over 20 years! For more info visit: paramountvt.org.

### Brooks Hubbard benefit concert

7:30 p.m. White River Junction, VT. \$25 for advance tickets; \$30 at door. The Briggs Opera House will be filled with music from singer-songwriter Brooks Hubbard at a special benefit concert. All proceeds from the show will directly benefit the patients served by the Good Neighbor Health Clinic and the Red Logan Dental Clinic. goodneighborhealthclinic.org.

### “Sweat,” the 2017 pulitzer prize winning play

7:30 p.m. Barrette Center for the Arts and the Courtyard Theater, 74 Gates Street, White River Jct. Cost is: \$19-\$69 Cynthia shocks her friends, a group of factory workers in Reading, PA, by applying for a position in the factory's management. Globalization and automation bring massive cuts to the factory, unraveling decades-old friendships and exposing the racial fault lines of the town. Can the union strike hold or will everyone have to fend for themselves? This heart-wrenching portrait of the human cost of the decline in manufacturing shines a light on working class communities that often feel left behind. Winner of the 2017 Pulitzer Prize for Drama! northernstage.org/sweat

### BarnArts Presents ‘The Good Doctor’

7:30 p.m. Woodstock Town Hall Theater, 31 The Green, Woodstock. Cost: \$20 adults; \$15 students. The Good Doctor begins with a narrator, a Chekhov-like writer, who leads the audience through nine scenes that go from ridiculous to absurd to charming and back again as the narrator reflects on the creative process, popping in and out of the stories. For more info visit: info@barnarts.org.

## SUNDAY MARCH 19

### Johnson Recreation Open Skate

9 a.m.-8:30 p.m. Johnson Recreation Ice Rink, 2706 River Road, Killington. Killington parks and Recreation does not supply skates, hockey equipment, helmets, or hockey sticks. Please use your own personal gear.



**Calendar:** Email events@mountaintimes.info from page 11

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

Noon-3 p.m. Bridgewater Corners, Bridgewater. Cost is \$80. Learn how to make our un-classic fallen soufflé. First, we handle the classic combo of Vermont dairy and eggs in an unclassic “fallen” soufflé. Then with apples from local orchards, you’ll learn to make a light and delicious apple tart with Vermont maple cream. If it’s sugaring season we may even walk to our neighbor’s shack to see some of the processes. BYOB and eat what you make. Call or email us to discuss. 802-342-1513 / info@odysseyeventsvt.com

## MET Opera: Wagner's 'Lohengrin'

12 p.m. The Paramount Theatre, 30 Center St., Rutland. Cost is \$27. Wagner’s soaring masterpiece makes its triumphant return to the Met stage after 17 years. In a sequel to his revelatory production of “Parsifal,” director François Girard unveils an atmospheric staging that once again weds his striking visual style and keen dramatic insight to Wagner’s breathtaking music, with Music Director Yannick Nézet-Séguin on the podium to conduct a supreme cast led by tenor Piotr Beczala in the title role of the mysterious swan knight. Soprano Tamara Wilson is the virtuous duchess Elsa, falsely accused of murder, going head-to-head with soprano Christine Goerke as the cunning sorceress Ortrud, who seeks to lay her low. Bass-baritone Evgeny Nikitin is Ortrud’s power-hungry husband, Telramund, and bass Günther Groissböck is King Heinrich. For more info visit: paramountvt.org.

## 'The Soufflé Also Rises' and apple-tart cooking class

Noon-3 p.m. Bridgewater Corners, Bridgewater. Cost is \$80. Learn how to make our un-classic fallen soufflé. First, we handle the classic combo of Vermont dairy and eggs in an unclassic “fallen” soufflé. Then with apples from local orchards, you’ll learn to make a light and delicious apple tart with Vermont maple cream. If it’s sugaring season we may even walk to our neighbor’s shack to see some of the processes. BYOB and EAT WHAT YOU MAKE! Call or email us to discuss. 802-342-1513 / info@odysseyeventsvt.com

## BarnArts Presents ‘The Good Doctor’

2 p.m. Woodstock Town Hall Theater, 31 The Green, Woodstock. Cost: \$20 adults; \$15 students. The Good Doctor begins with a narrator, a Chekhov-like writer, who leads the audience through nine scenes that go from ridiculous to absurd to charming and back again as the narrator reflects on the creative process, popping in and out of the stories. For more info visit: info@barnarts.org

## Open gym: intermediate/advanced pickleball

2-4 p.m. Killington Elementary School Gymnasium, 686 School House Road, Killington. \$5 at the door or \$20 for a 10-visit punch card. Open gym will run until March. Sundays will be pickleball (for intermediate/advanced level players). The cost of entry is either \$5 at the door or you can purchase a 10-visit punch card for \$20. Cash payments or checks will be accepted, no credit cards. You may not purchase punch cards in advance. For more info visit: Killingtonvt.myrec.com.

## West Rutland United Church Hymn Sing

3-4:30 p.m. United Church of West Rutland, 60 Chapel St., West Rutland. Free. The West Rutland United Church celebrates the 250th anniversary of its founding with music and song led by Alastair Stout, organist, and Olivia Boughton, soprano. Stout will play the church’s historic pipe organ, while Boughton leads the hymn sing. Open to the community, free will offering, complimentary refreshments. For questions call: 802-586-9127.

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

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. Cost is \$80. Award-winning Chef Ted will then lead a hands-on pizza and calzone-making class. Come have a fun cooking party workshop! We’ll greet you with a warm welcome at our mountain top retreat which, wherever you look, has views and picturesque vignettes. Award-winning Chef Ted will then lead a hands-on pizza and calzone-making class. We’ll use mostly organic and regional ingredients that herald mainly from nearby Vermont farms. BYOB and eat what you make. Call or email us to discuss. 802-342-1513 / info@odysseyeventsvt.com

## “Sweat,” the 2017 Pulitzer prize winning play

5 p.m. Barrette Center for the Arts and the Courtyard Theater, 74 Gates Street, White River Jct. Cost is: \$19-\$69 Cynthia shocks her friends, a group of factory workers in Reading, PA, by applying for a position in the factory’s management. Globalization and automation bring massive cuts to the factory, unraveling decades-old friendships and exposing the racial fault lines of the town. Can the union strike hold or will everyone have to fend for themselves? This heart-wrenching portrait of the human cost of the decline in manufacturing shines a light on working class communities that often feel left behind. Winner of the 2017 Pulitzer Prize for Drama! northernstage.org/sweat

## BarnArts Presents ‘The Good Doctor’

7 p.m. Woodstock Town Hall Theater, 31 The Green, Woodstock. Cost: \$20 adults; \$15 students. The Good Doctor begins with a narrator, a Chekhov-like writer, who leads the audience through nine scenes that go from ridiculous to absurd to charming and back again as the narrator reflects on the creative process, popping in and out of the stories. For more info visit: info@barnarts.org.

# MON MARCH 20

## Johnson Recreation Open Skate

9 a.m.-8:30 p.m. Johnson Recreation Ice Rink, 2706 River Road, Killington. Killington parks and Recreation does not supply skates, hockey equipment, helmets, or hockey sticks. Please use your own personal gear.

## Babies and Toddlers Rock

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

## A Community of Parents

10 a.m. Wonderfeet Kids’ Museum, 11 Center St., Rutland. Free. The community meets to find connection, education, and a community to share with. They’re here to support you during the transition of adding a new baby or child to your family - or whenever you need a community of parents to listen! All parents including expecting parents and caregivers welcome. Snacks provided, siblings welcome. For more info visit bit.ly/frontlineworkerssupport.

## Killington Bone Builders

10 a.m. Sherburne Memorial Library, 2998 River Road, Killington. Free. In the meeting room at Sherburne Memorial Library. Weights provided. For more info visit kimballlibrary.org.

## Drive-up pick-up meals

12 p.m. Godnick Center, 1 Deer St., Rutland. \$3.50 donation ages 65+, \$6 fee under age 65. Reservations required. Godnick Center, in partnership with Southwestern Vermont Council on Aging and Meals on Wheels, is providing drive-up pick-up meals on Mondays and Thursdays at noon at the Godnick Center. Call 802-773-1853 for information or to make a reservation for pick-up.

## Bingo

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

## Knit Night

6 p.m. Kimball Library, 67 N Main St., Randolph. Free. Bring your knitting or other handicraft and enjoy an evening of crafting and socializing. For all ages and experience levels. For more info visit kimballlibrary.org.

## Open gym: indoor soccer

7-9 p.m. Killington Elementary School Gymnasium, 686 School House Road, Killington. \$5 at the door or \$20 for a 10-visit punch card. Open gym will run Mondays until March for indoor soccer. The cost of entry is either \$5 at the door or you can purchase a 10-visit punch card for \$20. Cash payments or checks will be accepted, no credit cards. You may not purchase punch cards in advance. For more info visit: Killingtonvt.myrec.com.

## NAMI Connection peer support group

7 p.m. Virtual. Free. Struggling with managing your mental health? NAMI Connection Peer Support Group can help. This is a free, 90-minute recovery support group for people living with a mental health condition. For more info visit: namivt.org.

# TUES MARCH 21

## Johnson Recreation Open Skate

9 a.m.-8:30 p.m. Johnson Recreation Ice Rink, 2706 River Road, Killington. Killington parks and Recreation does not supply skates, hockey equipment, helmets, or hockey sticks. Please use your own personal gear.

## Bone Builders Mendon Seniors

10 a.m. Roadside Chapel, 1680 Townline Road in Mendon. Free. Join Mendon Seniors for their bone building session every Tuesday and Thursday.

## Chess Club

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

## Stone Vallet Arts: Children’s dance and creative movement

4-4:50 p.m. ages 4-6; 5:00 -5:50 ages 7-11. Feick Center at Green Mountain Community School, Whitney Hall/ The Buttery in Poultney. \$10 drop in or \$80 for 10 week session. This Jazz/Creative Movement class will focus on Jazz technique while also giving students the opportunity to explore creative movement in a structured forum. Contact Alycia: alycia@hollister.cpa

## Circle of Parents in Recovery

5:30 p.m. Virtual. Free. Virtual support group. Run by Prevent Child Abuse VT. For more info visit: pcavt.org.

## Grief support

6 p.m. VNA & Hospice of the Southwest Region’s Rutland office at 7 Albert Cree Dr. in Rutland and virtually. Free. The VNA & Hospice of the Southwest Region, (VNAHSR) will provide grief support services both in-person and virtually every Tuesday from 6-7 p.m. at the VNA & Hospice of the Southwest Region’s Rutland office on 7 Albert Cree Drive. Led by Spiritual and Bereavement Coordinator, Collin Terenzini. Space is limited. For more info visit: vermontvisitingnurses.org.

## Learn to Create top-notch veggie dishes, cooking class

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. Cost is \$75. Award-winning chef shows you how to create beautiful veggie dishes. Perfect for vegans—or carnivores looking for special accompaniments! Learn hands-on how to prepare beautiful vegetable dishes. This is a perfect class for vegetarians or vegans who want to learn how to make special dishes and for carnivores who are looking for unique vegetable accompaniments. BYOB and eat what you make. Call or email us to discuss. 802-342-1513 / info@odysseyeventsvt.com

## Swing Dancing class

6:30-8 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. East Coast Swing Dancing is back! Come move to music with Richard and Sue every Tuesday. Good for beginners and intermediate swing dancers. Richard starts each class with instruction on steps; the rest is the dancing! For more info visit: rutlandfree.org.

## Children’s Dance and Creative Movement with

### Alicia Hollister

4-6 p.m. Feick Center, 1 Brennan Cir., Poultney. \$10 drop in or \$80 for 10 week session. This Jazz/Creative Movement class will focus on Jazz technique while also giving students the opportunity to explore creative movement in a structured forum. For more info visit: tone-valley-arts.

## Castleton Film Festival Returns this March with Women-Directed Films featuring: “Where The Lionesses Roar”

7 p.m. Herrick Auditorium in Castleton. Free. Castleton University’s Film Festival returns this March with a series of films directed by and centering on women. The films feature themes of identity, womanhood, and coming of age from across the spectrum, each with a unique perspective. “Where the Lionesses Roar” explores a remote village in Kosovo, where three young women see their dreams and ambitions stifled. For more information contact: leo.richardson@castleton.edu

## Open gym: beginner pickleball

7-9 p.m. Killington Elementary School Gymnasium, 686 School House Road, Killington. \$5 at the door or \$20 for a 10-visit punch card. Open gym will run until March. Tuesdays will be pickleball for beginner level players. The cost of entry is either \$5 at the door or you can purchase a 10-visit punch card for \$20. Cash payments or checks will be accepted, no credit cards. You may not purchase punch cards in advance. For more info visit: Killingtonvt.myrec.com.



**ST. PATRICK'S DAY**  
**FRIDAY, 5-8 P.M.**



**[MUSIC Scene]**By DJ Dave Hoffenberg  
Have a music scene coming up? Email [djdavehoff@gmail.com](mailto:djdavehoff@gmail.com)**WED**  
3/15**KILLINGTON**

2 p.m. K1 Base Lodge – Sammy B

6 p.m. Rivershed – April Cushman

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

**LUDLOW**

7 p.m. Off The Rails – Liz Reedy

**QUECHEE**

6 p.m. The Public House – Lily Welch

**POULTNEY**

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

**RANDOLPH**

7 p.m. Kuyas at One Main – Open Mic with Indigenous Entertainment

**RUTLAND**

5:30 p.m. Strangefellows – Duane Carleton

9:30 p.m. Center Street Alley – Open Mic hosted by Rick Urbani

**THUR**  
3/16**BRANDON**

6 p.m. Ripton Mountain Distillery – Open Jam

**CASTLETON**

6 p.m. Third Place Pizza – Josh Jakab

**KILLINGTON**

2 p.m. K1 Base Lodge – Chris Pallutto

2 p.m. Pico's Last Run Lounge – Daniel Brown &amp; Silas McPrior

2 p.m. Snowshed's Long Trail Pub – Live Music

5 p.m. Moguls Sports Pub – Duane Carleton

5 p.m. The Foundry – Ryan Fuller

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

6 p.m. Still on the Mountain – Red Daisy Revival

7 p.m. Rivershed – Chris Pallutto

8 p.m. Pickle Barrel – Young Dubliners

9 p.m. Jax Food &amp; Games – Jenny Porter &amp; Friends

**LUDLOW**

8 p.m. Off The Rails – Bob &amp; Patrick from the Bear Mountain Boys

**PITTSFIELD**

8 p.m. Clear River Tavern – Open Mic Jam hosted by Indigenous Entertainment

**POULTNEY**

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

**QUECHEE**

6:30 p.m. The Public House – Name that Tune Bingo with DJ Dave

**RUTLAND**

6 p.m. Strangefellows Pub – Trivia Night

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

**SOUTH ROYALTON**

6 p.m. 802 Pizza – Open Mic hosted by George Nostrand

**FRI**  
3/17**BRIDGEWATER**

4 p.m. Long Trail Brewery – Acoustik Ruckus

8 p.m. Woolen Mill Comedy Club hosted by Collen Doyle – Joe Pontillo

**CASTLETON**

5:30 p.m. Castleton Pizza Place &amp; Deli – Chris Valente

**KILLINGTON**

Lodge – Duane Carleton

2 p.m. K1 Base Lodge – Daniel Brown and Silas McPrior

2 p.m. Pico's Last Run Lounge – Rhys Chalmer

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

3 p.m. The Summit Lodge – 8th Annual Irish Festival with RambleTree

4 p.m. The Foundry – Just Jamie

6 p.m. Rivershed – Brother Other

6 p.m. Still on the Mountain – King Arthur Jr

6 p.m. The Summit Lodge – 8th Annual Irish Festival with the County Down

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

8 p.m. Pickle Barrel – Royals

8 p.m. Wobbly Barn – Jexxa

9 p.m. Jax Food &amp; Games – Just Jamie

9 p.m. Moguls Sports Pub – Acoustik Ruckus

**LUDLOW**

12:30 p.m. The Killarney – Acoustik Ruckus

2 p.m. Okemo's Sitting Bull Lounge – Sammy B

8:30 p.m. Off The Rails – Boomsoss

**PITTSFIELD**

9 p.m. Clear River Tavern – St. Patrick's Day Party with the Irish Idiots

**POULTNEY**

7 p.m. The Poultney Pub – Keanen Stark and Orion Kribs

**QUECHEE**

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

**WOODSTOCK**

7:30 p.m. Town Hall Theatre – The Good Doctor

**SAT**  
3/18**BRIDGEWATER**

8 p.m. Woolen Mill Comedy Club hosted by Collen Doyle – Joe Pontillo

**KILLINGTON**

1 p.m. Bear Mountain Base Lodge – Chris Pallutto

2 p.m. K1 Base Lodge – Daniel Brown Trio

2 p.m. Pico's Last Run Lounge – Gully Boys

2 p.m. Snowshed's Long Trail Pub – Aaron Audet Band

3 p.m. The Summit Lodge – 8th Annual Irish Festival with Chris LaPointe &amp; Friends

4 p.m. Pickle Barrel – Happy Hour with Jamie's Junk Show and special guest opener Jenny &amp; Liz

4 p.m. The Foundry – Micah Iverson

5 p.m. Mary Lou's – Tony LeeThomas

6 p.m. O'Dwyers Pub – 8th Annual Irish Festival with County Down

6 p.m. Rivershed – Brother Other

6 p.m. Still on the Mountain – Sammy B

6 p.m. Wobbly Barn – Krishna Guthrie Band

7 p.m. The Foundry – Jenny Porter

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

8 p.m. Moguls Sports Pub – Duane Carleton

9 p.m. Jax Food &amp; Games – Chris Pallutto

9 p.m. Pickle Barrel – Royals

9:30 p.m. Wobbly Barn – Jexxa

**LUDLOW**

2 p.m. Jackson Gore Courtyard – Apres Afternoon with Jester Jigs, Free Smores, Games and Fire Pits

2 p.m. Okemo's Sitting Bull Lounge – Acoustik Ruckus

6 p.m. Calcuttas – James Joel

7 p.m. The Killarney – Acoustik Ruckus

8:30 p.m. Off The Rails – Aaron Audet Band

**POULTNEY**

6 p.m. The Poultney Pub – Rebecca Padula

**QUECHEE**

5:30 p.m. The Public House – George Nostrand

**RANDOLPH**

7:30 p.m. The Listening Room – Sputoola with Tiger Strike

**WOODSTOCK**

7:30 p.m. Town Hall Theatre – The Good Doctor

**SUN**  
3/19**KILLINGTON**

12 p.m. Rivershed – Brunch with Brother Other

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

2 p.m. K1 Base Lodge – Chris Pallutto

2 p.m. Snowshed's Long Trail Pub – Acoustik Ruckus

5 p.m. The Foundry – Summit Pond Jazz

6 p.m. Liquid Art – Tee Boneicus Jones

6 p.m. Rivershed – Trivia

6 p.m. Still on the Mountain – Open Mic with Indigenous Entertainment

8 p.m. Pickle Barrel Nightclub – One Time Weekend

**LUDLOW**

7 p.m. Off The Rails – Karaoke

**WOODSTOCK**

2 p.m. Town Hall Theatre – The Good Doctor

**MON**  
3/20**KILLINGTON**

2 p.m. K1 Base Lodge – Duane Carleton

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

5 p.m. Mary Lou's – BAK'n

6 p.m. Rivershed – Rob Pagnano

6 p.m. The Foundry – Blues Night with the Chris P Trio

8 p.m. Jax Food and Games – Josh Jakab

**LUDLOW**

7 p.m. Off The Rails – Sammy B

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

**WOODSTOCK**

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

**TUES**  
3/21**KILLINGTON**

2 p.m. K1 Base Lodge – Daniel Brown

5 p.m. Mary Lou's – Mountain Music with Bow Thayer &amp; Jack Snyder

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

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

**LUDLOW**

8 p.m. Off The Rails – SINGO

**POULTNEY**

7 p.m. The Poultney Pub – Open Bluegrass Jam

**QUECHEE**

5 p.m. The Public House – Jim Yeager



Guess the album cover: Answer on page 22.

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# Trail Running Film Festival tour stops in Ludlow Saturday

Saturday, March 18, at 6 p.m.—LUDLOW— Mt. Hilly Runners will present the Trail Running Film Festival 2023 this Saturday in Ludlow.

The Trail Running Film Festival is a great night of films, inspiration, and community. Come celebrate running as a universal practice. Come explore our collective and individual potential, and let's pursue our wildest dreams.

Stories from around the world will be presented by filmmakers sharing their work of adventure, inclusivity, wilderness, art, and diversity across the trail and ultra community.

Doors open at 6 p.m., films start at 6:30 p.m. and the program runs about 2 hours.

## 2023 film fest selections

1. "From The Shadow Of A Mountain" by Alex Massey - (6 minutes). Markelle Taylor started running as a way to turn his life around. Today he runs free in the oldest trail race in America, on a mountain which was once unreachable.
2. "SOLO" by Ellie Green - (20 minutes). "Solo" is the account of one woman's mission to run solo and unsupported across mountain ranges on six continents—overcoming obstacles, conquering fears and finding the joy in achieving her goals absolutely alone.
3. "Chasing Crazy" by Lady Mountain Films - (12 minutes). Pacers Running presents the journey of GirlGangCrazy, the first running group comprised of Black and Brown women, to complete the Speed Project from Santa Monica to Las Vegas. On foot. Nonstop.
4. "Run Free Ethan DeLorenzo" - (6

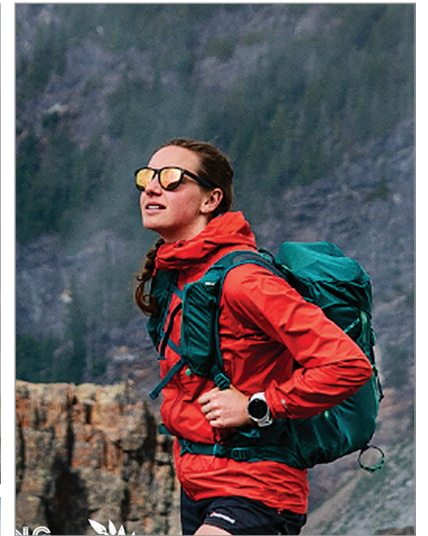
minutes). In this film we take a journey into the traditions of Navajo runner, Brandon Dugi. He shares with us what it means to run free after all this time, on the land of his people in Page, Arizona.

5. "The Reality of Running" by Milo Zaneccchia - (3 minutes). Have you ever finished a trail run, and noticed the difference between elapsed time and moving time? Ever wonder what you spend doing during that extra time? Film-maker Milo Zaneccchia used to think it was a waste of time. Now he understands, it's part of the adventure. This film is a portrait of a real day out.
6. "Faith in the Future" by Adam Wells and Ryan Scura - (9 minutes). As wildfires continue to damage his home trails in Oregon, pro runner Mario Mendoza Jr. confronts what the climate crisis means to him not just as a professional athlete, but as a coach, pastor, and father.
7. "Footprints Running Camp" By Max Romey - (15 minutes). More info coming soon.
8. "Nettie From Ohio" by Jessica Vandebusch - (15 minutes). Aneta (Nettie) Zeppetella is an Ohio Ultrarunner tackling some of the least-Ohio style terrain (Western States, Fat Dog 120, Hurt) and working to inspire more women in her area to tackle long distances.
9. "Out Trails" by Nick Danielson - (8 minutes). More info coming soon.

The film festival is held at the Ludlow Auditorium on 37 So. Depot St. in Ludlow.

Advance purchase tickets are \$15 and will be available through March 17. Tickets (if still available) at the door are \$20 cash.

For more info visit: [TrailFilmFest.com](http://TrailFilmFest.com).



The Trail Running Film Festival is coming to Ludlow March 18 at 6 p.m.

Submitted

# Good Neighbor Health Clinics to hold benefit concert

Saturday, March 18 at 7:30 p.m.—WHITE RIVER JCT—The Briggs Opera House in White River Junction will be filled with music from singer-songwriter Brooks Hubbard at a special benefit concert on Saturday, March 18. The event supports Good Neighbor Health Clinic/Red Logan Dental Clinic.

"We're excited to bring this great event to the Upper Valley," said Heather Grohbrugge, interim director at Good Neighbor Health Clinics. "Brooks is indeed a local treasure and all proceeds from the show will directly benefit the patients served by the Good Neighbor Health Clinic and the Red Logan Dental Clinic."

A New Hampshire native raised in Enfield, Hubbard's first musical performance was as a 3rd grader playing the drums at a show with his father's band. By high school, he was writing and performing his own music. He continued to pursue his love of music and upon graduation from Keene State College, decided to make his passion a full-time job. During a career that has taken him to Nashville and now back to the Upper Valley, Hubbard has collaborated with band members from artists James Taylor and Jackson Browne and opened for acts including KT Tunstall, Robert Cray, and Reckless Kelly, just to name a few.

Good Neighbor volunteer physician Adam Sorscher, who will serve as emcee at the concert, said the event will be a great way to enjoy local music and support an enduring non-profit. "Having been part of the Good Neighbor 'family' for several years as a volunteer provider, I have seen first-hand the positive impact of the medical and dental clinics on those in need."

"This is a wonderful organization that plays a critical role in the region's safety net," Sorscher added.

According to event organizer Hilde Ojibway, "The event puts two of my favorites in the spotlight: the original songs of Brooks Hubbard and the outstanding work of Good Neighbor."

Hubbard will be performing original songs, including new songs which will be released on an upcoming album later this year. His poignant and clear insights about people and places ring through the lyrics with his strong voice carrying the stories straight to your heart. Concert goers will also hear a father-son collaboration, as engaging musician Gary Hubbard, will join Brooks on stage for a few songs.

Advance tickets for the concert cost \$25 and can be ordered at: [Brownpapertickets.com/event/5722473](http://Brownpapertickets.com/event/5722473). Tickets purchased at the door will be \$30.



Submitted

Singer-songwriter Brooks Hubbard



## BarnArts takes unique approach to Simon and Chekhov's 'The Good Doctor'

Friday, Saturday, Sunday, March 17-19—WOOD-STOCK—BarnArts will perform *The Good Doctor* by Neil Simon and Anton Chekhov, opening March 17 at the Woodstock Town Hall Theatre. The show will be at 7:30 p.m. Friday and Saturday and 2 p.m. Sunday.

Simon adapted these Chekhovian tales for Broadway in the 1970s with a cast of five but a group of seven are collaborating as a community ensemble of actor/directors for BarnArts production, which also includes an intimate and creative black-box approach — audience and actors will be together on the Town Hall Theatre stage.

"A number of BarnArts directors have considered staging 'The Good Doctor' over the past few years," said BarnArts Executive Director Linda Treash. "And then I came up with this idea — bringing a community of directors together, all of whom are also actors, to put on this warm, 'story of stories' play."

Treash is also one of the seven actor/directors.

Pentangle Arts Executive Director Alita Wilson suggested to Treash last summer that BarnArts consider a black box use of the 300+ seat theater. After a few meetings with Pentangle, Treash and "The Good Doctor" Creative Director Cliff Johnson agreed on a staging, which puts the actors and the audience together on the large stage, eliminating the size issues of using a large theater for intimate community productions. The creative staging helps bring tech costs down to an affordable level for BarnArts.

"This is such an exciting opportunity to bring a completely different theater experience to the Upper Valley," said Johnson. "It is rare for audience and actors to share the stage, yet it supports the intimacy we prefer at BarnArts."

"We will be able to seat 100, which is perfect for us," said Treash, who is also the set designer. "We have a half-circle 16x13 thrust stage against the back brick wall of the theater, and our directors are staging using proscenium or theater-in-the-round techniques, as suits the various stories. We will be using an aisle as well as some wing area for the more complex scenes."

The play centers on a Chekhov-like writer who leads the audience through nine scenes that go from ridiculous to absurd to charming and back again as the narrator reflects on the creative process, popping in and out of the stories.

Audience members will see what happens when a humble city worker sneezes on their boss during an opera

performance, how a novice doctor inspires confidence in a painful dental surgery, how to negotiate a fair price for a volunteer drowning, and how the tables can turn on an artful seducer, among other strange yet humorous situations.

Since the play was written in the 1970s and based on stories written in the 1890s, BarnArts' creative team looked critically at the material and casting when considering how to address the casual sexism, classism, and other issues that were more socially acceptable in previous decades.

### Cast

This unique group of actor/directors comes from across central Vermont.

Erin Bennett, of Wilder, was most recently seen as Stella in BarnArts' 2022 production of "A Streetcar Named Desire." Bennett's directing experience goes back to her college days at Colby-Sawyer.

Abigail Bower, of Montpelier, is no stranger to BarnArts, having starred in "Other Desert Cities" (2019) and directed "The Clean House" (2019).

Elyse DeNeige, of Barnard, recently appeared in BarnArts fall production of "The Addams Family" and appeared previously on the Town Hall Theatre stage in Pentangle's "Rocky Horror Picture Show" (2015).

Cliff Johnson, of Woodstock, performed with BarnArts twice last year in "A Streetcar Named Desire" and "Five Women Wearing the Same Dress." He was a director and cast member of "Legal Follies" at Boston University School of Law.

Olivia Piepmeier, of Strafford, is building on previous acting and directing experiences as she makes her BarnArts on-stage debut after serving as house manager and assistant producer for *The Addams Family* (2022).

Linda Treash, of Barnard, directed *A Streetcar Named Desire* and "The Addams" Family in 2022 and has acted in three BarnArts productions, most recently the traveling 2020 version of *It Can't Happen Here*.

Killian White, of Bethel, is also making her BarnArts debut but has been seen in productions with Artistree and Bald Mountain Theater where she also produces and directs.

"The Good Doctor" will run Friday and Saturday nights March 17-18 and 24-25 at 7:30 p.m. and Sunday afternoons March 19 and 26 at 2 p.m. at the Woodstock Town Hall Theatre. Tickets are \$20 for adults and \$15 for students. Tickets are available for purchase at: BarnArts.org.



Courtesy BarnArts Center for the Arts  
*Olivia Piepmeier of Strafford as the artful seducer Peter.*



Courtesy Barn Arts Center for the Arts  
*Erin Bennett of Wilder plays an old man striking a hopeful connection with an older woman (Linda Treash) in a park.*



Courtesy Barn Arts Center for the Arts  
*Cliff Johnson of Woodstock as the novice doctor who attempts to remove a rotten tooth from the local sexton, played by Killian White of Bethel.*

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## ← Neary:

page 5

son, not just the skillset.”

With his wholesome and outdoorsy good looks, plus his love of everything that is right about a small town like Rutland, Neary could star in a Hallmark movie. He could play the rugged ex-boyfriend, the sweet hometown guy whose heart the heroine broke when she left for the Big Glamorous Job in the Big Bad City. Of course, over the span of just two hours, they eventually find their happily-ever-after, together.

In real life, Neary is engaged — Marisa, his fiancé is a fifth-grade teacher — and the way he described the lovely home they will share, all but guarantees a happily-ever-after ending.

For all but the most persistent naysayers, Devon Neary is a bright beacon of positivity — a dedicated public servant focused on a grand purpose, that of promoting pride of place; a place that he and many others consider home.

As he aptly put it at the end of our interview, “To work and live in a place I feel very connected to, is a gift.”

For more info visit: [RutlandRPC.org](http://RutlandRPC.org).  
*Liz DiMarco Weinmann, MBA, is principal and owner of Liz DiMarco Weinmann Consulting, L3C, based in Rutland, serving charitable and educational institutions: [lizardmarcoweinmann.com](http://lizardmarcoweinmann.com).*

## ← Grants:

page 1

housing units, and 196 new childcare slots for low- to moderate-income families. The awards are spread across 12 counties, with 16 projects in towns with stagnant or declining grand lists — including Killington.

“My administration remains focused on our continued economic recovery and increasing economic equity in all regions of the state,” said Gov. Scott. “These projects represent ARPA dollars at work and are making long-term investments in our state’s future. We must continue to look toward smart investments that will have a lasting impact.”

“This first wave of approved applications represents projects that will provide assistance to households, help businesses in impacted industries to recover, and strengthen communities throughout the state,” said Department of Economic Development Commissioner Joan Goldstein. “We look forward to announcing additional approved projects in the coming weeks and will continue to review applications until the funding is depleted.”

The \$40 million program, first proposed by the Scott Administration and passed by the Legislature in 2022 through Acts 183 and 185, is funded through the American Rescue Plan Act (ARPA). As of Feb. 1, 2023, DED received 83 complete applications (31 approved) requesting more than \$36 million in funding to assist with project costs totaling more than \$408 million.

Applications not approved in this round remain under review for use of the remaining \$30 million and will be announced in the coming weeks as they are approved.

For the full list of approved applications, visit: [accd.vermont.gov/economic-development](http://accd.vermont.gov/economic-development). In addition to Killington’s \$1 million award, other local projects include:

### Rutland County

- Center & Wales LLC - Downtown Rutland Hotel and Residences  
Construction of a 6-story structure on the corner of Center and Wales Street located in the heart of downtown Rutland. The proposed project is a mixed-use building consisting of 4 stories of hotel and 2 stories of market rate apartments. It will fill the footprint of the “pit” area in a U-shape with a courtyard area in the middle.

Total project cost: \$35,000,000; Grant awarded: \$500,000

- Paramount Center Inc.  
Renovations and expansion of The Paramount Theatre and adjoining Richardson Building. Energy-efficient and ADA-accessibility upgrades and improvements, and construction of two 4,000 square foot multi-use venues.

Total project cost: \$5,500,000; Grant awarded: \$154,462

- Haystack Catering, LLC  
Expanding catering and events business by building a dedicated catering kitchen on first floor of new building, with a yoga and wellness studio on the second floor.

Total project cost: \$450,000; Grant awarded: \$79,347

### Windsor County

- American Precision Museum - Transformation and Expansion Plan  
Expansion of office space; restoration and insulation and renovation for a Smart Classroom and Conference Room for students, teachers, families, and the community.

Total project cost: \$3,100,000; Grant awarded: \$500,000

- Springfield Regional Development Corp. - Black River Innovation Campus, Park St.  
Renovation of the core and shell of 95,000 sqft building to allow Black River Innovation Campus (BRIC) to expand from a small pilot area to safe and accessible use of the balance of the building for provide training, mentorship and support for early stage companies, coworking and office space, serving as a regional connector for technology workers and entrepreneurs.

Total project cost: \$7,300,000; Grant awarded: \$500,000

- Twin Pines Housing Trust - Riverwalk Community Housing  
Construction of 42 new affordable housing units. The development will consist of one multifamily rental building that is four stories with a total of 53 parking spaces. The final unit mix will include 7 studios, 8 one-bedroom, 24 two-bedroom and 3 three-bedroom units.

Total project cost: \$16,526,856; Grant awarded: \$200,000

- Springfield Area Parent Child Center - Workforce Development & Early Ed Training  
Multi-tiered project to purchase vacant commercial building and convert it into a diverse education and training facility to provide professional development opportunities to Early Childhood Educators. The 3,000 sqft event hall that holds 198 people.

Total project cost: \$393,465; Grant awarded: \$78,693

## Health careers exploration program offered, deadline to enroll is March 15

There are many reasons why high school students should consider a career in health; greater job security, flexible work hours, continued education and growth, but most importantly, making a difference in the lives of others.

MedQuest is a health careers exploration program for students in grades 10-12. It provides high school students an opportunity to explore a wide variety of careers in health care, from the well-known to the unexpected. Through workshops and job shadows, students will have an opportunity to see a variety of careers in the health care workforce. Students will also learn some basic medical skills, medical terminology and be introduced to a variety of career and education tracks.

Southern Vermont Area Health Education Center (AHEC) is offering two sessions of the popular MedQuest program this summer at Rutland Regional Medical Center, Springfield Hospital, and North Star Health. This exciting hands-on career exploration day camp will take place July 24-26, 2023, at Springfield Hospital & North Star Health, and August 2-4, 2023, at Rutland Regional Medical Center.

Tuition is \$175 with scholarships available. Deadline to register is March 15, 2023.

For more information, visit: [svtahec.org/middle-high-school](http://svtahec.org/middle-high-school).



Submitted

Southern Vermont Area Health Education Center is offering two summer camps for area students in July and August for area students to explore health careers.

## Public hearings on deer and moose to be held March 20, 21 and 23

The Vermont Fish & Wildlife Department (VTF&W) and the Vermont Fish and Wildlife Board will hold public hearings on deer and moose management for 2023 on March 20, 21 and 23.

The hearings will include results of Vermont’s 2022 deer seasons and prospects for deer hunting next fall as well as an opportunity for people to provide their observations and opinions about the current status of the deer herd.

The hearings will also include a review of the 2022 moose hunting seasons and an opportunity for the public to provide feedback on the number of moose permits recommended for 2023.

**The three in-person hearings will begin at 6:30 p.m. at these locations:**

1. March 20: Lake Region H.S., 317 Lake Region Rd, Orleans
2. March 21: Burr & Burton Academy, 57 Seminary Ave., Manchester
3. March 23: Woodstock Union High School, 100 Amsden Way, Woodstock

Pre-recorded videos of the moose and deer presentations that will be given at these meetings will be available by going to the “Public Hearings Schedule” on Vermont Fish & Wildlife’s home page. The VTF&W’s 2023 Moose Season Recommendation is also available on that page.

In addition to the public hearings, anyone can leave a comment on the proposals by emailing [ANR.FWPUBLICCOMMENT@vermont.gov](mailto:ANR.FWPUBLICCOMMENT@vermont.gov). Comments on moose must be received by March 31 and for deer by May 12.





By DCStudios/FreePik  
GA scientist studies a green leaf from a crime scene before placing it under a microscope for further examination.

## Plant CSI: Solving crimes with plants

By Jodi Larison

Plant materials have been used to solve crimes on television shows, in books and in real life. The use of plant materials in solving crimes is called forensic botany. Plant materials that have been utilized in solving crimes have included flowers, fruits, leaves, pollen, seeds and wood.

From his novel “Fruits of the Poisonous Tree: A Joe Gunther Mystery”: “Vermont author Archer Mayor’s character Detective J.P. Tyler, when commenting on evidence from a crime scene, held up a small baggie with a tiny fragment of organic matter in it. As to this organic matter, he stated “It’s Russian olive...not a rare plant...The point is, there ain’t a single Russian olive on Gail’s property.”

Gail was the victim. Tyler also noted that he found “a Russian olive right in front of” a suspect’s trailer.

While that’s an example of plant CSI in fiction, one of the first and most famous cases solved using forensic botany was the 1932 kidnapping and murder of the Lindbergh baby. A homemade ladder used in the kidnapping was left behind at the scene.

The rings in a piece of wood in the ladder matched perfectly with the rings in a floorboard in the attic of Bruno Richard Hauptmann, according to Dr. Arthur Koehler, chief wood technologist at the Forest Products Laboratory in Madison, Wisconsin. The match was an exact match of the annual rings as well as their unique pattern.

The defense team tried to disallow the forensic botany evidence, but the judge decreed that Koehler was an expert and allowed his testimony. Hauptmann was convicted with the testimony presented by the wood technologist key to his conviction.

The first-time plant DNA was used to get a conviction was in a 1992 murder of a woman in Arizona. In this case, an investigator noticed that a palo verde tree near the victim’s body had recently been scraped, possibly by a vehicle. DNA in the seeds from the tree matched the DNA of seeds found in seed pods in the suspect’s truck.

In both these cases, the plant material created botanical “fingerprints” that led to convictions.

Pollen also can act as a botanical fingerprint. For example, pollen might help identify a region where an event occurred or where a suspect has been. In some cases, DNA analysis actually can link a leaf to a single tree.

While the pollen of some plants is unique, this is not true for all plants. For example, grass pollen generally cannot be linked to specific plants or areas, but seeds and fragments of grass may have unique DNA. While not technically a plant, algae also has aided in solving crimes.

Additionally, plant materials may provide clues as to the timing of an incident. In the 2011 trial of Casey Anthony, plant materials were used by the defense to refute the prosecution’s timeline. In this case, a forensic botanist determined the duration of time that her daughter Caylee’s body was in the woods, all based on the growth of the plants in and around her remains.

Forensic botanist Dr. Christopher Hardy, a professor at Millersburg University, has been cited as stating that forensic botany is an ideal investigative tool because it is always unbiased. So, the science of botany maybe more important than one might think when it comes to solving crimes.

Jodi Larison is a UVM Extension master gardener.

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## Vermont hunter education courses start in March

If you or someone you know would like to go turkey hunting this spring, but they have never taken a hunter education course, this is the time to act. Vermont's volunteer hunter education instructors are now holding a limited number of courses throughout the state.

A person must pass the hunter education course before they can purchase their first hunting license.

"Many of these courses are held in August and September, but our volunteer instructors will be holding courses this spring to help new turkey hunters as well as anyone else who wants to take a course now," said Vermont Fish & Wildlife's Hunter Education Coordinator Nicole Meier. "Our volunteer instructors teach because they are passionate about hunting and want to ensure that Vermont's safe hunting legacy continues."

"Volunteer instructors are the backbone of the Vermont Hunter Education Program. They are vital to Vermont's strong record of safe hunting. Hands-on and in-person learning from an experienced instructor are the best ways to become familiar with the hard-skills associated with safe hunting and firearms handling."

Anyone of any age is permitted to take the course. The class content, exam and paper and electronic materials are written at a grade 6 reading level.

"Courses are available in basic hunter education, bowhunter education and combination hunter-bowhunter education," said Meier. "We expect more classes to be posted in the future, so check our website frequently."

A Vermont hunter education card entitles you to hunt in all 50 states, as well as some international locations.

The courses will be listed as they become available at: [vtfishandwildlife.com](http://vtfishandwildlife.com). On the home page, click on Hunt and then Hunter Education and Find the Right Class for You. To register for a course, go to this link: [Register-ed.com/programs/vermont](http://Register-ed.com/programs/vermont).



Courtesy of VTF&W

Vermont hunter education courses are starting in March.

## New England Masters Ski Racers come to Killington for the finals

Friday and Saturday, March 17-18—KILLINGTON—The New England Masters Ski Racing (NEMS Racing) will be coming to Killington on Friday and Saturday to race in the finals for the New England Masters. There will be two Slalom races on Friday and two Giant Slalom races on Saturday. The masters racing season will close out on Saturday night with an annual finals banquet at The Killington Mountain Lodge.

The Masters have been coming to Killington for years, typically holding the first races of the season here in December. The Masters Race, took a hiatus and has not held a race at Killington since the 2016-17 season.

"We are excited to be back at Killington and to be closing out the race season at one of the best racing venues on the East Coast," said Matt Mitsis, president of the New England Masters Ski Racing in a news release.

There will likely be Masters racers from across the East Coast in attendance. Ages will range from the mid-20s to mid-80s.

Killington also has a dedicated Masters program, which is separate from the New England Masters, and many of those participants race with NEMS and will be at the NEMS races over the weekend. For more info. visit: [nemsracing.org](http://nemsracing.org).



Courtesy of nemsracing.org

The New England Masters finals race will be held at Killington this Friday and Saturday.

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\*Subject to availability and eligibility.



## ← Telephone Gap: ..... page 6

how serious these predictions are. This is a-here-and-now thing. My grandson Arlo is two, and we may be beyond the tipping point before he is a teenager. How old will your loved ones be in 10-20 years?

Business as usual, including in forestry, must end now if we are to save the next generations from a very chaotic future. Ominously, New England is warming about 50% faster than the global average, according to EPA data.

To help, we need to better appreciate the role of forests in fighting global warming. Forests, especially old forests, absorb and store 50% of the above ground carbon worldwide. New England's forests are one of the largest, most important concentrations of carbon-dense older forests in the U.S., and they could store two to four times more carbon if we just let them grow (UVM study). Keeping our old trees standing in our national forests is immediate, takes virtually no effort, and saves taxpayers' money.

Save Public Forests is part of a nationwide groundswell led by Climate-Forests, a group of more than 120 groups pushing for a change in many of the USFS's core policies and practices. Climate-Forests has reviewed proposed national forest timber sales across the country.

Telephone Gap is identified as one of the 10 worst projects in the U.S.

My hope is that the good people of the GMNF will creatively lead from within the Telephone Gap and show the nation a new way forward.

### Climate Action matters

The National Environmental Policy Act (NEPA) requires alternatives to a proposed project such as Telephone Gap to be analyzed as part of an Environmental Assessment (EA). This can either be a meaningless perfunctory exercise, or it can shine a light on a serious new "climate-smart forestry" alternative.

I and others propose that the GMNF consider working with community groups and proactively take the lead in developing a new proposal that takes seriously the spirit of President Biden's 2022 Executive Order and charts a new course for the USFS.

We suggest the essence of this would include designating a major amount of the project area as "carbon reserves," in which there is very little disturbance, and the forest stands could be allowed to grow older and bigger. Managing younger stands done in a way to produce products, but in a way the average volume of stored carbon per acre over time. smart forestry that creates climate-sequesters carbon to climate change while producing forest products is a need that extends far beyond this project to the nation and the world. With Congressional support, community collaboration, and GMNF creativity, this could become a research laboratory and model for climate-smart forestry.

To date the GMNF has received over 600 comments on the project; more than 500 are in opposition. It would seem wise for the GMNF to work in collaboration with the larger community to develop an innovative project that enjoys widespread support rather than opposition that will certainly result in appeals and stronger actions.

Additional actions recommended for the Telephone Gap project are:

1. The Telephone Gap proposal and the 2006 Forest Plan on which it is based are critically out of date because they do not significantly consider the project's impact on climate change. The Telephone Gap project should be stopped until it and the 2006 Forest Plan are revised to quantify and mitigate the effect on climate change.

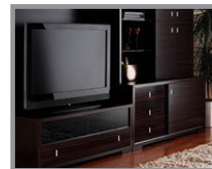
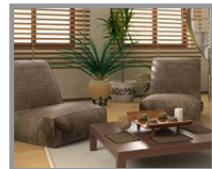
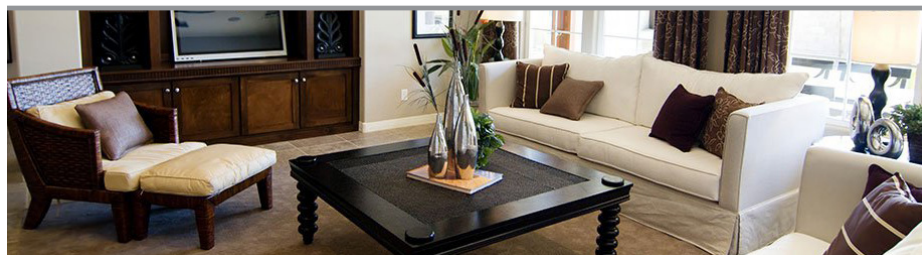
2. Biodiversity: There is widespread scientific agreement that we are now in the sixth global mass extinction, much due to habitat loss. The Telephone Gap project area harbors thousands of species, many of which depend on interior mature and old forests for survival. We should protect them, not destroy their habitat.

3. The policy of cutting old trees is climate flawed. (Note: seedlings are hardly ever planted in New England's forests. Natural regeneration is sufficient.) When stands of old trees are cut the area becomes a net source of CO2 for 10-20 years. Watch a fascinating 10-minute PBS video on this research at [tinyurl.com/Forest-Carbon](https://tinyurl.com/Forest-Carbon).

4. Cutting old forests to create young forests accelerates climate change. At the core of the 2006 Forest Plan and this project is an outdated policy of manipulating the forest by targeted cutting to bend it into conformity with Forest Service goals. The project proposes reducing mature and old forest from 12,000 acres to as few as 5,400, while increasing younger forest categories from 1,700 acres to as many as 10,500.



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**Dream Maker Bakers**  
Dream Maker Bakers is an all-butter, from-scratch bakery making breads, bagels, croissants, cakes and more daily. It serves soups, salads and sandwiches and offers seating with free Wifi. At 5501 US Route 4, Killington, VT. No time to wait? Call ahead. Curb-side pick up available. dreammakerbakers.com, 802-422-5950.



**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 802-422-7736 or 802-422-7594.



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**Lookout Tavern**  
A place for fun, friends and good times here in Killington! Everything from soup to nuts for lunch and dinner; juicy burgers, fresh salads, delicious sandwiches and K-Town's best wings. Your first stop after a full day on the Mountain for a cold beer or specialty drink and a great meal! lookoutvt.com, 802-422-5665.



**Moguls**  
Voted the best ribs and burger in Killington, Moguls is a great place for the whole family. Soups, onion rings, mozzarella sticks, chicken fingers, buckets of chicken wings, salads, subs and pasta are just some of the food that's on the menu. Free shuttle and take away and delivery options are available. mogulssportspub.com 802-422-4777.



**Sugar and Spice**  
Stop on by to Sugar and Spice for a home style breakfast or lunch served up right. Try six different kinds of pancakes and/or waffles or order up some eggs and home fries. For lunch they offer a Filmore salad, grilled roast beef, burgers and sandwiches. Take away available. www.vtsugarandspice.com 802-773-7832.



**Sushi Yoshi**  
Sushi Yoshi is Killington's true culinary adventure. With Hibachi, Sushi, Chinese and Japanese, we have something for every age and palate. Private Tatame rooms and large party seating available. We boast a full bar with 20 craft beers on draft. We are chef-owned and operated. Serving lunch and dinner. Delivery or take away option available. Now open year round. www.vermontsushi.com 802-422-4241.



**Soup Dog**  
The only place like it in Killington! Soups served hot or in a 32 oz that you can heat up when convenient. We have a great selection of hotdog toppings to choose from. Mountain photography, clothing, syrup, and gifts in this quaint mountain side hidden gem! 2822 Killington Rd, behind Domenic's Pizzeria 802-353-9277.

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	M	A	C		T	O	P	I	C	S	
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**SUDOKU**

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

Guess the album cover answer: Michael Jackson, Thriller



# Dog care, tips for spring cleaning

By Paula Townsend

*Editor's note: Townsend is the manager of Kedron Valley Boarding in Woodstock.*

At Kedron Valley Boarding, grooming and Daycare in Woodstock, we're here to help ensure your dog's physical and mental health all winter long.

Just like people, animals need physical and mental activity, and good hygiene to look and feel their best. Keeping up with your furry friend's grooming needs along with healthy socialization and enrichment activities is always a challenge and winter poses even greater obstacles. Kedron Valley Boarding, Grooming and Daycare is here to help and it all starts with offering free evaluations for both their Pop-in Daycare Program and Grooming.

Let's start with hygiene. There is a bit of a misconception that we can relax our grooming regimen in the winter to allow our dog's winter coat to get longer, thicker...warmer. Dogs do benefit from a long and/or thicker coat in the winter but maintaining it can become challenging for pet parents as it often requires daily maintenance to prevent matting. Matting occurs when the undercoat tangles and knots, pulling on the skin causing skin irritation and in severe cases can even cut off circulation. Longer hair may appear normal while the matting beneath becomes so tight and widespread that when assessing your pet's fur, the mat itself can be mistaken as skin. Brushing out mats is painful for your pet and should never be done with scissors as getting beneath the mat may be hard and identifying skin difficult. Doing so often results in cutting the skin and a trip to the veterinarian for stitches. Brushing the mats out may cause your dog too much pain and the only alternative would be to clip them out with clippers at skin level. Minor matting in small areas can be brushed out or trimmed if necessary while maintaining the length of the remainder of the coat but this time of year, it is not uncommon for groomers to have to remove matting in large patches — a process called pelting. Regular bathing by a groomer and at-home brushing

routines that address your pet's entire body with the correct brushing tool for your dog's type of coat is the best prevention. Other helpful hints are making sure your dogs are dried completely after they get wet, that feet are trimmed short and collars removed overnight to reduce the risk of moisture buildup, hair loss and matting beneath the collar.

Our groomer, Mary Bovaconti, is noticing an increase of matted dogs coming in recently so we would like to offer a brief, free evaluation when Mary will assess your dog's grooming needs

Our groomer, Mary Bovaconti, is noticing an increase of matted dogs coming in recently.

with you so you understand your dog's coat type and what your dog requires for the healthiest coat possible. Should you choose to bring your pet for grooming, after Mary grooms your dog and has an even better idea of what you are working with for their coat condition and pup's temperament and tolerance of the process, she can then go over tools and practices you can do at home between grooming and a maintenance schedule to reduce the risk of needing to clip matts down the road. If you are interested in exploring this opportunity, please call or email us. You may expedite the process by logging in to our website at [KedronBoarding.com](http://KedronBoarding.com) and click on the Customer Portal tab to create your personalized profiles for you and your pets.

With colder temperatures, slippery conditions and shorter days, dog parents increasingly report high energy, difficulty redirecting, and poor behavior — basically, Cabin Fever sometimes lasting well past your bedtime. Keeping up with both physical and mental activity are important for our pet's overall health. Reduced activity in the winter can also cause weight gain which can contribute to illness and injury. With Covid-19, many dogs have had minimal

or reduced socialization both with people and other dogs which contributes to fear, aggression or simply undesirable behaviors both at home and when out in public.

Kedron Valley Boarding, Grooming and Daycare has two daycare programs. Last fall, we eliminated our waiting list by creating the Pop-in Daycare Program. To ensure we have room at our facility to meet the boarding needs of our community, we announce our availability on Fridays of open daycare spaces for the upcoming week. The Pop-in Daycare dogs may fill these slots on a first come, first served basis. Our amazing groups of pups spend several hours in the morning and afternoon enjoying supervised play in our three outdoor play yards alternating with indoor play when weather requires.

Activities include ball play, tug of war, Frisbee, chase, pool time in the summer, and special holiday events. During quiet time from noon to 2 p.m. the pups recharge and take a nap. If they need extra mental stimulation, for a small fee, we offer frozen Kong treats during our break time. We offer full- or half-day daycare options to meet your needs or budget.

Public dog parks can be a great way to consume energy, but daycare offers many advantages dog parks cannot. Daycare programs like ours evaluate newcomers' behaviors and cues before any social interaction occurs. Our regular dogs are vetted for safety, play styles, and set the standard for the yard. Pop-in clients, especially those with younger puppies, benefit from learning how to properly interact with other dogs, ask for play, and create healthy relationships. Daycare is a highly supervised environment which minimizes the risks posed at unknown dog parks.

If you are interested in exploring this opportunity, please call or email us. You may expedite the process by logging in to our website at [KedronBoarding.com](http://KedronBoarding.com) and click on the customer portal tab to create your personalized profiles for you and your pets.



Kedron Valley Boarding, Grooming and Daycare in Woodstock is offering free evaluations for both their pop-in daycare program and grooming.

Courtesy Kedron Valley Boarding



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# Rutland County Humane Society



PERCY

Percy got all dressed up hoping for a Valentines date, but sadly it never came. Percy's perfect home would include another playful dog, and loving people that like to train and give him yummy treats! Percy is amazing with other dogs, and befriends every dog he meets! His sweet and loving personality will quickly win you over too! If you are a feline free home and want to adopt this handsome boy go to our website [spfldhumane.org](http://spfldhumane.org) and fill out an application or call 802-885-3397. March 28 at 1 p.m. we will have a Zoom on separation anxiety in dogs. For more information check out our Facebook Springfield Humane Society.

This pet is available for adoption at  
**Springfield Humane Society**  
401 Skitchewaugh Trail, Springfield, VT • (802) 885-3997  
**\*Open by appointment only.** [spfldhumane.org](http://spfldhumane.org)



SOPHIE

I'm a 5-year-old spayed female. I'm a real sweetheart that came to Lucy Mackenzie not too long ago. Lots of things have happened since I've been here, but most importantly, I've made lots and lots of human friends. Adult people are very important to me and I'm happiest when around them! I've lived with a few different families in my young life and would love nothing more than to find my final forever home. What I envision (and need) is a home where I'm the only animal (I don't do well with other dogs or cats) and also a home where there are no children.

This pet is available for adoption at  
**Lucy Mackenzie Humane Society**  
4832 VT-44, Windsor, VT • (802) 484-5829  
**\*(By appointment only at this time.)** Tues. - Sat. 12-4 p.m.  
& Thurs. 12-7 p.m. • [lucymac.org](http://lucymac.org)

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296 U.S. Route 4 East  
Rutland Town, VT 05701 | 802-773-7642



OPEN

MON. - FRI. 10am - 6:30pm & SAT. 10am - 5pm

Grooming by appointment | 802-773-7636



Nitro—1-year-old. Male. Lab/Pit mix. Black. Nitro is a sweet and goofy boy who is eager to please. We feel he would do best in a quiet home. He would do best with older children due to his energy level.



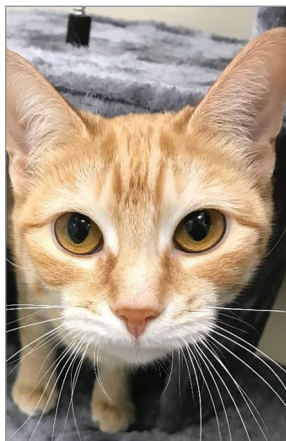
Naya—6-year-old. Spayed Female. German Shepherd dog. Black and tan. Little kids are too much for her. Naya will tell you when she needs to potty.



Carlos—9-month-old. Male. Cattle dog mix. Brown/white. Carlos has lived with other dogs. He has also lived with cats and was fine. He is a smart pup.



Winston—4-year-old. Neutered Male. Pit bull/boxer mix. Brindle with white. Winston needs someone who will let him warm up on his own terms. He's done well around other dogs and cats.



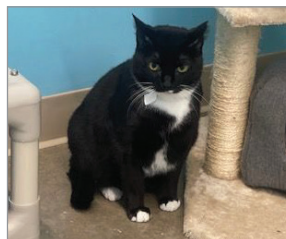
Cream—2-year-old. Spayed female. Domestic shorthair orange and white. Cream has really come out of her shell at RCHS. She is still timid at first, but if you are patient, she is very sweet.



Zoey—5-year-old. Spayed female. Domestic mediumhair. Brown torbie w/ white. Zoey is a sweet girl! She is good with other cats. She enjoys rubbing up against your leg and purring on your lap.



Diesel—2-year-old. Neutered male. Domestic shorthair brown tabby. Diesel was surrendered to us on January 6. He would prefer a quiet home.



Margaret—3-year-old. Spayed female. Domestic shorthair. Black and white. Easy-going and content describe her best. She does like her space respected.



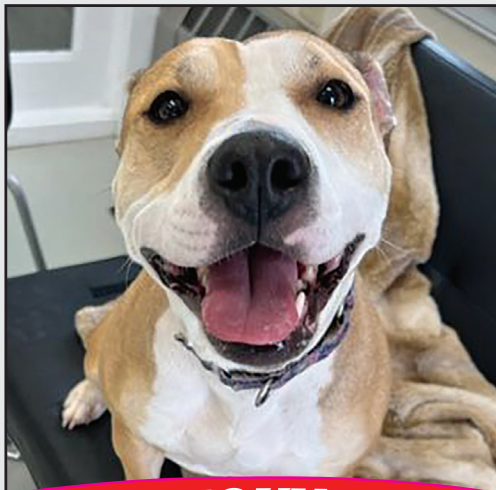
Miss P—2-year-old. Spayed female. Domestic shorthair. Torbie with white. She's a sweetie with her gorgeous green eyes and dainty white bib and paws.



Precious—1-year-old. Spayed female. Domestic shorthair. Gray tiger. loves to follow you around. She has lived with both dogs and children and did fine.



Spazzy—3-year-old. Neutered male rabbit. American. Black and white. Don't let his name fool you, Spazzy is a pretty mellow boy, with an easy-going disposition.



FOXY

Foxy—3-year-old. Female. Pit bull mix. Tan and white. Foxy will greet you with butt a wiggle! She is great with dogs and cats. She needs proper training as she does like to door dash. She will need regular exercise.

All of these pets are available for adoption at  
**Rutland County Humane Society**  
765 Stevens Road, Pittsford, VT • (802) 483-6700  
Tues. - Sat. 11-5 p.m. for adoptions  
**\*(By appointment only at this time.)**  
Closed Sun. & Mon. • [www.rchsvt.org](http://www.rchsvt.org)

## Stay up-to-date on our pets online

Do you want to stay up-to-date on events at the Rutland County Humane Society (RCHS)? Do you want to make an online donation? Are you looking for a complete list of all of the adoptable animals? Are you searching for pictures of adorable alumni animals? Do you want to know about our community services? All of this and lots more can be found at the Rutland County Humane Society's website, [rchsvt.org](http://rchsvt.org). The website is updated nearly every day, and there's terrific information about every aspect of RCHS including donations, volunteers, adoptions, stray animals, links to other shelters, and more. For quick and easy access, add [rchsvt.org](http://rchsvt.org) to your list of favorites! Check us out, you'll be happy you did!



# Cosmic Catalogue

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## Aries

March 21 - April 20

A brief reprieve from your proverbial dreamtime arrives this week. That's because Mercury arrives in your sign. The winged planet's energy can help you make the choices you've been dragging your feet about for the past several months. In other news, Venus' arrival in your cash flow zone may help prime the territory for future boons in the cosmic weather forecast.



## Leo

July 21 - August 20

A little bit of sweetness arrives at the very top of your solar horoscope this week. It might be easier to make a good impression or to attract the opportunities you're looking for in your professional life. Be mindful of your increased level of visibility now, because eyes are likely to be on you. Doors will soon open that will change a lot of things, so it will be in your best interest to not put a foot wrong now.



## Sagittarius

November 21 - December 20

Schedules, calendars, logistics and planning all sound rather dull, don't they? What if I told you that this is the only way you're going to make the best use of the next three weeks? Sound any better? Ok! What if I told you it was the only way you can make the most of one of the most fun and exciting periods you're likely to experience for the majority of this year? Well hurry up then! What are you waiting for?



## Taurus

April 21 - May 20

Venus, your patron planet, moves into your sign this week as a part of her annual cycle. Thus, for the next four weeks, you'll get the chance to indulge and enjoy a little more of life's sweetness. Despite your penchant for letting the good things come to you, you might be doubly blessed if you opt to take the bull by the horns a bit and make some right choices, too!



## Virgo

August 21 - September 20

A little bit of attention on your financial status is in focus now. This is your annual opportunity to run a fine tooth comb over things in order to be in a good position to make any financial decisions you've been thinking about. Knowing your numbers is the first step to knowing whether you're in the position you need or want to be, or not. It looks like you do have a few decisions to make for things to improve!



## Capricorn

December 21 - January 20

This week sees love planet Venus move into one of your most romantic zones. The next month is shaping up to be one of the most joyful, fun and playful periods you've experienced in a while. The good news is, that this is going to be a mainstay very soon. That said, why not start now? Is there someone you'd like to shower with love, affection and attention? Get out there and seek what is seeking you.



## Gemini

May 21 - June 20

The more effort you put into networking, communicating or actively engaging with others – either online or in real life, the more benefits and blessings that are likely to come your way. You're in quite a lucky cycle right now, even if you've been spinning your wheels a bit recently. The fog is clearing, making it easier to make the choices you haven't been able to in a while. It's time to really pick up the pace again!



## Libra

September 21 - October 20

Communication planet Mercury moves into your relationship zone this week, making the next nearly three weeks ideal for having conversations with someone special. It could be as simple as aligning calendars and getting the logistics between you sorted out. For other Librans, you might like to consider some kind of "annual check-up" and get to know your partner better. Getting on the same page can help you get inspired about your future plans and goals together.



## Aquarius

January 21 - February 20

The cosmic attention turns to the domestic and local influences in your solar horoscope this week. You might like to quench your thirst for adventure or knowledge closer to home. Maybe there's a café or library you've been keen to visit? Spending some time and money on your home is also possible, especially if you're looking to freshen up the décor or make it feel more like a home than just a house.



## Cancer

June 21 - July 20

When it comes to your overall life, your work, as well as your social life – either within your private or personal life, it's never been so busy! Everything seems to be coming in swiftly and with minimal effort on your part. Ride the current tide while it's heading downstream for you. That said, it's important to not rest on your laurels either. Easy come, easy go is an important concept to keep in the back of your mind!



## Scorpio

October 21 - November 20

Romantic Venus arrives in your relationship zone this week, setting the tone for increased sweetness and togetherness with someone special. Even if you're not partnered, you might notice that it's easier to attract support from other people in general, either at work or in your personal life. Someone worth getting to know a little better might make their presence in your life felt over the next month or so! Enjoy it – you don't know what it might turn into!



## Pisces

February 21 - March 20

Your stars are heavily focused on your personal life right now. Even if you happen to be busy in other areas like your career, for example, that isn't where your heart is necessarily. Money and abundance and what they truly mean to you as well as devoting yourself to extracting the sweetness out of every day are now of more value. So, stop and smell the roses when the opportunity presents itself.



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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.

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## Reliving the past

There's a certain kind of magic in reliving the past. No doubt, now that Saturn is in Pisces, you might be in a deep state of remembering. Life is full of "remember when" moments, but the collective one we're in now is a little bit more soul stirring than normal. For some people, denial of the past is the only way to move forward. For other people, the challenge is to see the past for what it was, rather than how it is remembered. Then there are also the people who live in the past, in a time warp, of sorts.



**Cosmic Catalogue**  
By Cassandra Tyndall

Either way, the chance to revisit, regardless of what is revealed or remembered, gives you the chance to reframe things. With older, wiser eyes, it can be easier to look fondly back on the joy. Some things you'll be glad you've left behind, while others, the question will be, "why don't I do that more often?" Whatever it is, two planets change signs this week that invite you to make up your mind to indulge more often. To drink the wine. To eat the cake.

To sing the songs and dance like there's no tomorrow. The only question left to ask, well why don't you?

## Why do we ski, snowboard?

By Karen D. Lorentz

While riding a lift recently, one out-of-state seatmate noted he and his wife ski in all kinds of weather; they don't mind rain even though his "supposedly water resistant jacket gets soaked." It doesn't matter because they love the sport and being outdoors, he said.

The other seatmate, a local, agreed and skis every chance he gets.

On another ride I met a couple who skied before they married and now have two children skiing.

They all reminded me of my younger days — skiing in the rain, skiing with my dad, my siblings, later my husband and kids and now occasionally with grandkids.

### More than love

When it comes to a sport that exudes excitement and exhilaration and which all ages can participate in, both individually and together, Alpine skiing is without equal. I suspect that we fall in love with the snow and the excitement.

The excitement is apparent to anyone who has seen eye-popping footage on the Wide World of Sports or watched the Winter Olympics. Being on the edge — as in "thrill of victory and the agony of defeat" — makes for ooohhs and aaahhs as someone takes a jump, wins a race, sails out over the halfpipe, or tumbles out of control.

For skiers and snowboarders, the thrills and spills are well known. Most of us, whether serious competitors or recreational skiers, have taken our share of falls.

But we've also enjoyed the thrills of a medal or the sense of accomplishment that comes from mastering a challenging run, whether the steeps, bumps, trees, or terrain park.

My first "medal" was a NASTAR bronze at Okemo in 1980 and a gold came from a Mountain Dew Vertical Challenge 25 years later when there weren't too many racing in my age group. The best part was being invited to the finals — what a hoot for a senior! The following year I got gold again — this time on Snowshed, my kind of racecourse!

But there's more.

There's the excitement of discovery — of

new places, new trails, and "new tricks" — and the pleasure of getting away from everyday routines and pressures of work and responsibilities. Such experiences rejuvenate and elevate the human spirit, making life better in the process.

There are also the physical benefits from getting healthy, outdoor exercise, which releases "feel good" endorphins in the brain.

The sense of individual mastery that comes from "getting good" at a challenging sport — whether "good" means graceful, fast, or outrageous in the pipe or park — is priceless. As is handling a scary trail and achieving an "I can do it" attitude, at any age.

There's an added exhilaration that comes from being in incredible surroundings — the views and awesomeness of

For skiers and snowboarders, the thrills and spills are well known.

being in the magnificent, and sometimes very challenging, outdoors. The beauty of fresh snow or rime ice coating the trees show us nature at her wintry best; or in the case of skiing in a blizzard, she shows us what courage is.

### Bringing people together

From my vantage of 60-plus years recreational skiing, what may be the biggest benefit is that a love of skiing affords connecting. It's a way to be with people and make friends.

At its best, the love of skiing provides a common interest that becomes a tie that binds.

In my experience, skiing has provided bonding memories. First there was Dad teaching my sisters and me how to her-ringbone up the hill and ski down on a golf course in Connecticut. (We progressed to skiing Pico and Killington together in our younger years and as older adults who had all moved here.)

As a much older sister, I had coaxed my younger brother (around age 5) into riding a J-Bar by offering him a dollar. Today, he is an extraordinary skier and lives on Snow-mass. He returned the favor of that "bribe" by flying me out for a visit and the luxury of

Joys of the slope → 27



## Return of the ospreys

On my commute to the Northern Woodlands offices in Lyme, New Hampshire, I pass a long-established osprey nest, perched atop a very tall electric tower next to Route 302. This location offers the ospreys a view of their surroundings—and provides me with a view of the ospreys from the road.

My early morning drive is brighter now, on the season's edge, than it was in the heart of winter, and I have been craning my neck lately to get a look at the nest — and hoping to see a raptor or two perched on its edge or soaring nearby.

It's early still, I know, for the ospreys to return, but by now they're likely on their way, flying north from their winter homes in South America, across the Caribbean to Cuba, and from there to Florida, then along the East Coast and inland until they reach this nest. And chances are good that when I do spot the ospreys, it will be the same pair I've seen in past years here. Ospreys often form breeding pairs that last several years, although the male and female spend their winters separately.

"They take completely separate winter vacations, which maybe is the key to a long and successful marriage," said Iain MacLeod, executive director of Squam

Lakes Natural Science Center, who has been keeping tabs on osprey nests in New Hampshire's Lakes Region for 25 years. "But they'll come back to the nest year after year after year and reunite."

Last spring, MacLeod witnessed the reunion of a pair that has been together — at least during the breeding months — for at least 15 years. The female had already arrived by the time the male returned to perform what MacLeod calls "sky dancing" — a combination of vocalizations and aerial displays of hovering and swooping.

"As he dropped down to the nest, she flew to join him. The two of them sat on the nest together. He displayed submissive posture, where he kind of turns his back and droops his wings," MacLeod said. "They mated within 20 minutes of reuniting, and then he went off and got her a fish, which is an important part of the courtship. And within 11 days they were sitting on eggs."

While many raptors build their nests in

"They take completely separate winter vacations, which maybe is the key to a long and successful marriage," said Iain MacLeod.

the shelter of overhanging branches, osprey nests tend to be high up and open to the elements — and often on manmade structures, both those intended as nesting platforms and those meant for other purposes. These nests comprise a base of large sticks, topped by smaller sticks, with a lining of grass, moss, and bark to cushion the eggs. Ospreys add to their nests each breeding season,

Ospreys → 27





# A path toward redemption

My son and school have never been close friends. He enjoys his classmates and the socialization, but as far as the work is concerned, he struggles to stay interested.

I struggled to stay interested as well. I hated math, was occasionally interested in something historical, didn't see the relevance of social studies, was confused by science, and only

got through English because I was naturally good at putting my voice into sentences.

Outside of that, all I cared about was gym class and art, where I knew I could excel. I would have likely been interested in a music program if it incorporated material I was interested in, but that was never the case.

The difference between my son and me was that I tried a bit harder to disguise my disdain for my studies; I figured it was a means to an end. I knew once I got to college, I could then focus on something I was truly captivated by.

And that's exactly what happened.

When I got to college, I was originally a business major, but I quickly switched to philosophy when I discovered that it was the only class I was interested in studying. My father berated me for this choice, remarking, "A philosophy degree will only come in handy as a conversation piece while you're standing in the unemployment line."

He wasn't half wrong.

Once I got out of school and got my bearings (and realized a philosophy degree was only good if you're going into teaching), I began to realize that a "normal" career would last decades, and if that was the case, I wasn't prepared to do something that I wouldn't enjoy.

And so, I leaned on the only thing I was good at: art. Throughout my school years, I was always better at art than my classmates. Drawing and painting came easily to me and I had a natural affinity for design.

Once I got on an Apple Macintosh computer, my career literally unrolled in front of me. I never saw it coming, but I'm sure glad it happened.

And that's what I've been telling my son as he prepares to make plans for his next step after high school. I've told him that all he needs to do is lean into something that really

interests him, and everything will fall into place after that. His original choice may not be the perfect answer, but it will open doors to other ideas as he progresses forward.

Given that my son is adept with his hands (great athlete, plays three instruments), I've suggested a two-year associate program in a discipline that interests him. Outside of music and sports, his two biggest loves are fishing and cars. Being a professional fisherman seems like a long shot, so I suggested looking into an auto program at a nearby community college.

I looked up some info and found a contact and told my son to send an email to inquire if he and I could come for a tour. A week later, we were walking onto a cam-

pus that specializes in automotive studies.

Personally, I was intrigued by the whole setup, which was professional and extensive and covered everything from body work to electrical repair and engine restoration to electric vehicle servicing.

At one point, when we were in a classroom with a dozen workstations that emulated the entire electrical system of a car, my son turned to me and said, "Now this is the kind of classroom

I could be into." He was referencing his lifelong struggle with having to sit still for long periods of time just listening to concepts being relayed.

We both left that tour on a high — my son because he finally found something that really interested him, and I because it was endearing to see him excited about his future. Who knows where this will lead, but at least it has him focusing on a goal.

This week's feature, "Tár" starring Cate Blanchett, is

about a middle-aged woman who has been on a definitive path towards a specific goal her entire life. But while she's created great success and acquired immense respect in her chosen field, she is not without deep-rooted flaws that eventually come back to haunt her.

Cate Blanchett is mesmerizing (as usual) in her portrayal of a hallowed symphonic maestro, providing the kind of depth and emotion few actors can convey. She was well deserving of an Oscar nod last week, and while she didn't win, I'm certain her depiction of this haunted genius was a very close second.

This one moves at a slower pace, but the tension and build-up all coalesce into a painful realization that narcissism never pays out. A harmonious "A-" for "Tár" now available for rental on Amazon Prime.

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

The difference between my son and I was that I tried a bit harder to disguise my disdain for my studies...



# The perfect fit

I stood there in my boots, my hands on the railings, while my dad and the boot tech giggled about how many drops of water they should put into the my foam liners. My face was red and I remember feeling like I was about to faint from the heat on my feet. But I stood on that boot molding stand with a pride that I had never felt before.

Because this was my big moment. These were my first adult boots, my first foam liners and I always thought it was one of my dad's proudest moments in my ski racing career. Not that I was ever very good since I always hated skiing fast, but I was a skier and that was always enough for him.

These were not just any boots. In a world before women's specific gear, these boots were magic. The ski shop owner, who had become like an uncle to me over the years, had reached out to Rossignol and somehow gotten me a pair of shells that had been designed for Julie Parisien. Julie was my absolute ski racing hero at the time. We both skied the yellow Rossi 7S and now my 14-year-old self was getting her boots: the Rossi R900 with the pink band around the heel. It was probably the highlight of my ski racing career.

I pretty much grew up in that ski shop. Not working there, but just hanging out. My engineer dad and I would head there every Saturday after skiing and spend time in the boot department. I don't remember if it was because he had to get his Strolz boots worked on every week or if he just thought it was the coolest place to hang out, but we would be there for hours.

I mean hours. While my dad never worked in a ski shop, it was definitely his favorite place to après-ski. We would chat with who ever was getting their boots worked on. Most of the time they were strangers and dad would joke with them about the long process of the custom boot fit, how pains-taking the whole thing was and how lucky they were to be in Killington.

Looking back, I always wonder if my dad had the suppressed desire to be a boot fitter. I know he longed to be a ski bum and I



## Livin' the Dream

By Merisa Sherman

always assumed that he would have become one if he had ever picked up and moved here. Interestingly enough, while he studied hand tuning like a man possessed and was responsible for all my race tunes, he never once touched my or his boots. He always left that for Ray.

So I grew up in a ski shop. I would stand quietly and listen while skis were sold to customers, learning about their construction and how they worked. I even did a science fair project on the variable camber of skis using the infamous ESS VAR binding. I ended up managing a ski shop for a few years and loved every minute of sharing my long earned knowledge with anyone who was willing to listen to "a girl."

My dad shared his gear knowledge with everyone, whether you were interested or not. As a ski instructor, he wanted to make sure you knew all about the equipment you were using and not just how to ski on it. He took each and every one of our house guests to the shop and made sure they learned something. Whether it was getting new boots or a snowboard, he would stay by your side and make sure everything was just how you needed it to be.

Because that's how he shared skiing with people. He always made sure that, no matter your ability level, you had the tools to have the best experience possible. Because everyone was always missing something. That was his gift to everyone and this past weekend, when my cousins were up from Cincinnati, I got to give that gift as well.

After skiing all day, my college age cousin and I spent hours at the shop, flexing skis while she learned about their construction and then even more time when I discovered her almost 10-year-old boots were two sizes too large for her. As I sat next to her on that boot bench, it felt like I was coming home.

I knew my dad would have wanted to be here for this moment since he helped teach her to ski 15 years ago but I could feel his energy and we tried boot after boot trying to find the perfect fit. And then, when she made her choice, I smiled as she stood on the boot stand while her liners were molded and chatted with the boot tech and then hung out with the back room boys eating NY bagels while they closed up the shop. It was perfect.

Merisa Sherman is a long time Killington resident, KMS coach, bartender and local Realtor. Email: [femaleskibum@gmail.com](mailto:femaleskibum@gmail.com).



Courtesy of Merisa Sherman

My dad and I taught my 5-year-old cousin Poppy how to ski 15 years ago. She is now a pre-med student at the University of Cincinnati and an avid skier.



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## Joys of the slope: from page 24

skiing out his door last year.

Not that I would ever advocate daring anyone to do something above their ability, but I still appreciate the memories of things Robert got me into on other visits.

I never would have ridden the Imperial Express at Breckenridge — then the highest lift in North America — and

followed him up a windblown, scary, narrow catwalk to get photos at 13,000 feet if he hadn't talked me into it!

That was when he had his condo at Vail and got me to ski Vail's Slot, Riva Ridge, and the famous Back Bowls. It was his ski buddy (a set-up) who coaxed me to ski Beaver Creek's famous Birds of Prey Golden Eagle

where I took the slowest run ever on that famous men's World Cup downhill trail. And another of his ski buds enticed me to ski Steamboat by offering a stay in a luxurious townhouse.

Did I mention that skiers can be the nicest people?

I think that comes from wanting to share the love.

## Ospreys: from page 24

and a nest may grow to be as large as 6 feet across and several feet deep.

In New Hampshire, pairs typically produce three eggs each spring. The female is responsible for nearly all incubation, which lasts just over a month, and for tending to and protecting the chicks once they hatch. The male spends his time catching fish for his mate and the chicks and guarding the nest from predators and intruding ospreys.

These raptors are purely fish eaters and have several adaptations for this lifestyle. Their long, narrow wings allow the birds to hover as they search for prey in the water below. They have long legs that can reach into the water and hooked talons to snatch fish. Ospreys have “zygodactyl” feet, meaning they have one reversible talon; while perched, three toes face forward, and one backward, but when they dive for a fish, the outer front toe pivots to provide a stronger grasp. Tiny barbs, called spicules, along the underside of their feet help ospreys hold slippery, wriggling fish. And if you catch a glimpse of an osprey flying with a fresh catch, look closely — the fish will be faced forward in those talons,

Tiny barbs, called spicules, along the underside of their feet help ospreys hold slippery, wriggling fish.

reducing aerodynamic drag as the osprey flies.

As with many birds of prey, osprey populations were devastated by the use of DDT in the mid 20th Century. Thirty years ago, when raptor biologist Chris Martin was starting out at New Hampshire Audubon, the only osprey nests in the state were in northeastern Coos County. But the fish-eating birds have thrived since then and now nest throughout the state.

When biologists stopped comprehensive tracking of nests in 2010, Martin said, there were more than 175 established nests in New Hampshire.

One of those is the nest I pass, near the Ammonoosuc River and plenty of ponds and lakes for good fishing. I'm looking forward to the day, a bit later this spring, when I look up and see an osprey — or two — back for another breeding season.

Meghan McCarthy McPhaul is the associate editor for Northern Woodlands. Illustration by Adelaide Murphy Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of the New Hampshire Charitable Foundation: [nhcf.org](http://nhcf.org).



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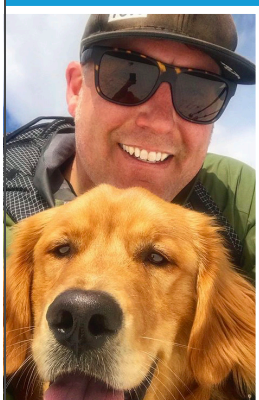
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Mammals and birds are endotherms, which means they generate their own body heat through relatively high metabolic rates. That high metabolism requires energy, which these animals garner from food. We typically think of endotherms as warm-blooded; however, some of them are not warm all of the time.

Most active birds and mammals maintain relatively high and stable body temperatures — often around 100 degrees. But they also lose heat to the surrounding environment, especially during the cold winter

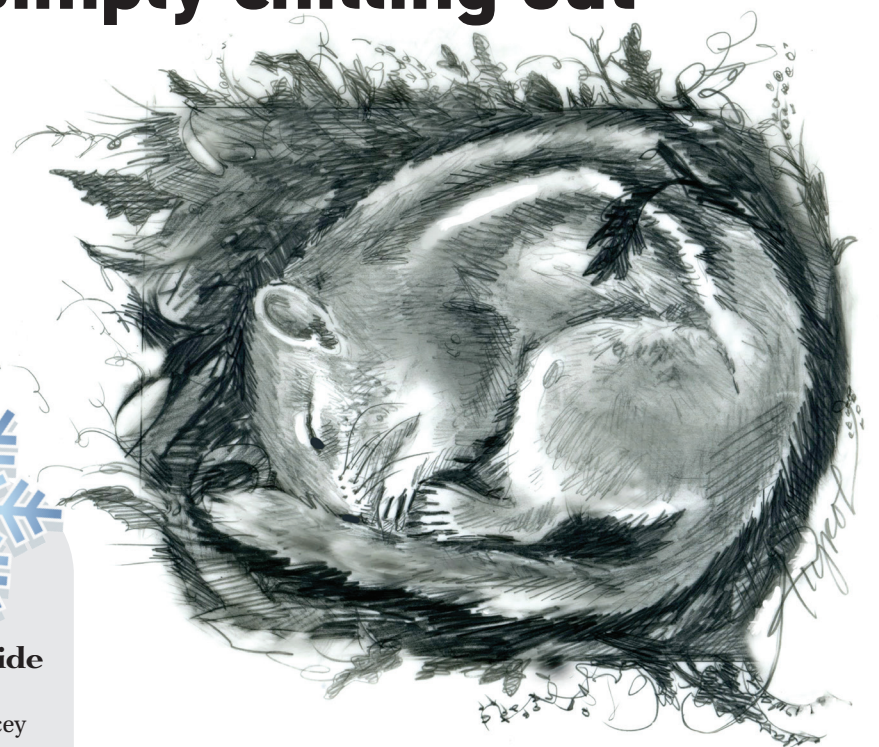
months. The heat loss is greater for small endotherms because they have a large surface area compared to their size, and although fur and feathers certainly help retain heat, there is a limit to how much insulation a small animal can carry. So how do they manage to make it through the winter?

Many animals rely on various forms of torpor: a physiological state of lowered metabolism that decreases body temperature. Heat loss partly depends on the temperature difference between an animal's body and the surrounding environment



### The Outside Story

By Doug Facey



— the bigger the difference, the more quickly heat is lost. Therefore, decreasing body temperature reduces heat loss and saves energy, similar to lowering the household thermostat at night.

Some animals, including many birds, use daily torpor, lowering body temperatures at night to conserve energy when they are not feeding. Hibernation is a more extreme form of torpor, but not all hibernators experience the same extent of decreased metabolism and body temperature. Bears, for example, show a relatively mild degree of hibernation; body temperature decreases by several degrees and they are a bit sluggish, but can become active and alert quickly — so do not disturb!

Some small mammals, such as chipmunks, exhibit a much more extreme degree of hibernation characterized by dramatic reduction of metabolism and body temperature. To prepare for this, chipmunks consume more calories during the fall to increase body fat needed for insulation and energy. They also store food in their burrows. When days get shorter and cold weather sets in, hormonal changes drive chipmunks to spend more time in their burrows in periods of prolonged sleep and decreased metabolism, and they eventually curl into a ball and enter a state of deep hibernation.

During hibernation, a chipmunk's heartbeat has slowed from around 350 beats per minute to fewer than 10, breathing has decreased from around 60 breaths per minute to under 20, and body temperature has dropped from around 100 degrees to the mid 40s or even lower. This animal is certainly not "warm-blooded" throughout this hibernation period, and therefore does not lose much heat to the surrounding burrow. The burrow's temperature also remains higher than the above-ground temperatures, in part because it retains some of the heat lost by the chipmunk. Snow cover adds additional insulation from winter's frigid temperatures.

Throughout the winter, the hibernating chipmunk experiences somewhat regular periods of arousal, during which it warms up and becomes active in its burrow. Warming is fueled by masses of specialized energy-rich cells often referred to as brown fat (or brown adipose tissue, BAT for short). BAT is often concentrated in the chest, and when activated it warms critical organs such as the heart. Warmed blood is then pumped around the body, gradually warming the entire animal. Warming also relies partly on shivering, which generates heat through muscle contractions. Once the chipmunk has warmed, it

can move around its burrow, eat some of its stored food, void its bladder, and defecate. The animal can then lower its metabolism and reenter its hibernation state. A chipmunk will go through numerous cycles of cooling and rewarming throughout the winter hibernation period. Although periodic rewarming uses a lot of calories, fewer calories are used over the entire winter by hibernating than would be needed if the animal remained active. The duration of the hibernation period can depend on food availability, with shorter hibernation periods when food is abundant and longer hibernation when food is scarce. One remaining mystery of hibernation is how hibernating animals remain inactive for so long without dramatic weakening of their muscles (atrophy), such as we see in humans requiring extended periods of bed rest for medical reasons. Researchers continue to study this question — we have much to learn from our hibernating neighbors.

*Doug Facey is an emeritus professor of biology at Saint Michael's College and lives in Burlington. Illustration by Adelaide Murphy Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of the N.H. Charitable Foundation: nhcf.org.*

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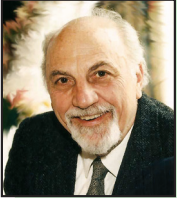
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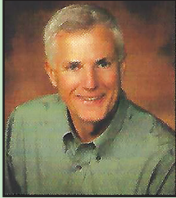
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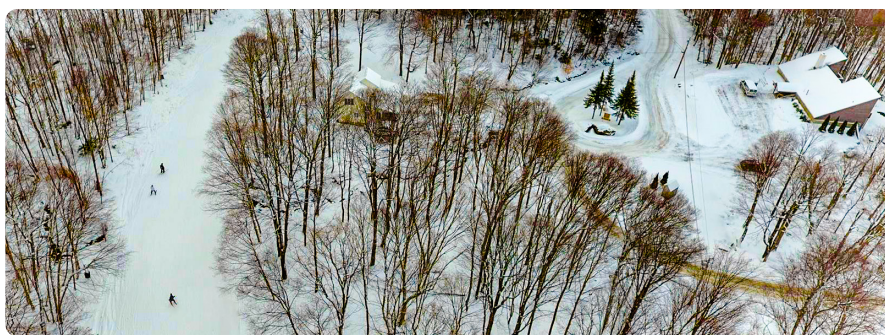
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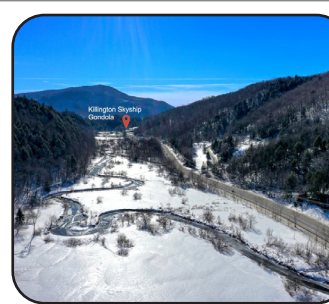
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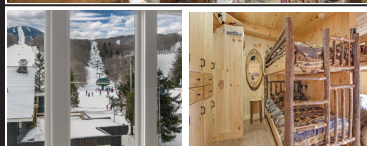


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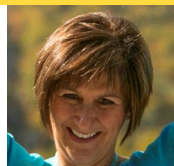
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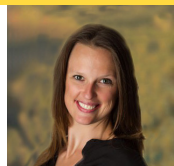
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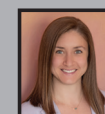
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