



SPRING REAL ESTATE GUIDE

Check out the Mountain Times' spring real estate guide for all you need to know about the state of real estate and new developments that could soon be coming to Killington.



Courtesy Killington Resort

SKI/RIDE SUPERSTAR FRIDAY-SUNDAY

Killington Resort remains open as long as condition will allow, Friday-Sunday only at the Superstar Express chair. K-1 Lodge is also open Friday-Sunday.

GREEN UP DAY, MAY 6

Do your part to "Green Up. There is a free barbecue at the K1 umbrella bar if you participate.

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1,000 BABY YODAS NEED TO BE FOUND

Head to the "Jedi Trails" in Poultney and Rutland this weekend and help find 1,000 Baby Yodas. Finders keepers!

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Rochester residents rally in wake of losing grocery store

By Katy Savage

Rochester residents are rallying after learning Mac's Market is shutting down this month, leaving the area without a local grocery store.

Around 108 people attended a community discussion on Thursday, April 27 — the first of what are expected to be several meetings.

"It's been an emotional situation and we all have a lot of thoughts about this," said Monica Collins, a Rochester resident who led the group.

Collins is the associate director for career services at Vermont Law School and was formerly the general manager of the South Royalton Market coop. She is also part of the Feeding the Valley Alliance Drive, which helps provide food access in the Upper Valley. She formed a Facebook group and rallied the community to work together on a solution.

"We came to the idea that somebody had to do something," Collins said in a phone interview. "There are quite a few people who shop here exclusively — that's a big loss."

Collins formed a Facebook group that quickly grew to 75 people after Mac's Market announced on March 31 that the store would close its doors on May 19. The nearest grocery

stores to Rochester are about 24 miles away in Middlebury, Randolph or the Mad River Valley.

Mac's Market, a local convenience store company, was family-owned for 40 years until it was announced in 2021 that the company would sell 13 stores located in Vermont, New Hampshire, New York and Massachusetts to Global Partners LP. It was announced at the time that all the Vermont stores, including those in Woodstock, Essex, Stowe and Rochester would continue to operate.

Attempts to reach the company weren't successful. Controller Stephanie Svahn confirmed in an email statement to the Herald of Randolph that Mac's in Rochester is closing after more than two decades.

"We have decided to close the store so that we can focus our resources on the long-term success of our other stores in Woodstock, Essex, and Stowe," the statement read. "It has been a privilege to serve the Rochester community and we are grateful for and appreciate all of our employees and loyal customers, who have supported us. This decision has not been

Rochester grocery → 5

Board greenlights electric school bus purchase

By Curt Peterson

Windsor Central Supervisory Union Director of Finance and Operations Jim Fenn and Butler Bus Co. proposed purchasing four fully electric school buses for the Barnard and Woodstock bus routes last night, and the board approved the project.

Thomas Bus Co., a subsidiary of Daimler Trucks N.A., in North Carolina, won a bidding process, the results of which Fenn reviewed for the board. Butler will provide in-house repairs and maintenance unless specialized services for the "Jouley" buses are required. W. C. Cressey, a truck dealer related to Thomas, will come to Butler's site, or remove the bus to one of their service centers if needed.

Cressey is a dealership for Freightliner trucks, which is, like Thomas, a Daimler Trucks, N.A. subsidiary.

Financing will come from a \$1.2 million U.S. Environmental Protection Agency "Clean School Bus Rebate Program" grant that was facilitated by Two Rivers Ottauquechee Regional Commission.

"Electric buses are expensive," Jim Fenn told the Mountain Times. "The grant was for \$375,000 per bus, and \$60,000 for the charging infrastructure."

The district is ordering "early stock" buses, less expensive because they are already in process of manufacture. They have better (disc) brakes than buses yet to be built, but

their charging ports are in the front of the buses. Fenn said it will cost about \$1,500 to move the ports to the rear of each vehicle, which the bid request specified.

The EPA funds will be paid directly to the district, but Butler Bus Co., who provides transportation services to district schools, will ultimately own the vehicles.

"(The ownership transfer) document will recognize changes in annual bus costs, etc., and will ultimately be reviewed by our legal counsel and approved by the board," Fenn said. And, he added, Butler will agree to cover the extra cost for chargers

The grant will require Butler to destroy one fossil fuel bus for each funded electric bus, lest they end up at another school district or in another country. Destruction involves drilling a hole in the engine blocks and removing the buses' front assemblies, with photographic documentation.

Four designated Barnard and Woodstock routes will use the new buses.

The buses, the same size as current buses, are scheduled for delivery in late fall 2023. The advertised range per charge is 138 miles, and the batteries are guaranteed to retain 90 % utility for 10 years.

"That won't be a problem with any of our current routes, which are forty miles at the most," Fenn said in August. "They can be recharged between uses."



Mountain Times file photo

Former members of Killington Search and Rescue conduct a training in the woods in 2015.

Killington search and rescue teams split

By Katy Savage

Killington may soon have the service of two search and rescue teams.

Around 12 former members of Killington Search and Rescue (KSAR), who quit or were fired over a dispute with the new fire chief in March have joined Rescue, Inc. out of Brattleboro and expect to be in service to the Killington area again next week. Meanwhile, the town has a new 12-member KSAR group that will start operating in June, according to Town Manager Chet Hagenbarth.

It's unclear how the two entities will operate together or in parallel.

"This is all new to me," said Drew Clymer, the search and rescue coordinator for the state Department of Public Safety. He said Rescue, Inc. is one of his trusted go-to resources, but would work with any team that was accredited and vetted.

"We all work together to achieve a common goal — to find someone lost in the backcountry. Period," said Clymer, while calling the Killington leaders passionate and acknowledging that the local dispute is politically charged.

Killington has been without a local search and rescue team since new Killington Fire Chief Chris LaHart abruptly deactivated KSAR in March, citing that KSAR members weren't properly trained and lacked proper equipment. Seventeen current and former members of KSAR signed a letter shortly thereafter, saying they had no confidence in the chief and outlining a toxic work environment. The issue culminated in an explosive Select Board meeting in which the town sided with the chief denying KSARs separation from his leadership.

"This is just people who don't want to follow any rules," Hagenbarth said of the former KSAR group.

Two search teams → 10



TOWN OF
KILLINGTON
VERMONT

The Town of Killington Vermont
Development Review Board

NOTICE OF PUBLIC HEARING

PURSUANT TO THE PROVISIONS OF TITLE 24, CHAPTER 117, V.S.A. AND THE TOWN OF KILLINGTON ZONING REGULATIONS, THE KILLINGTON DEVELOPMENT REVIEW BOARD WILL HOLD A PUBLIC HEARING BEGINNING AT 6:30 P.M. ON THURSDAY, MAY 18, AT THE PUBLIC SAFETY BUILDING, 800 KILLINGTON ROAD IN KILLINGTON, THE PURPOSE OF WHICH WILL BE TO ALLOW INTERESTED PARTIES AN OPPORTUNITY TO EXPRESS THEIR VIEWS ON THE FOLLOWING:

Application 23-020 by the Ridgetop Landowners Association and Killington/Pico Resort partners, LLC for Planned Unit Development Renewal. The purpose of the hearing is to extend the term (duration) of the PUD approval set forth in the Environmental Court's Altered Judgment Order, dated August 8, 2019, Docket No. 60-5-17 Vtec. The project is located on Tax Map 29, parcels 107A-1 through 107A-9 and 107B.

FURTHER INFORMATION IS AVAILABLE AT THE TOWN OFFICES BETWEEN THE HOURS OF 9:00 A.M. AND 3:00 P.M. MONDAY THROUGH FRIDAY. WRITTEN STATEMENTS OR MATERIAL ARE REQUESTED TO BE SUBMITTED AT THE TOWN OFFICES AT LEAST SEVEN (7) DAYS PRIOR TO THE HEARING FOR REVIEW BY ALL PARTIES.

PARTICIPATION IN THE HEARING BY ADJACENT PROPERTY OWNERS IS A PREREQUISITE TO THE RIGHT TO TAKE ANY SUBSEQUENT APPEAL.

Development Review Board
Town of Killington
April 20, 2023

**LEGAL NOTICE
ADVERTISEMENT FOR PROPOSALS**

WINDSOR CENTRAL UNIFIED UNION SCHOOL DISTRICT

The Windsor Central Unified Union School District (WCUUSD) seeks proposals from qualified firms to provide **interactive classroom displays** for the school district.

The RFP is available at: <https://www.wcsu.net/requests-for-proposals>

Proposals will be received by:

Raphael Adamek
Director of Technology and Innovation
Windsor Central Supervisory Union
70 Amsden Way Woodstock, VT 05091

until **3:00 PM (EST) on May 10, 2023.**

All proposals shall be submitted via email to radamek@wcsu.net.

RCHS to receive \$10K grant from Petco to save animals

Rutland County Humane Society is set to receive a \$10,000 grant investment from national nonprofit Petco Love in support of its life saving work for animals.

Petco Love is a national nonprofit leading change for pets by harnessing the power of love to make communities and pet families closer, stronger, and healthier. Since its founding in 1999, Petco Love has invested \$350 million in adoption and other lifesaving efforts in partnership with Petco and more than 4,000 organizations across North America. More than 6.7 million pets have been adopted.

"Our investment in the Rutland County Humane Society is part of more than \$15 million in investments recently announced by Petco Love to power local organizations across the country as part of our commitment to create a future in which no pet is unnecessarily euthanized," said Susanne Kogut, president of Petco Love. "Our local investments are only part of our strategy to empower animal lovers to drive lifesaving change right alongside us. We recently

launched Petco Love Lost, a national lost and found database that uses pet image technology to simplify the search for lost pets."

"We are so appreciative of Petco Love's continued support of the work we do for the homeless animals in Rutland County. As we approach kitten season their generosity will

allow us to get these kittens their vaccines, their spay/neuter surgeries, and help them begin the next chapter of their lives," said Beth Saradarian, executive director.

The Rutland County Humane Society is a nonprofit organization which is dedicated to and

advocating for and working towards a responsible and humane community. It provides shelter and compassionate care while finding loving families for at-risk and companion animals in Rutland County.

Since 1959, RCHS estimates it has cared for or assisted over 125,000 animals including dogs, cats, rabbits, guinea pigs, birds, and in the early years skunks, loons, fawns, goats and horses, to name just a few.

For more information about the Rutland County Humane Society, visit rchsvt.org.

Since 1959, RCHS estimates it has cared for or assisted over 125,000 animals including dogs, cats, rabbits, guinea pigs, birds, and in the early years skunks, loons, fawns, goats and horses.

OBITUARY

Laetitia Clary Ingrid Jonker, 77

Laetitia Clary Ingrid Jonker, 77, died of metastatic breast cancer on Saturday, April 29, 2023. Clary left us exactly as she wanted, peacefully and comfortably at home with her children at her side.

Clary was born in Hardenberg, the Netherlands, in 1945 and married in 1967. Her husband's studies and work had the family moving frequently, living throughout Europe and the U.S. She was conversant in many languages and was a voracious reader. Educated as a teacher and known for her deep knowledge of European history and art, Clary enjoyed her work at the Sunshine preschool, the Killington Mountain School, NT Ferro Jewelers and the Galleries in Woodstock.

Of all the places she lived, she loved Vermont the most, especially in winter. Her cozy chalet in Killington was her pride and joy, and where she held court for 38 years after her divorce. Clary's house was a place of lightness, laughter and music. She was partial to classical, yacht rock and disco



Laetitia Clary

and will forever be the Dancing Queen. Clary thoroughly enjoyed her dear friends and her membership in the Killington Rotary. While she came alive spending time with people, she enjoyed her solitude and loved spending time reading.

She looked forward, each spring, to her visit to the Netherlands. Her heart was always in Holland with her mother, family and friends. When she returned from her trips she shared with all of us the exceptionalism of

the Dutch. Sometimes people got sick of it. This was of little concern to her.

Clary leaves behind her daughter Caroline and husband Charlie, her son Kaj and his wife Lisa and four beautiful grandchildren; Jules and Will Sprigg and Anja and Maaika Samsom. Clary followed the adventures of her grandchildren with great enthusiasm and loved watching them develop into interesting, curious and talented young adults.

A remembrance gathering will take place in Killington this spring.



Top left: Wade Barnes navigates a rail. Top right: Jessica Perlmutter and Callen Hwang share the podium in rail jam. Bottom left: Kiara Murphy wins bronze medal in slopestyle. Bottom right: Jessica Perlmutter completes her gold medal run in the rail jam.

Fourteen KMS athletes compete at national championships

In early April, the largest Killington Mountain School squad yet qualified for USASA Nationals at Copper Mountain. Fourteen athletes competed in a variety of disciplines including rail jam, slopestyle, boardercross, slalom and giant slalom.

The team had to acclimate to the conditions, including the high altitude at 11,368 feet above sea level as well as fierce competition.

Overall there were classic spring conditions with the occasional snow

flurries and wind gusts. Head Coach Devon Gulick and coaches Ryan Sihler and Rachel Zaryck worked with the team to adjust.

The national championships ended a strong overall winter season with the team securing podiums across multiple disciplines.

The athletes were:

1. Andy Caswell
2. Callen Hwang - 3rd Rail Jam
3. Cameron Chase
4. Everett Barnes

5. Finley Hauke
6. Gus Vitali
7. Jamie Hamlin
8. Jess Perlmutter - 1st Rail Jam, 2nd Slopestyle
9. Kiara Murphy - 3rd Slopestyle
10. Logan Hauke
11. Rocco Jones
12. Syra Wolf
13. Tanner Hauke - 1st in Boardercross, 1st overall for age group
14. Wade Barnes
15. Zev Wysocki

KILLINGTON FOOD SHELF



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

Sherburne UCC "Little White Church," Killington, VT

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MOUNTAIN TIMES

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

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Courtesy VTF&W

Black bears emerging from their dens after the winter's hibernation have found too many unsecured garbage cans and dumpsters to feast in, increasing the likelihood of bad habits, conflicts.

VTF&W urges Killington to beware of bears

The Killington community needs to take extra steps now to prevent bear conflicts from getting worse this spring, Vermont Fish and Wildlife said in a public service announcement.

The department has been getting reports from Killington residents of bears getting into garbage and becoming bolder over the past few weeks.

"Now that bears know about garbage as a food source in your community, you will need to take precautions to prevent them from gaining additional food rewards and continuing to visit your neighborhood," the department

said in a press release. "Simply tying down your garbage can lid will not be enough to stop this behavior. The best option is to either invest in a bear-resistant garbage can or make your garbage bear proof.

"We also ask that you wait until the morning of trash pickup to put your garbage cans out for collection. The less time your garbage is out, the less time bears will have to find it and reinforce their association between your neighborhood and easy food sources."

To read a complete list of our steps for living in bear

country, visit the website at vtfishandwildlife.com/learn-more/living-with-wildlife/living-with-black-bears

Following these steps can save bears' lives and help protect you, your neighbors, and your property. Please do your part to be a good neighbor and help keep Vermont's bears wild!

If you have questions, contact the Vermont Fish and Wildlife department at 802-828-1000 or fwinformation@vermont.gov, and report bear incidents at anrweb.vt.gov/FWD/FW/WildlifeBearReport.aspx.

Local late tree champion recognized for commitment to protecting forests

Several Vermont tree champions have been honored by the Vermont Urban and Community Forestry Program (VTUCF) for their staunch commitment and dedication to protecting and preserving their community's forests and trees.

In addition to the prestigious Vermont Arbor Day award, given to an individual who has made a significant difference in his or her community's urban and community forest, VTUCF also bestows a number of tree steward awards each year. Recipients will be recognized at a special ceremony at the Vermont Arbor Day Conference, May 19 in Randolph.

The Vermont Arbor Day Award was awarded posthumously to Gary Salmon of Shrewsbury, who passed away in January. For 36 years, he was a forester with the Vermont Department of Forests, Parks and Recreation, serving as district state lands forester and urban and community forester, among other roles. Salmon was the Shrewsbury tree warden and organized volunteers to inventory ash trees to plan for the emerald ash borer. He was a champion of the Vermont Big

Tree list and measured many species that remain on the list today.

Salmon will be remembered as the "Shrewsbury Lorax" and "Vermont's Arbor Day Hero" for his love and appreciation of trees. He led the state's Arbor Day celebration for many years, including creating educational programming for schools and organizing efforts to obtain seedlings for distribution to students.



Courtesy of the Vt Urban and Community Forestry Program

Gary Salmon of Shrewsbury was honored posthumously by the Vermont Urban and Community Forestry Program with its Vermont Arbor Day award. The award recognizes individuals who have made a difference in their local urban and community forest. Salmon died in January at age 75.

Game wardens investigate illegal deer shooting in Pomfret

The Vermont Warden Service is actively investigating an illegally shot deer in the town of Pomfret.

The doe had been pregnant with twin fawns.

On April 26, game wardens responded to reports of an adult female deer (doe) shot out of season on Cloudland Road. The doe was found alive and was euthanized due to its injuries.

A necropsy found that the doe had been pregnant with twin fawns.

As the investigation continues the Vermont Warden Service is asking the public for any information on this incident.

Tips can be sent to the Vermont State Police, Westminster Barracks, at 802-722-4600, attention:



VT F&W Photo

An illegally shot deer is being investigated by the Vermont Warden Service.

Warden David Lockerby or through the Operation Game Thief anonymous tip line at: vtfishandwildlife.com/hunt/hunting-regulations/operation-game-thief.



Courtesy Dave Hoffenberg

Birth announcement

Judah Raphael Hoffenberg was born at Rutland Regional Medical Center on Friday, April 28 at 7:49 a.m. to parents Julia Frankel and Dave Hoffenberg of Rutland. He weighed 7 pounds, 5 ounces, and measured 20-inches long.

← Rochester grocery: from page 1

an easy one or made hastily, and although we are saddened by it, we are hopeful that the right person or business will take this opportunity to continue operating the store."

The Rochester building is listed for \$550,000.

Collins asked residents to write their wishes for a new grocery store on a piece of paper at the meeting.

"There's a lot of distress that I think we're all feeling but there's a lot of opportunity here," said resident Anna Issacson adding that she wanted to see improvements from Mac's Market.

One suggested getting a group of investors together to purchase the building and operate it as a coop. Some wanted to have local products, affordable food, eclectic items, a flea market, a play area for kids. One suggested putting apartments on the building to expand housing, to a resounding "yes" from the audience.

The situation isn't unique to Rochester. In 2012, the Barnard General Store, which dates back to 1832, announced it was closing, leaving residents without access to a nearby grocery store. Residents rallied to raise \$500,000 and bought the building to keep the store operating as a community-owned nonprofit.

Jackson Evans, a field service representative for the Vermont Preservation Trust, who worked closely to help Barnard General establish the Barnard Community Trust, suggested a similar community supported model in Rochester.

"We're here to help you save your community in any way we can," he said.

Collins wasn't sure that would be feasible, however.

"I think it would be really difficult to fundraise and buy it in time before it closes," Collins said by phone. "I think that would be highly unlikely given the logistics and timeframe. I don't know how we'll move forward. That's something we're going to all have to come together on."

In the meantime, Rochester resident Justin Stover said he was willing to go to Hannaford in Middlebury twice a week to pick up groceries for residents.

"I think that's something very realistically needed in the short-term," he said.

A short-term solutions meeting is scheduled for May 3 at 7 p.m. where the goal is to develop a committee that will drive to area grocery stores and help pick up groceries. A long-term solutions meeting will be scheduled for next week.

"This is a community that rallies around each other," Collins said by phone. "I think we'll come up with something — it will take us all to brainstorm on what that will be."



By Holly Ferris/UVM Extension

Capturing the top three placements in the 14- to 18-year-old age group at the 17th annual Bart Jacob Memorial Youth Turkey Calling Contest, April 15 in Castleton, were (left to right): Colby Butler, Dorset (first); Samuel Luis, Whiting (second); and Tanner Alexopoulos, Manchester (third).

Local youth find success in youth turkey calling contest in Castleton

The 17th annual Bart Jacob Memorial Youth Turkey Calling Contest, held April 15 in Castleton, attracted 21 competitors including several Vermont 4-Hers.

The Oxbow Mountain 4-H Club of Pawlet hosted the event in collaboration with the Vermont Fish and Wildlife Department at the Kehoe Conservation Camp in Castleton. Anyone 18 years old or younger was eligible to participate. Each age group was required to perform a specific set of calls, using either a store-bought or handmade turkey call.

The first-place winner in each age group received a turkey decoy courtesy of Vermont Field Sports in Middlebury and custom knives, donated by Joel Flewelling of Rutland, in memory of Keith Mason of Pawlet. Mason was a strong supporter of the Oxbow Mountain 4-H Club who died last November.

Vermont Fish and Wildlife provided Bone Collector turkey calls for the second-place finishers while third place received shotgun ammunition donated by John Butler, Dorset. Ken Jones, Proctor, donated mouth calls to all of the winners.

Results:

14- to 18-year-olds: Colby Butler, Dorset (first); Samuel Luis, Whiting (second); Tanner Alexopoulos, Manchester (third). Robert Harris, Poultney, also competed in this age group. The competitors were scored on how well they performed several turkey calls including the cluck, yelp, purr, kee kee run and caller's favorite.

11- to 13-year-olds: Brooke Flewelling, Rutland (first); Beckett Perham, Pawlet (second); Noah Buck, Rupert

(third). Other participants were Wyatt DeLance, Castleton; Silas Kuum, West Clarendon; and Jacob Mead, Poultney. This group performed the cluck, yelp, purr and a locator call of their own choosing.

8- to 10-year-olds: Sawyer Sheldon, Dorset (first); Jase Mead, Poultney (second). Calls for this division included the cluck, yelp and locator call of choice.

Young turkey callers, ages 1-7, also had an opportunity to demonstrate the cluck, yelp and a locator call but were not scored. Each received a turkey-shaped trophy.

They included Blake and Rhett Butler, Wells; Gabriel Greene,

Poultney; Anna Guidon, Argyle, New York; Ryker Jenks, Bondville; Mack Parsons, Proctor; Lennox Petty, St. Johnsbury; Olivia Ross, West Danville; Knox White, Dorset. Several of these participants also took part in this age group at last year's event.

Judges were Charlie Hewes, Manchester; Ken Jones, Proctor; Brent Lafreniere, Williamstown; Dan Nardi, Rupert; Wally Surething, Mount Holly; and Erwin Tobin, Shushan, New York.

The annual contest honors the late Bart Jacob, a nationally recognized turkey call-maker and avid turkey hunter from Pawlet who passed away in 2006. Jacob, a strong supporter of youth hunters, was one of the founders of the National Wild Turkey Federation and past president and life member of the Vermont chapter.

To learn more, contact Holly Ferris, University of Vermont Extension 4-H Shooting Sports coordinator, at holly.ferris@uvm.edu.

Gun law bill passes Senate to store firearms safely

On Friday, April 28 the Vermont Senate passed a bill, H.230, “an act relating to implementing mechanisms to reduce suicide and community violence” on a vote of 21 to 9.

The objective of the bill is to save lives by reducing gun violence by passing a safe storage provision, reducing the number of suicides by creating a 72-hour waiting period for firearm transfers and strengthening our red flag law by allowing



By Sen. Alison Clarkson

There were 142 suicides in Vermont in 2021, and 83 of them were committed with a gun.

concerned family members to petition the court for an extreme risk protection order. Extreme emotions and access to unsecured firearms is a lethal combination.

Anything we can do to create a buffer between the time of a gun purchase and being able to take the gun home, can help prevent impulsive acts of gun violence and will save lives. These are common sense safety measures which we hope will begin to stem the wave of suicides and domestic violence homicides in Vermont.

Here are a few startling statistics about suicides and gun violence in Vermont.

There were 142 suicides in Vermont in 2021, and 83 of them were committed with a gun. The suicide rate among Vermont men

and boys is 50% higher than the national average. Vermont has one of the highest teenage suicide rates in the country. Of deaths involving guns in Vermont in 2021, 89% were by suicide and 8% were by homicide.

Deeply disturbing is the fact that Vermont children are 4.4 times more likely to die by suicide in a home with a firearm compared to a home without one. About half of all homicides in Vermont between 1994-2021 were a result of domestic violence. And, since 1994, more than half of the domestic violence homicides were committed by firearm.

Gun violence is a public health crisis in Vermont.

The passage of this bill meant a great deal to me. In 2010 Bob Williamson introduced me to

Professor Ge Wu, the mother of 15-year-old Aaron, who had committed suicide with an unsecured gun in April 2009. Aaron was going through a tough time at school, and he knew of a family which did not secure their guns. Professor Wu came to Legislature to ask us to pass a safe storage bill so that there would be fewer preventable suicides. As the mother of two young men, I was very moved by Ge Wu’s story and her campaign to prevent future tragedies. Ever since, I have sponsored numerous safe storage bills. Preventing a problem, as opposed to spending time and energy fixing it, has always made good policy sense to me.

H.230 institutes a “negligent firearm Clarkson → 9



By Andrew Stein/VTDigger

Blue Cross Blue Shield of Vermont plans to keep its name and remain headquartered in Berlin.

Blue Cross and Blue Shield of Vermont to affiliate with Michigan counterpart

By Kristen Fountain/VTDigger

Blue Cross and Blue Shield of Vermont is seeking to become part of the Blue Cross Blue Shield of Michigan “family of companies.”

The Vermont organization’s decision to affiliate with its Detroit-based counterpart, announced Monday, May 1, would give the state’s largest provider of health insurance access to a more sophisticated array of digital technology than it could afford on its own, according to BCBS of Vermont CEO Don George.

“Through this partnership, we will access advanced technology and capabilities and new program capacity for our members and customers without having to build or purchase them ourselves,” George said in an interview.

The affiliation allows Vermonters to take advantage of the resources available to BCBS of Michigan because of the latter’s scale. BCBS of Michigan is that state’s largest insurer and provides coverage for around 5.2 million people, around 3.9 million of them in Michigan. The Vermont insurer covers around 200,000 people.

Both organizations are structured as nonprofits, and each of their respective governing boards recently approved the agreement to affiliate. The companies are now seeking regulatory approval for the affiliation in both states.

BCBS of Vermont expects to provide all required materials to the Vermont Dept. of Financial Regulation within two weeks, George said. The two companies hope to close on the partnership by Oct. 1, 2023.

Blue Cross → 9

New data shows increase in 2022 accidental overdose deaths

Xylazine and gabapentin join fentanyl as drugs of serious concern

A newly-released report from the Vermont Department of Health shows that the number of opioid-related accidental overdose deaths increased for the third year in a row. According to the 2022 data report, accidental opioid deaths increased by 10% in 2022 (239) over 2021 (217). In 2020, there were 158 opioid-related overdose deaths reported.

The involvement of multiple substances in overdose cases has also increased. Fentanyl was involved in 93% of these fatal overdoses. The muscle relaxant, gabapentin, and xylazine, which is only FDA-approved for veterinary use, are contributing factors to overdoses at a rate that has increased by double digits in the past year.

“Vermonters have been through so much these past several years, and these deaths add to the loss and pain for so many,” said Health Commissioner Mark Levine. “So, I want anyone who is struggling with opioid use disorder, as well as their friends, families, and others, to know help is available, when and where you need it.”

Levine said this new and comprehensive report adds to the information his agency and state policy makers use to address the ever evolving and increasingly dangerous landscape of opioid use.

“Vermont has built an extensive network of services, supports and partnerships with communities and providers,” Levine said. “Thanks to federal funding, the national opioid settlement funds, and a commitment for action by the governor and Legislature, we are now at a place where

we can do more, especially to further determine at what points of contact we can reach people in real time to get them the treatment services they need.”

In 2020, the department issued a social autopsy report that found 76% of Vermont residents who died of an overdose did not have a known history of ever having accessed treatment. This four-year social autopsy analysis examined points of contact that these Vermonters had with the health care system and state services. The data and findings help to inform overdose prevention programming.

The state has continued working to expand access to treatment and recovery services, notably through its Hub and Spoke system of care, and outreach efforts including KnowOD, VTHelplink, a free and confidential support and referral service, and anti-stigma campaigns. Vermonters receive Medication for Opioid Use Disorder services (formerly known as Medically Assisted Treatment) at higher rates than the U.S. overall. Currently, more than 10,000 Vermonters ages 18 to 64 are receiving treatment for opioid use disorder.

Health and public safety officials said, however, that the current state of opioids makes the risk of overdoses worse than ever. Drugs like xylazine can affect the respiratory

system, making the symptoms of an overdose much worse by slowing down your breathing much faster than with just opioids alone. In addition, the overdose reversal medicine naloxone (Narcan™) may not be as effective when drugs like xylazine and gabapentin are present. This can mean a higher risk of death.

The Health Department recommends several key harm reduction strategies that people who use opioids should follow:

Know the signs of an overdose
Call 911—in case of an overdose
Never use alone—if you OD

PQ: Currently, more than 10,000 Vermonters ages 18 to 64 are receiving treatment for opioid use disorder.

while alone, you can die

Go slow—start with a small amount to test drug strength
Use new syringes—to reduce risk of infections and help to protect vein health.

Test for fentanyl—fentanyl can be dangerous, so test with easy-to-use strips

Carry naloxone—Narcan® nasal spray can reverse an overdose

“You can’t know for sure what is in illicit drugs, whether powder or pills, so assume that substances like fentanyl are present, and take appropriate precautions,” said Levine. “Do everything you can to stay alive by using these strategies, and we will do everything we can to help you get treatment and succeed in your recovery.”

Amid a housing crisis, will Vt keep paying people to move here?

By Lola Duffort/VT Digger

Desperate to lure young people into an aging state, the Vermont Senate in 2018 put forward a plan to pay relocation expenses for remote workers willing to move to the Green Mountain State. Gov. Phil Scott eagerly hopped on board, and in 2018, a \$500,000 pilot program was signed into law.

The Legislature has reauthorized funding every year since then (save for 2020), for a total of nearly \$5 million. And as part of their draft of the state budget for the next fiscal year, which hit the floor Wednesday, April 25, Senate budget-writers have again recommended continuing the program, this time with \$1 million.

“For me, it represents one tool in a toolbox that needs to have a lot of tools in it to deal with these still 20,000 open jobs in Vermont,” said Senate Majority Leader Alison Clarkson, D-Windsor.

But times have changed since 2018. Vermont’s rental vacancy rates are some of the lowest in the nation, home prices have skyrocketed, and employers frequently say that they can’t fill open jobs because workers can find nowhere to live. Longtime skeptics of the program have seized on the argument that the program has even less merit in this context.

“It doesn’t make a lot of sense to us that we try to incent people to move to Vermont when we have a housing crisis going on,” said Rep. Michael Marcotte, R-Coventry, who chairs the House Commerce & Economic Development Committee. “We feel that that money is better spent trying to keep Vermonters here.”

The House agreed to fund the program again in 2022 only as part of a larger compromise. And the House-passed version of the state budget this legislative session again omitted funding for the program entirely.

Whether the incentive has any sort of impact has always been a matter of fierce debate.

In 2019, Vermont Auditor Doug Hoffer, a longtime critic of Vermont’s business incentives, released a report arguing that the program’s guardrails were insufficient and that there was no evidence that award recipients wouldn’t have moved to Vermont anyway.

An economic impact report commissioned by lawmakers in 2021 argued that the program likely paid for itself via new tax revenues and that every dollar invested generated \$93.88 in economic activity in 2018 and \$66.26 in 2019.

But many, including Hoffer, doubted the findings, and a subsequent memo by the Legislature’s Joint Fiscal Office offered a blistering retort. After examining the report’s methodology, legislative staffers noted that consultants who produced the report had never asked grantees point-blank whether they would have moved to Vermont without the award and ignored pandemic-era migratory trends.

Despite reservations in some corners of the Statehouse, lawmakers reauthorized funding in 2022, this time for the program’s largest-ever appropriation: \$3.1 million. And boosters like Clarkson say the incentive has changed over the years in reaction to criticism. For one, workers now have to apply

before they move to Vermont. And funding is now available for remote workers and those filling local jobs.

Scott’s administration had pitched upping funding to \$4 million this year. Despite an influx of residents during the pandemic, Vermont Economic Development Commissioner Joan Goldstein said Vermont still faces a severe workforce crunch.

“We could do all the workforce development and training and internships and apprenticeships — but you could take every unemployed person and put them to work and we wouldn’t have enough people to fill the jobs,” she said.

Goldstein also argues the program remains fantastic publicity for the state. While the initial rollout drew the biggest headlines — in such outlets as The New York

Scott’s administration had pitched upping funding to \$4 million this year.

Times and CNBC — the commissioner said she’s still seeing platforms with a national reach like Zillow plug Vermont in lists of locales that will pay you to relocate.

“That’s valuable marketing that we would never have a budget for,” she said.

But ambivalence about the program was evident as the Senate’s budget-writers were putting the final touches on their recommendations for the state’s \$8.5 billion spending plan for the fiscal year that starts July 1.

Looking at a spreadsheet of one-time appropriations before the Appropriations Committee, Sen. Andrew Perchlik, D/P-Washington, argued that a new job-training program for Reach Up recipients, which was slated to receive \$500,000, was more worthy of the \$1.5 million then earmarked for the relocation incentive.

“I would go even further,” replied Senate President Pro Tempore Phil Baruth, D/P-Chittenden Central. “If it were up to me, I would even zero [it] out.”

But after some pushback, Baruth offered, and the committee accepted, a compromise: \$1 million for Reach Up families, and \$1 million for relocating workers.

In an interview after the committee adjourned, Senate Appropriations chair Jane Kitchel, D-Caledonia, said she’d agreed to continue funding for the program in deference to the Senate’s economic development committee, which recommended continuing the program, and the administration. But she also expressed some skepticism about the incentive’s ongoing utility.

“I think that we’re in a whole new world, and that the challenge for us is going to be managing growth,” she said. “I think Vermont is going to be a very attractive place for people to move to and live.”

And she noted that before the budget becomes law, the House and the Senate still need to negotiate a compromise between their respective priorities.

“I have no idea whether it will survive or not,” Kitchel said.

The Vermont legislature is entering the last two weeks of its scheduled 18-week session. Legislative leaders and most lawmakers believe two more weeks is feasible. However, with several major issues unresolved, some are beginning to cast doubt on the May 12 target.

Meanwhile, the speaker is now holding two House sessions daily to allow committees to review legislation coming over from the Senate and potentially act on them the same day. Additionally, morning committees in the Senate will stop meeting in another week to allow for longer Senate floor sessions, and for the afternoon committees, including appropriations and finance, to have more time to meet.

The first veto test of the session could take place as soon as this week. Governor Scott indicated on Friday, April 28, he would veto the controversial S.5, the Clean Heat bill. He does not believe it is a “study” as some proponents argue, but rather actual implementation with new state employees, that will put Vermont on the path to higher heating fuel prices. The Senate had just enough votes to override the governor when it gave final passage to the measure last week, however veto overrides can be a bit unpredictable. Meanwhile, House Speaker Jill Krowinski issued a statement accusing the Governor of misleading statements about S.5, which Scott dismissed as politics.

In an interview with one of the local TV stations, I said Phil Scott is a reasonable person and that legislative leaders, from my perspective, should find a way to compromise on such an important piece of legislation that could impact Vermonters with higher prices or costly upgrades. It will also likely reduce greenhouse gas emissions.

Additionally, an override could poison the opportunity to reach accommodations on the State budget, childcare funding, paid family leave and more. In my view, just because you can enact legislation by override, doesn’t mean you should.

On the issues of childcare and paid leave, the House and Senate are potentially at odds and both chambers are on a different page from Scott because of the Legislature’s willingness to raise taxes for both initiatives. Senate leader Phil Baruth indicated last Thursday that there were not enough votes in the Senate to pass the expansive paid family leave program that the House overwhelmingly approved earlier in the session.

Meanwhile, the House Ways and Means Committee continues to review an across-the-board hike in personal income taxes as well as making Vermont corporate taxes the highest in the nation. The tax increases would be used to fund its version of childcare subsidies and pay hikes for providers.

The state budget, or Big Bill as it is referred to at the State House, was approved by the Senate on a 24-5 margin, more than enough to override a potential veto. Scott for his part, has been vocal about the increased spending in the package and reliance on motor vehicle fee hikes of about 20%. The

bill, H.494, will now go to a committee of House and Senate members to work out differences between the two chambers.

A major housing package is still under review by the House Environment and Energy Committee. Depending on what changes the committee makes, there could be amendments offered by members of the rural caucus to exempt some housing development from Act 250 jurisdiction.

Legislation to increase lawmakers’ own compensation did not make the Legislature’s own cross-over deadline to pass over from the Senate this session. Despite missing the deadline, indications are that the House may nonetheless take it up in the remaining two weeks. An exception to its own rule perhaps?

The Senate approved controversial gun control legislation, H.230, by a margin of 21-9, enough to override a possible veto. The legislation, which has some constitutional concerns, imposes a 72-hour waiting period for gun purchases and imposes new storage requirements. The measure was introduced as a suicide prevention measure.

Another gun bill, S.4, which is seen as non-controversial and largely follows federal law, appears on its way to final passage. I was baffled to learn last week that the lobbyists for the Vermont Federation of Sportsman’s Club opposed a simple amendment I offered to the House Judiciary Committee, that would clarify that a town governing body could prohibit firearms in their own town offices. Any private business open to the public can prohibit the carry of firearms into their business, as can the state. The State House, for example, does not allow firearms except for law enforcement officers. Yet under current law, municipalities are seemingly forbidden to ban them in their own town offices, if they choose. As the result of their opposition to this modest enabling language, the committee chair withdrew support for the amendment because of concern that it would split the overall committee support for S.4.

Some of the other issues that will need resolution before legislators go home include:

- Setting education statewide property tax rates (and whether universal school meals continue)
- A pause or continuation of PSB testing of schools.
- A possible pause or change in reappraisal triggers given the large number of towns falling below the current threshold that requires the undertaken (due to rapid increases in home values the past few years).
- S.94, which extends the timetable to TIF districts in Barre and Hartford, and a related look at the state’s economic development incentives.

A smooth and orderly completion of the 2023 legislative session may be wishful thinking...but we can always hope.

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



By Rep. Jim Harrison

GUEST EDITORIAL

Plan to make Green Up fun

By Angelo Lynn

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

With the late spring snowpack mostly gone and the grass and flowers springing to life along Vermont's roadsides, drivers also notice winter's detritus — bottles, cans, cardboard, paper, tires, plastics of all sorts. It's hard to imagine tossing such trash out the window of anyone's vehicle, so we'll be kind and assume it blew out the back of a pickup, or accidentally slipped out of the hands of a youngster, fell off a trailer or overfilled truck cab — any sort of accidental mishap to cause the despoiling of Vermont's countryside.

Surely, no one does this on purpose, right? Or maybe.

But what does happen purposefully is a concerted annual effort by Vermonters to clean up the mess. Since 1970, many Vermonters have considered it their duty to chip in by walking a few miles of roads near their homes and putting trash in the ubiquitous green bags.

This year that day is Saturday, May 6. And while we all want to believe that no one litters intentionally, Green Up Vermont Executive Director Kate Alberghini offered these three "litter" statistics in the hopes of spurring on volunteers and town efforts:

- 85% of littering is the result of individual attitudes.
- A strong contributor to littering is the prevalence of existing litter.
- Communities that have on-going clean-up efforts have lower rates of littering behavior throughout the year.

Or put another way: the more town residents we can get to clean up their own streets and neighborhoods, the more ingrained we are as communities to resist the temptation to toss trash out the window. The result is a cleaner, more attractive streetscape, which brings smiles and good cheer each time we pass by.

So, while many residents are predisposed to do their parts on Green Up Day and fill a bag or three, better yet, work to make it fun. With a little planning you could host a neighborhood Green Up party, do a trash scavenger hunt, plant a few fibers in plastic bottles for teens to find, and get everyone you can to participate. That's how change happens.

A national 'budgeting problem'

By Angelo Lynn

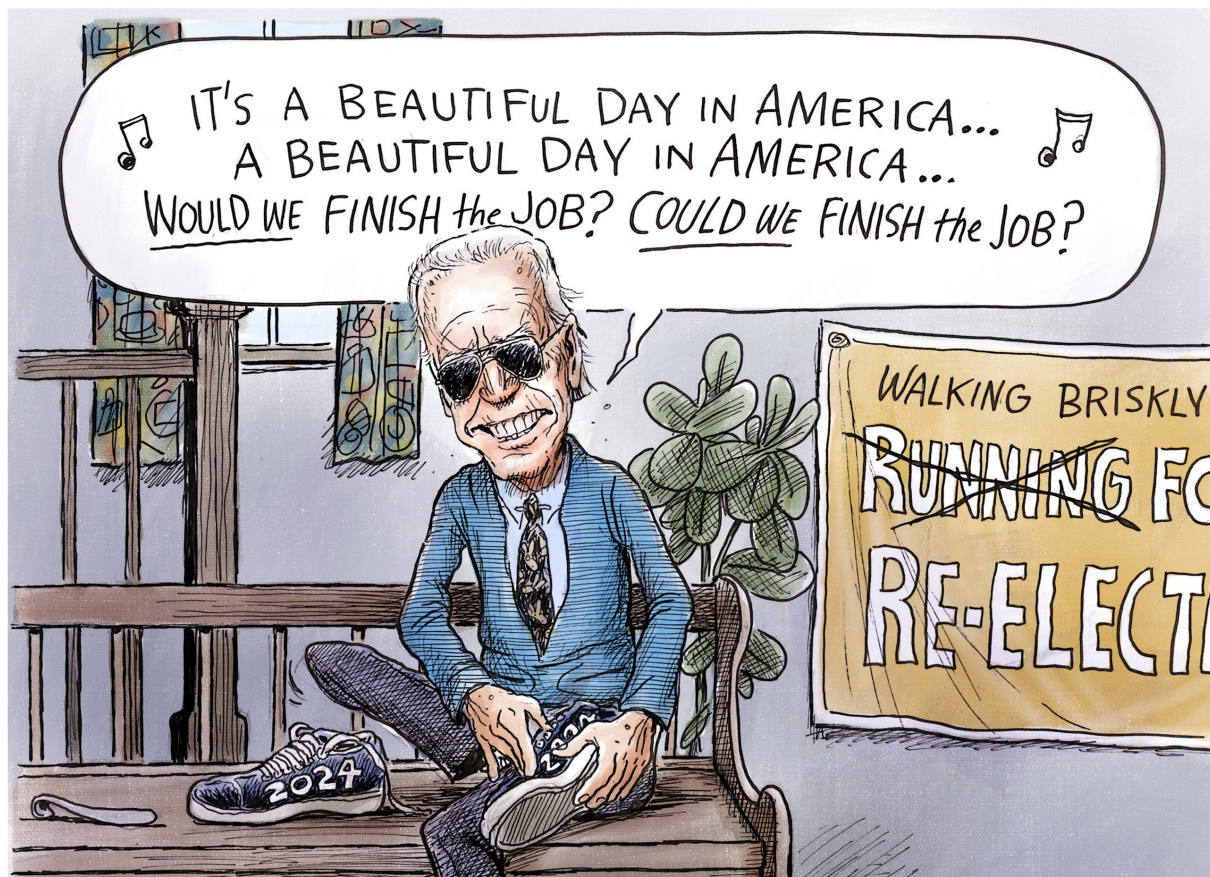
Editor's note: Angelo Lynn is the editor and publisher of the Addison County Independent, a sister publication of the Mountain Times.

In the battle over raising the nation's debt ceiling, the public's understanding of the issue beyond the partisan soundbites is essential if the country is to find a resolution and not sabotage the nation's economy.

To that end, Rep. Jared Golden, who was recently described as a "pro-choice, pro-gun Democrat from a Trump district in backwoods Maine," recently sent his constituents an eight-page letter outlining the issue and possible solutions. Golden, who at 40 is a third-term congressman, presents the argument in clear terms.

He starts by recognizing that in a divided Congress compromise is inevitable. Both parties, including President Biden, must be at the table. He also acknowledges that the growing deficits must be reined in. The economic reality, he says, is that running big deficits not only spurs inflation but will in the not-too-distant future wreck the economy.

Debt ceiling → 10



Biden Re-election Bid by Adam Zyglis, The Buffalo News, NY

LETTERS

Kudos to CEDRR

Dear Editor,

Kudos to the Chamber & Economic Development of the Rutland Region (CEDRR) leadership teams for pulling together a very good and high energy business and trade show event this past week at the Rutland Community Center, the first public show since 2019.

There was a good mix of business and non-profit organizations.

There was a good mix of business and non-profit organizations at this year's show. There were many vendors showcasing their business or organizations and marketing their products and services. Many had treats at their tables and a table raffle items for all attendees.

The Rutland Young Professionals had a presentation and a Q&A for employer's. They talked about recognizing young employees' needs in the 21st century and retention to keep employees. CEDRR President Lyle Jepson talked about how many of the young professionals could take their skills

CEDRR → 10

Stop hate toward Abenaki

Dear Editor

Race-based attacks and harmful stereotypes are putting Vermont's Abenaki communities in jeopardy and it needs to stop. This week is Abenaki Recognition and Heritage Week, yet international special-interest groups are threatening state-recognized Abenaki tribes with cultural erasure in an effort to position themselves for recognition and rights within the United States.

Using their Canadian status as recognized First Nations, Odanak and Wôlinak in Quebec are using state and federally-funded universities and media organizations to promote their propaganda — threatening to rewrite 12,000 years of Native heritage in the Abenaki homelands now known as the state of Vermont.

The past few weeks have seen Governor Scott and the full congressional delegation affirm their support for the four Vermont tribes, and announce the launch of the Truth and Reconciliation Commission to examine past discriminations and state-sanctioned eugenics. At a time when Indigenous people should be united in celebrating these monumental strides for our people, Odanak and

Wôlinak seem intent on using our media and public education system to lobby for Nuremberg Laws-like verification and cultural annihilation.

Abenaki citizens are being called "Pretendians," asked to publicly verify their ancestry to attest they are Native enough, and unfairly scrutinized by the very organizations that were built to serve the people — Vermont Public and the University of Vermont. Is any other race or identity in Vermont required to prove they are Black enough, Jewish enough, Latino enough, or transgender enough?

Why is a historically disenfranchised and protected community of Native Americans being subjected to unilateral aggression over an international border while state education and media institutions join the cause? We don't know why, but we do know that...

This is an intrusion upon Vermont law, established over years of growing awareness and measured consideration by the legislature. The Odanak and Wôlinak are not respecting Vermont, its legal processes, or its recognized tribes. And the amplification of these aggressions by state

Stop hate → 9

Stop racism in schools

Dear Editor,

We are the Vermont Student Anti-Racism Network, a statewide group of students working to promote anti-racism in our schools and communities. We believe that by starting by fostering anti-racism with the youngest members of society — students — we can build a better society as a whole.

We are writing about S.103, an act relating to amending the prohibitions against discrimination. This bill would lower the standards necessary to pursue a harassment claim, which would be beneficial to all Vermonters. According to the Human Rights Commission, only 1 out of 200 harassment cases actually make it to be heard. This bill would work to address this inequity, while also extending the harassment protections to students.

The section of this bill that is especially applicable to us as students, is the part that would implement these harassment standards in our schools. Students across the state and in our schools face racism, ableism, sexism, and other inequalities daily throughout their educational journey. We

Racism → 10

CAPITAL QUOTES

President Joe Biden, 80, announced last week he is running for reelection in 2024.

"I get that age is a completely reasonable issue, it's on everybody's mind by every I mean the New York Times... Call me old; I call it being seasoned. You say I'm ancient, I say I'm wise,"

said **Joe Biden**.

"He often says, 'don't judge me versus the almighty, judge me versus the alternative. Aid I think that's what they're counting on now, his strategists — that this isn't going to be a referendum on Joe Biden, this is going to be a choice. And the choice very well may be the same choice we faced four years ago,'"

said **David Axeldrod**, chief strategist for President Obama's campaigns.

"If any presidential candidate benefited from the virtual mold of 2020 it was Joe. But he's shown over the course of his presidency that he's perfectly capable of the travel and the rallies and the events and the town halls. There shouldn't be any concern about there being a normal campaign and the American public going, 'Oh,no,'"

said Democratic strategist **Nicole Brenner-Shmitz**.

"Biden is so out of touch that after creating crisis after crisis he thinks he deserves another four years. If voters let Biden finish the job, inflation will continue to skyrocket, crime rates will continue to rise, more fentanyl will cross our open borders, children will continue to be left behind, and American families will be worse off,"

said **Ronna McDaniel**, the chair of the Republican National Committee.

Clarkson: from page 6

storage" provision — which means that a person is criminally liable if their unsecured firearm is used by someone to commit a crime, or to threaten someone, or if child or prohibited person gains access to the gun and uses it to cause death or serious bodily injury to any person. Twenty-four other states require safe storage of firearms in some capacity — and Vermont is the last state in New England without a law preventing children's access to guns.

Likewise, extending the waiting period to 72 hours is a meaningful improvement to Vermont's firearm laws. In July of 2014, my husband's esteemed colleague at Vermont Law School, Professor Cheryl Hanna, committed suicide with a firearm

she purchased the day before. Who knows if more time had been put between her purchasing the gun and being able to take it home and use it, would have been a sufficient deterrent to her death. We can only hope. But maybe that 72-hour delay would have meant that her husband and two children would have their wife and mother at home with them today.

Sen. Clarkson can be reached by email: aclarkson@leg.state.vt.us or by phone at the Statehouse (Tues-Fri) 802-828-2228 or at home (Sat-Mon) 802-457-4627. To get more information on the Vermont Legislature, and the bills which have been proposed and passed, visit the legislative website: legislature.vermont.gov.

Stop hate: from page 8

academic institutions is a clear overstep of ethical guidelines established for human subject research in both the U.S. and Canada. Vermont's Native recognition process is based on the U.S. federal model and takes into account the very different lived experiences of Native communities in the East, and specific to this state. Our right to self-governance is protected by law in the U.S. and Canada and by the United Nations.

Increasing awareness of diversity, equity, and inclusion has taught us that different isn't wrong or illegitimate. In fact, it should be embraced, as diversity gives us strength and resilience. As Western Abenaki, our community bands may have differing lived experiences, stories, and place-based perspectives (and varying legal realities as citizens governed by neighboring

countries), but we are all Abenaki and all have equally valid voices as a sovereign group of people. We should be focused on sharing our cultural contributions and building up recognition and respect for indigenous people, not on tearing down and trying to delegitimize fellow native communities.

The Vermont Abenaki have worked closely with our governors, state legislators, federal delegation, community partners, and civic organizations to begin to build bridges across a wide chasm of historical trauma. We are making progress for the betterment of the Abenaki people and for all Vermonters. The Odanak in Canada want to erase our presence in the U.S. and have outwardly stated their intentions to "denounce the appropriation of Abenaki identity and culture, as well as to obtain

recognition on the American side." They seem to be working toward modern-day Nuremberg Laws to deem us as inferior and unworthy of our state-granted recognition.

Ethnocide should have no home in Vermont, especially as we celebrate Abenaki Recognition and Heritage Week, May 1-7. As the four recognized tribes within the state, we are asking our Canadian neighbors at Odanak and Wôlinak First Nations, in-state institutions like UVM and Vermont Public, and all Vermonters who live within the Abenaki homelands to take time this week to learn about us: our culture, our contributions, and our traditions. We believe you will see that our experiences here as Abenaki have created the community we share with you all today.

Abenaki Alliance

Blue Cross: from page 6

George said he is confident that the department will conclude the arrangement is "in the public good in Vermont and to the benefit of Vermont subscribers."

Upon completion of the deal, BCBS of Michigan would take over the "exclusive service area" license from the national Blue Cross Blue Shield Association for the state. But unlike other cases involving a license transfer, governance and management would remain in Vermont and funds would remain separate, George said.

Blue Cross and Blue Shield of Vermont would

keep its name and remain headquartered in Berlin with the same leadership team and workforce. All premium dollars and reserve funds would remain in state to pay claims and fund operations.

Its board of directors would be reconstituted, though Vermont members would retain a majority. Seven of 12 current board members would stay on, with the five seats coming open to be filled with executives and board members from BCBS of Michigan, George said.

BCBS of Vermont first partnered with its Michigan

counterpart to roll out its Vermont Blue Advantage plan through the Medicare Part C program, also known as Medicare Advantage, in late 2020. "We would not have been able to do that without their partnership and help," George said.

BCBS of Vermont leadership plans to continue to be part of conversations about the future of the state's so-called all-payer model, George said. That current model relies on an ACO such as OneCare to push forward reforms that allow insurers to pay healthcare providers based on the quality and outcomes of care.

Search teams: from page 1

LaHart, who started his role in January, is the town's first paid fire chief. In addition to overseeing the volunteer fire department, he was hired to oversee KSAR and EMS, but disputes started early with KSAR, a volunteer organization that responds to about 15-20 calls a year to find lost skiers and injured hikers and rock climbers in the area. Former KSAR members claimed the chief was difficult to work under and made women particularly feel uncomfortable and/or left out, while LaHart claimed KSAR members wouldn't cooperate with simple rules and paperwork.

KSAR's deactivation came as a shock to many. "I've never seen a team deactivated like that," said Clymer.

The organization's departure put a strain on local resources. A handful of rescues in Killington were taken care of by ski patrol, which put in "effort out of the operating requirement," Clymer said.

Dave Coppock, one of the former leaders of KSAR, said Rescue Inc. reached out to him after learning about the problems in Killington.

Rescue, Inc., which formed 1966, was among the first EMS agencies in the nation to offer paramedic care and now services 13 towns in southern Vermont and two in southern New Hampshire.

"We would still be providing the service we did before," said Coppock. "The difference is this time the town of Killington would have to pay nothing for our gear and training."

Rescue, Inc. allows technical teams to decide which areas of rescue they want to be involved in. Some team members could be trained to do swift water rescue, for example — a service that hasn't been offered locally.

"We don't have a consensus yet among team members on how much we want to do," Coppock said. "Rescue, Inc. will train us to the proper standard to do what we want."

They will also operate under Rescue, Inc.'s insurance. "Basically it's not going to cost the town anything," said Murray McGrath, formerly a long-time member of KSAR.

Hagenbarth said the town's new KSAR team under Chief LaHart will provide the same services as before but won't have advanced EMTs.

"We're not required to have advanced EMS," Hagenbarth said.

The dispute comes at a time when the town has been expanding its investment in public safety. Killington's new 14,000-square-foot public safety building opened in March 2020 after voters approved a \$4.78 million bond. It was intended to be large enough to house the fire department, search and rescue team and the Killington Police Department. Both the fire and police departments have added paid personnel to their ranks.

Former KSAR members now part of Rescue, Inc. will not use the Public Safety Building going forward.

"We don't need a building," Coppock said. "We do our own training. Sometimes it's on sight in the woods somewhere or on a cliff. All of our call outs are outdoors."

The former KSAR team is also trying to get their equipment back from the town. They sent an April 6 request via email to the town manager asking for about \$1,000 worth of equipment back, including a rope climbing ropes, helmets, t-shirts and a toboggan, claiming it was paid for by fundraising and grants.

"We've not gotten it back yet," Coppock said by phone. "They've been presented with receipts we feel justify getting certain pieces back."

Hagenbarth said the town was still reviewing the items and receipts as of May 2.

Operating under Rescue, Inc. will give former KSAR members what they have long desired — "more autonomy," said McGrath.

Clymer emphasized the need for the entities to put differences aside for public safety.

"I think there's some healing that needs to take place there and recognition we're all working for a clearly defined goal," Clymer said.

CEDRR: from page 8

to other markets, but that Rutland is a great place for them to put down roots and to build a future. RYP President Amy Laramie talked about flexible schedules and the opportunities that Rutland has to offer. She herself moved here in 2009 for a career opportunity and has made Rutland her home, raising her family. One RYP member said that

she moved to Burlington, then to Rutland, and today this is her home, and she is here forever now. Adding, "I love Rutland!"

For 25 years I have said that Rutland is the best place on God's green earth to live, work, & play! I raised my four children here, and I was very involved in the community. My children attended many chamber

events with me. It is so nice that today, my son sees the value in the chamber and its many events. He was a vendor this year, both his Leighton's Landscapes and Thayer Transport operations were a vendor. And his mother-in-law made delicious mini cupcakes for his booth.

Gregory Thayer, Rutland

Debt ceiling: from page 8

"Congress has a budgeting problem," he writes. "The national debt is \$31.4 trillion and growing at a pace that will reach \$52 trillion in 10 years.... The Congressional Budget Office predicts this year's budget deficit will be \$1.4 trillion... and will more than double to \$2.85 trillion by 2033."

He counters the argument that America's economy can absorb such debt: "America's debt is almost equal to its Gross Domestic Product (GDP), with a debt-to-GDP ratio of about 98%... Ten years from now, it will be at 118%. According to one estimate, a nation's economic growth slows by roughly .017% for every percentage point of debt in excess of 77%. Bottom line: America's debt is increasingly slowing the growth of the economy."

He further notes that Congress paid more than \$475 billion in interest on the public debt last year, and in 10 years, interest on the national debt will be \$1.4 trillion. To put that in perspective, Golden explains, Congress spent approximately \$1.5 trillion on all discretionary domestic and defense accounts in the past budget. If Congress doesn't temper those deficits, he says, in 30 years interest on the national debt will be the single largest government expense — more than Social Security, Medicare or defense.

In short, Democrats can't wish away the issue with the refrain that the middle class, poor and under-advantaged can't be denied the aid they need.

But neither can Republicans only object to high spending when Democrats are in the White House (spending was rampant for the four years under Trump), refuse to raise taxes on the rich, and propose draconian cuts on spending now that would tank the economy before the 2024 elections. Nor should Republicans pretend to call for blanket budget cuts and then let the opposing party identify the specific programs to be cut (and thus draw the ire of those who would be affected.)

And that's the rub. While Republicans are calling for proposals to curb the deficit, they have ruled out any way to accomplish it. As columnist Catherine Rampell writes, the plan House Speaker Kevin McCarthy, R-California, proposes would make enormous cuts in spending: discretionary spending would be cut one-third on average in 2024 after adjusting for inflation then expand to

roughly 59% by 2033, but the plan doesn't identify a single program that might be axed or look at the impact any cuts might have.

The U.S. Department on Education, however, took just the impacts on its programs and recently sent out fact sheets. They reported that while Biden's proposed budget would invest an additional \$11 billion to improve education, while lowering the cost of childcare for families, the House Republicans' plan would cut spending by 22%, including: \$4 billion in cuts to schools serving low-income families, impacting an estimated 26 million students nationwide, including \$10 million in Title 1 funding for Vermont schools, impacting 20,000 Vermont students; cut supports for 7.5 million children with disabilities nationwide, including 15,000 in Vermont, which equates "to removing the equivalent of 100 teachers and related services providers from the classroom" in Vermont; slashing mental health support for students; eliminating student debt relief and Pell Grants that each affect about 33,000 approved applicants across Vermont.

What the GOP won't admit (when a Democrat is president) is that government programs help people in need and cuts to them have

As for the debt ceiling debate, Golden calls it "all politics... The country would be better served if Congress skipped the standoff, cut to the chase and negotiated in good faith."

negative consequences in every state and community.

To that end, Rep. Golden makes a modest proposal to take it slowly. He suggests reducing the deficit by \$500 billion over the next two years, \$2.1 trillion in five years, and \$7.2 trillion in 10 years."

Such a path keeps the deficit in check while allowing the economy to grow and reduce the debt-to-GDP ratio, and at least get the country moving in the right direction.

As for the debt ceiling debate, Golden calls it "all politics... Congress cannot cut its way out of the nation's fiscal woes, just as it cannot tax its way out of them... The country would be better served if Congress skipped the standoff, cut to the chase and negotiated in good faith."

Unfortunately, that's easier said than done.

Racism: from page 8

are already fighting for their right to safe education; We shouldn't have to fight to have our harassment complaints heard. We believe that the provision which would include students under the harassment protections is an extremely vital part of this bill, and needs to be included in order for it to pass.

Imagine this: A teacher and a student both experience harassment from their principal. Under the current harassment standards, only the teacher would be able to file a claim on this. The student would not be able to.

We believe this is an injustice.

An argument voiced by legislators and others is that education officials and schools do not have the capacity to deal with the harassment complaints being heard. We understand the many demands that are put on educators and staff members by their schools, but allowing students to pursue harassment claims is vital to our mental and physical health. If schools are for students, then they are worth our safety.

VSARN is passionate about building inclusive and just school systems that are centered on student well-being and safety. We believe that the S.103 bill would accomplish this goal. There is no harm to ensuring that we, as students, feel protected in our schools where we spend roughly 35 hours per week. Our question to you is, why wouldn't we want to prioritize the safety of the next generation across our state?

We hope legislators and advocates will hear our request for S.103 to be passed WITH the student section.

If you are a community member who wants to learn more, you can visit legislature.vermont.gov/bill/status/2024/S.103 and write to the House Education Committee with your thoughts.

We appreciate all the work of Vermonters on this issue and hope that we can see positive change come out of it.

VSARN students, including Krrish Mishra, Addie Lentzner, Hudson Ranney, Kaitlynn Cherry, Lucas Brumm, Annika Gruber, Sequoyah Walther Gingold

WORDPLAY

'Construction' Find the words hidden vertically, horizontally, diagonally and backwards

SUDOKU

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

- AGGREGATE
APPRAISAL
ARCHITECT
BASEMENT
- BEAM
BID
BUILD
CASEWORK
- CAULKING
CHANGE ORDER
CONCRETE
CONSTRUCTION
- COST
DESIGN
DRYWALL
LABOR
- LOAD
MORTAR
PROPERTY
PUNCHLIST
- REPORT
ROUGH-IN
SLAB
SUPPORT

CROSSWORD PUZZLE

Solutions →20

CLUES ACROSS

1. Dull and flat
6. Baking measurement (abbr.)
9. Education-based groups
13. Not behind
14. Runners run them
15. Japanese ankle sock
16. Grave
17. Japanese industrial city
18. People of southern Ghana
19. Particular designs
21. Device fitted to something
22. Infections
23. Pirates' preferred alcohol
24. Expression of sympathy
25. Rock guitarist's tool
28. Neither
29. Ancient city of Egypt
31. You ___ what you sow
33. Ruined
36. Narrations
38. Body art (slang)
39. Fencing sword
41. Apartment buildings
44. Type of missile
45. Fathers
46. Extremely high frequency
48. Type of school

49. Incorrect letters
51. Two-year-old sheep
52. Nasty manner
54. One who accepts a bet
56. Indian prince
60. Asian country
61. Rhythmic patterns in Indian music
62. "Uncle Buck" actress Hoffmann
63. Detailed criteria
64. Son of Shem
65. Talked wildly
66. Discount
67. Not good
68. Growing out

CLUES DOWN

1. Actor Damon
2. A call used to greet someone
3. Part-time employee
4. Emaciation
5. "Westworld" actor Harris
6. Gains possession of
7. Relaxing spaces
8. 23rd star in a constellation
9. Northern grouse
10. Monetary unit of Bangladesh
11. Manila hemp
12. Unites muscle to bone
14. Makes deep cuts in
17. 18-year period between eclipses
20. Member of a people inhabiting southern Benin
21. Synthetic rubbers
23. Unwelcome rodent
25. Expression of creative skill
26. Some is red
27. Seems less in impressive
29. Harry Kane's team
30. Gland secretion
32. Action of feeling sorrow
34. Disallow
35. Deceptive movement
37. More dried-up
40. Crimson
42. Actress Ryan
43. Adherents of a main branch of Islam
47. Accomplished American president
49. Side of a landform facing an advancing glacier
50. Sheep breed
52. Appetizer
53. Broadway actress Daisy
55. Influential film critic
56. NY Giants ownership family
57. Type of script
58. Assist
59. London park
61. Bar bill
65. In reply indicator

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.

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

Level: Intermediate

Guess Who?

I am an actor born in Jersey on May 5, 1983. My first acting experience came in school plays, and I made my television debut in 2002. I am perhaps best known for my action roles, including a witcher and a man of steel.

Answer: Henry Cavill

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WEDNESDAY MAY 3

Pre-K Storytime at Billings Farm & Museum

9:30-11 a.m. Billings Farm & Museum, 69 Old River Road, 69 Old River Road. Cost is \$12/child or \$10/member child. Young ones from near and far are invited to the beautiful land of Billings Farm & Museum to hear farm tales wrapped in rich engagement. We are kicking the series off with "Farmer Brown Shears His Sheep: A Yarn About Wool" by Teri Sloat. Join us for a woolly adventure with Farmer Brown and his sheep. Following the story, meet our own flock of newly shorn sheep, make a craft, and enjoy a snack. Adult attendance is required. One adult admitted free with a paid child. For more info visit: billingsfarm.org.

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

Graphic Novel Book Club for Kids

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

Introduction to Clay: Hand Built Vases

5:30-7:30 p.m. The MINT, 112 Quality Ln., Rutland. MINT member fee \$75; non-memebrs \$100. In this class, we will channel that spring energy into making some vases to hold the first wildflowers of the year (they are on their way, we promise)! This is a beginner friendly class, Tiffany and Caitlin will provide instruction and support every step of the way. This project will use slab building, coils, and pinch pot techniques. We will also go over tools and texture. We encourage you to be as creative and adventurous as possible. This is a great introduction to clay, the pottery studio, and the world of ceramics. For more info visit: rutlandmint.org.

Introduction to Metal Work: Flowers

5:30-7:30 p.m. The MINT, 112 Quality Ln., Rutland. Mcost: Members \$30; Not-yet members-\$45. In this fun and comfortable environment, you will learn to cut, form, and shape sheet metal. You will also get a very quick introduction to welding. No previous experience is necessary, all are welcome. In order to participate in this class you must have closed toed shoes and wear natural fiber clothing such as cotton or wool. A flannel, jeans and some hiking boots should do the trick. For more info visit: rutlandmint.org.

Barn Opera Performs at The Hub CoWorks

6-7 p.m. The Hub CoWorks, 67 Merchants Row, Rutland. Tickets are just \$10; complimentary refreshments via donation, but no alcohol will be served at this event. Artistic director and acclaimed tenor Joshua Collier will lead a troupe of immensely talented performers in selections from "La Boheme," "La Traviata," Tosca," "I Pagliacci" and more Italian opera pieces familiar to many. Plus, find out about the company's educational "viaggio" to the Adriatic, which you too can attend. For more info, refer to article: <https://mountaintimes.info/andiamo-barn-opera-performs-live-at-the-hub-coworks-may-3/>. OR, text 732-614-1482.

Name That Fish Stew! Cooking Class

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

Healing Through Art

7-8:15 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Author and artist Dana Walrath practices a border-crossing blend of creative writing, comics, art, and anthropology. In this lecture, she explores the work that went into creating projects such as Aliceheimer's, a graphic memoir about her mother's dementia journey, and considers the last impacting of this type of storytelling. Part of the First Wednesday series presented by Vermont Humanities. For more info visit: rutlandfree.org

'Every Brilliant Thing' starring Jarvis Antonio Green

7:30 p.m. Briggs Opera House in White River Junction. Cost is \$20. "Every Brilliant Thing," starring JAG founder Jarvis Antonio Green, is a heartwarming, immersive one-person show. Caught up in a personal story of parenthood and childhood, confusion and joy, depression and hope, the narrator engages with those around him to create a list of everything worth treasuring in this life — everything brilliant. For more info visit: jagproductionsvt.com.

THURSDAY MAY 4

Bone Builders with Mendon Seniors

10 a.m. Roadside Chapel, 1680 Town Line Road, Mendon. Free. For more info call Pat 802-422-3368.

Circle of Parents

10 a.m. Virtual. Free. Virtual. 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 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

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.

Toddler Storytime

10:30-11:30 a.m. Norman Williams Public Library 10 The Green, Woodstock. Join us to read a few books on a theme of the week! Enjoy stories, socializing, and often a project tied into the theme. For young children ages 20 months - 3 1/2 years. Info@normanwilliams.org.

Black River Memory Café

11 a.m.-1 p.m. Ludlow Community Center, 211 main St., Ludlow. Free. Black River Good Neighbor Services is sponsoring a Memory Café for caregivers & their loved ones. Games and music. Lunch provided. For more info contact: brgoodneighbor@gmail.com or call 802-293-7663.

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 ukulele together. Must pre-register: 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 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. To order, call 802-773-1853 during business hours.

Circle of Parents

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

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/support-groups/peer-support.

Crafts for Kids 3:30-4:30 p.m. Hartland Public

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

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.

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.

Torch Fired Enameling: Earrings

5-6:30 p.m. The MINT, 112 Quality Ln., Rutland. Cost: Member \$75; Not-yet member \$100. In this 90 minute workshop, participants will make a pair of enameled earrings to wear or gift. The process will include choosing or cutting a base copper shape, prepping it for enamel, applying enamel, and torch firing the piece using a mapp gas torch. Participants will finish the earrings by choosing complementary beads, forming twisted loops in wire, and attaching ear hooks. Bring a N95 mask, or another mask. (mandatory). Instructor: Christie Harris. For more info visit: rutlandmint.org.

Kids and Adults Ballroom Classes with

Patti Panebianco

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

The Rough-legged Hawk Project: 10 Years of Research on an Understudied Raptor

5:30-7 p.m. Virtual via Zoom. Cost is: free with suggested \$10 donation. VINS is pleased to host Neil Paprocki, a former conservation biologist for HawkWatch International and current PhD candidate at the University of Idaho, for a presentation of his work on rough-legged hawks. Neil has spent the past 10 years studying and tracking nearly 200 Rough-legged Hawks to better understand their migratory behavior. Neil will share preliminary results from this multi-year study, with a particular focus on eastern North America including rough-legged hawks captured on wintering grounds in Vermont and New York. For more info visit: vinsweb.org.

'The Twelfth Night Show'

7 p.m. The Grange Theatre, 65 Stage Road, South Pomfret. \$25-30. Fueled by an original folk/rock score from songwriter Jacob Brandt, this unfamiliar take on a familiar classic will have you laughing, clapping, and asking the question, "What is Shakespeare, anyway?" Catch this exciting, brand new musical that's fun and engaging for the whole family. Whether you've seen every Shakespeare play or none at all, this knee-slapping, toe-tapping production is right for you! For more info visit: artistreevt.org/artistree-events.

'Every Brilliant Thing' starring Jarvis Antonio Green

7:30 p.m. Briggs Opera House in White River Junction. Cost is \$20. "Every Brilliant Thing," starring JAG founder Jarvis Antonio Green, is a heartwarming, immersive one-person show. Caught up in a personal story of parenthood and childhood, confusion and joy, depression and hope, the narrator engages with those around him to create a list of everything worth treasuring in this life - everything brilliant. For more info visit: jagproductionsvt.com.

FRIDAY MAY 5

Spring Bird Walk on Split Rock Trail

7 a.m. meet at the parking area on Adams Road in Pittsford. Free. This will be an easy 3-mile bird walk open to all. Contact us at birding@rutlandcountyaudubon.org for more info.

WoodSpryte Early Learning Adventures

9:30-10:30 a.m. Green Mountain Community School's Whitney Hall/ The Buttery, 1 Brennan Circle, Poultney. Cost is \$12 per class. This spring, Stone Valley Arts is excited to continue our WoodSpryte Arts Early Learning Adventures with art instructor Rosemary Moser. Literacy-based creative learning adventures for the very young. Students 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 and emotional learning, and more. This week: "The Big Orange Spot!" —Mr. Plumbean inspires all of his neighbors—and us!—to create our own dream houses. For more info visit: stonevalleyarts.org.

All About the Arts

12-1 p.m. Chaffee Art Center, 16 So. Main St. in Rutland. \$20 per class or 4 classes for \$60. Students Aged 3-5 will have fun creating and doing activities with art, music, literature, and more! Minimum enrollment: 4. Must pre-register by Wednesday each week. For more info visit: chaffeeartcenter.org

Calendar → 13



Calendar: Email events@mountaintimes.info
from page 12

DNA Motorsports May Mania State Championship Demolition Derby

3 p.m. Vermont State Fairgrounds, 175 S. Main St., Rutland. General admission grandstand: \$12 + tax/fees. General admission chairs "trackside": \$18 + tax/fees. Reserved center box (6 seats): \$140 + tax/fees. Reserved wing box (6 seats): \$120 + tax/fees. See the electrifying action at the demolition derby with terrific viewing opportunities at Rutland's Vermont State Fairgrounds. For more info visit: paramountvt.org.

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

Stone Valley Arts Open Mic

7-8:15 p.m. Stone Valley Arts, 145 E. Main St., Poultney. Free. Poets, storytellers, spoken word artists, writers in all genres are invited to perform your own original work, poems, slam pieces, classics, "minutes" or favorite literary works. Serials and/or excerpts of longer works of fiction and other genres are also appreciated. Moth-style (first person true stories) are always a hit, as are folk tales and other stories. Musicians and singer-songwriters are also welcome. For more info visit: stonevalleyarts.org.

Spring/Summer Film Series at Stone Valley Arts:

'Float Like A Butterfly' (2020)

7-8:30 p.m. Stone Valley Arts, 145 E. Main St., Poultney. Suggested \$5 donation. "Float Like a Butterfly" is an Irish drama film, directed by Carmel Winters and released in 2018. The film stars Hazel Doupe as Frances, a young Irish Traveller girl who idolizes Muhammad Ali and aspires to become a boxer. The film premiered at the 2018 Toronto International Film Festival, where it won the FIPRESCI Discovery Prize. Free refreshments will be provided.

'The Twelfth Night Show'

7 p.m. The Grange Theatre, 65 Stage Road, South Pomfret. \$25-30. Fueled by an original folk/rock score from songwriter Jacob Brandt, this unfamiliar take on a familiar classic will have you laughing, clapping, and asking the question, "What is Shakespeare, anyway?" Catch this exciting, brand new musical that's fun and engaging for the whole family. Whether you've seen every Shakespeare play or none at all, this knee-slapping, toe-tapping production is right for you! For more info visit: artistreevt.org/artistree-events.

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Vermont Actors' Repertory Theatre Presents:

'Going Up The Country'

7:30 p.m. West Rutland Town Hall, 35 Marble St. Tickets: \$20 + fees. Vermont Actors' Repertory Theatre presents "Going Up The Country." The play has been adapted from Yvonne Daley's book of the same name. Yvonne was a Vermont journalist who died this past August, and who wrote about the hippie invasion of the 1960s and '70s into the lives of native Vermonters and how each group transformed the other. Play and music written by Eric Peterson and John Foley. For more info visit: paramountvt.org.

SATURDAY

MAY 6

Vermont Green Up Day

All day. Killington and surrounding area. Free. Join us for the annual VT Green Up Day, a yearly staple in the state of Vermont since 1970! Killington Resort will have bags available during the day for clean-up around our base lodges. Green Up bags will also be available at the Town Clerk's office, 2706 River Road. Green Up Vermont's mission is to promote the stewardship of our state's natural landscape and waterways, and the livability of our communities by involving people in Green Up Day while raising public awareness about the health, economic, and visual benefits of a litter-free environment year-round. In 2022, almost 20,000 volunteers worked together to pick up over 497 tons of trash. Learn more about VT's Green Up initiative and how you can help at greenupvermont.org. For questions about the Town of Killington's Green Up Day initiatives, reach out to (802) 422-3241 or RBurke4771@aol.com.

Adventures with the Arts

9:30-10:30 a.m. Chaffee Art Center, 16 South Main St., Rutland. Cost is \$20 per class or sign up for 4 classes at \$60. Students aged 2-4 will create an art project (ex: finger painting, drawing, crafting) and visit the land of imagination during Book Nook Discovery. One special book will be used for two Friday classes that the art projects will be designed around. And, one free book per student will be given every two weeks thanks to our partners at the Rutland Free Library. Adult must accompany children under age 4. MUST Pre-Register. For more info visit: chaffeeartcenter.org.

Spring Sprockets & Walk-Its; Fundraiser for Homelessness Prevention

10 a.m.-2 p.m. Pine Hill Park, 2 Oak St. Ext., Rutland. Cost is \$22. Walk or bike Georgetti's trail loops or just come celebrate spring with music, food and community. Scavenger hunt, adventure scrambles with prizes (both bikers & walkers) For more info visit: hpcvt.org/springsprockets.

Spring Tea & Sweet Treats with Artisan

Market & Makerie

10 a.m.-2 p.m. Chaffee Art Center, 16 South Main St., Rutland. Donation of \$5. Join us for spring tea and sweet treats celebrating mothers everywhere. There will be an artisan market and makerie with tables of gift ideas for others or yourself. Free makerie activities include: cardmaking by Evie Towsley (make & take); Mini floral pour paintings by Dale Bills (make & take); Cookie/cupcake decorating and demo of decorating an elaborate cake by Chrissy Moore; Tarot card reading (12-2pm) by Raven Crispino; Spring floral teapot arranging demo (1:30pm) by Julia Quimby-Cohen. Plus, a free workshop for all ages (11am- 2pm) Spring pinecone flowers (make & take). Tea and sweet treat. Door prizes: Spring floral teapot arrangement; decorated cake; decorated cookies & more. For more info visit: chaffeeartcenter.org.

Reinbow Riding Center Volunteer Orientation and Clinic

10 a.m.-12 p.m. Reinbow Riding Center, Stone Wall Farm, 892 Tarbellville Road, Belmont.

This is a chance for everyone to get up close and personal with a few of our extraordinary horses and experience the comradeship of our volunteer staff and team. It's also a chance for anyone curious about what we do at Reinbow Riding Center to visit and see if you would like to join our team.

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 brings 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. For more info visit: vtfarmersmarket.org.

Third Annual Jedi Trails

11 a.m.-1 p.m. ReClaimed, 169 Main St., Poultney. Free. Come Alive Outside and its partners are inviting Star Wars fans of all ages and abilities to get out on the trails in honor of the Star Wars commemorative day, May the Fourth (it's a play on "May the Force Be With You"). 500 Baby Yodas, aka Grogu, have been lost on two trails in Rutland County and it is up to you to find them! Walk the trails, spin the wheel of prizes, find and keep a Grogu, and maybe even meet a couple of Star Wars characters. For more info visit: comealiveoutside.com/events.

Rutland Railroad Museum & Model Club

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

The Soufflé Also Rises and Apple-Tart Cooking Class

12-3 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

Learn to Spin

1-4 pm Green Mountain Yarn & Fiber, 217 Woodstock Ave Suite E in Rutland. Cost is \$50. Join Marilyn Brandner, of Mount Nickwackett Sheep Farm and Pride of Vermont, to learn how to spin your own yarn. Spinning wheels and supplies will be provided, but you are welcome to bring your own wheel if you have one. Class is limited to 3 students, so there will be plenty of individualized attention. Cost includes all materials. Preregistration is required.



'Every Brilliant Thing' starring Jarvis Antonio Green

7:30 p.m. Briggs Opera House in White River Junction. Cost is \$20. "Every Brilliant Thing," starring JAG founder Jarvis Antonio Green, is a heartwarming, immersive one-person show. Caught up in a personal story of parenthood and childhood, confusion and joy, depression and hope, the narrator engages with those around him to create a list of everything worth treasuring in this life — everything brilliant. For more info visit: jagproductionsvt.com.

Cancer Crushers Meeting

3-4:30 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Cancer Crushers to gather at the library in the Fox room. For more info visit: rutlandfree.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

'Every Brilliant Thing' starring Jarvis Antonio Green

7:30 p.m. Briggs Opera House in White River Junction. Cost is \$20. "Every Brilliant Thing," starring JAG founder Jarvis Antonio Green, is a heartwarming, immersive one-person show. Caught up in a personal story of parenthood and childhood, confusion and joy, depression and hope, the narrator engages with those around him to create a list of everything worth treasuring in this life - everything brilliant. For more info visit: jagproductionsvt.com.

'The Twelfth Night Show'

7 p.m. The Grange Theatre, 65 Stage Road, South Pomfret. \$25-30. Fueled by an original folk/rock score from songwriter Jacob Brandt, this unfamiliar take on a familiar classic will have you laughing, clapping, and asking the question, "What is Shakespeare, anyway?" Catch this exciting, brand new musical that's fun and engaging for the whole family. Whether you've seen every Shakespeare play or none at all, this knee-slapping, toe-tapping production is right for you! For more info visit: artistreevt.org/artistree-events.

Vermont Actors' Repertory Theatre Presents:

'Going Up the Country'

7:30 p.m. West Rutland Town Hall, 35 Marble St. Tickets: \$20 + fees. Vermont Actors' Repertory Theatre presents "Going Up the Country." The play has been adapted from Yvonne Daley's book of the same name. Yvonne was a Vermont journalist who died this past August, and who wrote about the hippie invasion of the 1960's and 70's into the lives of native Vermonters and how each group transformed the other. Play and music written by Eric Peterson and John Foley. For more info visit: paramountvt.org.

Saturday Night Ghost Tours of the Woodstock Village

8-8:45 p.m. Woodstock Inn & Resort, 13 The Green, Woodstock. Free with gratuity. Come and join local tour guide Richard Adams for a ghost tour of Woodstock. It's a short 45-minute tour of the downtown area, with a stop on the green to see where the vampire heart is buried. You will hear stories of local homes haunted by specters and ghosts. Local businesses have seen a playful little girl, who disappears while skipping down the hallway. Or perhaps, a musical old lady who vanishes right in front of you while playing the piano. These and many other thrilling stories can be heard if you join this family-friendly tour! For more info visit: woodstockinn.com.

← **Calendar:** Email events@mountaintimes.info
from page 13

SUNDAY MAY 7

Rutland Jewish Center Rummage Sale

9 a.m.-4:30 p.m. Rutland Jewish Center, 96 Grove St., Rutland. Free. For more info contact: office@rutlandjewishcenter.org or call 802-773-3455.

Third Annual Jedi Trails

11 a.m.-1 p.m. Georgetti Park Complex, 2 Oak St. Ext., Rutland. Free. Come Alive Outside and its partners are inviting Star Wars fans of all ages and abilities to get out on the trails in honor of the Star Wars commemorative day, May the Fourth (it's a play on "May the Force Be With You"). 500 Baby Yodas, aka Grogus, have been lost on two trails in Rutland County and it is up to you to find them! Walk the trails, spin the wheel of prizes, find & keep a Groggu, and maybe even meet a couple of Star Wars characters. For more info visit: comealiveoutside.com/events.

The Soufflé Also Rises and Apple-Tart Cooking Class

12-3 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.

'The Twelfth Night Show'

2 p.m. The Grange Theatre, 65 Stage Road, South Pomfret. \$25-30. Fueled by an original folk/rock score from songwriter Jacob Brandt, this unfamiliar take on a familiar classic will have you laughing, clapping, and asking the question, "What is Shakespeare, anyway?" Catch this exciting, brand new musical that's fun and engaging for the whole family. Whether you've seen every Shakespeare play or none at all, this knee-slapping, toe-tapping production is right for you! For more info visit: artistreevt.org/artistree-events.

Vermont Actors' Repertory Theatre Presents:

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2 p.m. West Rutland Town Hall, 35 Marble St. Tickets: \$20 + fees. Vermont Actors' Repertory Theatre presents "Going Up the Country." The play has been adapted from Yvonne Daley's book of the same name. Yvonne was a Vermont journalist who died this past August, and who wrote about the hippie invasion of the 1960's and 70's into the lives of native Vermonters and how each group transformed the other. Play and music written by Eric Peterson and John Foley. For more info visit: paramountvt.org.

World War II event

3-7 p.m. American Legion, 550 Franklin St., Brandon. Free. Hosted by Goshen Vermont Historical Society. This event is to share the stories and experiences of WWII. This event is by donation. Come and help us remember, honor, and learn from events of the past! Would you like to be a part of this event? We are asking people of the community to bring any pictures, journals, or any artifacts they may have from those who lived during WWII. People may have a table to create a display. It is our hope to provide an opportunity for people to share the story of their own or another's experience of the wartime era. There will be 1940s music provided by the local high school jazz band, light refreshments, raffle baskets, time to read displays and converse with fellow history enthusiast. Please join us even for this unique event. Feel free to come dressed in period attire! For more info contact: hayesm812@yahoo.com or call 802-247-6151.

'Every Brilliant Thing' starring Jarvis Antonio Green

7:30 p.m. Briggs Opera House in White River Junction. Cost is \$20. "Every Brilliant Thing," starring JAG founder Jarvis Antonio Green, is a heartwarming, immersive one-person show. Caught up in a personal story of parenthood and childhood, confusion and joy, depression and hope, the narrator engages with those around him to create a list of everything worth treasuring in this life - everything brilliant. For more info visit: jagproductionsvt.com.

MONDAY MAY 8

Baby and Toddler 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.

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.

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. Info: rutlandrec.com/godnick.

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.

TUESDAY MAY 9

Fairgrounds East Bird Walk in Poultney

7:30-10:30 a.m. Meet at the Fairgrounds Trail parking area (131 Town Farm Road, Poultney, 2.5 miles east of the East Poultney green). Free. Sponsored by Rutland County Audubon Society and Slate Valley Trails. All levels of birding experience welcome. Bring water, a snack, cameras, field guides, and binoculars if you have them. Slow pace with lots of opportunities for observing and photographing. Contact Joel Tilley for more information: jptilley50@gmail.com (preferred method), or 802-598-2583, evenings 7 to 8pm.

Stories on a String

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

VERMONT GREEN UP DAY

SATURDAY



Bone Builders Mendon Seniors

10 a.m. Roadside Chapel, 1680 Town Line Road, Mendon. Free. Tuesday and Thursday. For more info call Pat 802-422-3368.

Children's Indoor Storytime

10:30-11:30 a.m. Hartland Public Library, 153 Route 5, Hartland. Meets every Tuesday at 10:30 a.m. in the community meeting room. Storytime is offered for children, from infants to age 5, but everyone is welcome. For more info visit: hartlandlibraryvt.org or contact Traci at kids@hartlandlibraryvt.org.

Alzheimer's Support Group at Community Health

4 p.m. Community Health Allen Pond, 71 Allen St., Rutland. Claudia Courcelle and her team of care managers will hold their Alzheimers support group meeting. Info@<https://www.chcrr.org/community-news/alzheimers-support-group-at-community-health-meets-jan-10-in-rutland> For more info visit: members.rutlandvermont.com/events/calendar. For questions call: 802-465-2255.

Chess Club

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

Yoga with Emma (for Kids!)

4:30-5:15 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Yoga with Emma! A safe environment where we will imagine, create, dance, play, explore and be free in our bodies. Please bring an open heart and your smile. We will have some yoga mats available for use. Kidding Around Yoga (KAY), a style of yoga that was created by Haris Lender, provides an amazing curriculum designed to motivate children to be active, build confidence, and manage the spectrum of emotions that they might experience in their day-to-day activities while encompassing the 5 branches of yoga in a clear and engaging method. Info@rutlandfree.org/calendar-events.

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.

Introduction to MIG Welding

5:30-7:30 p.m. The MINT, 112 Quality Lane, Rutland. Cost: Members \$15; Not-yet members \$30. In this fun and comfortable environment you will learn the awesome skill of how to use a MIG welder, one of the most versatile welding tools. No previous experience is necessary, all are welcome. In order to participate in this class you must have closed toed shoes and wear natural fiber clothing such as cotton or wool. A flannel shirt, jeans and some hiking boots should do the trick! Instructor: Bobby Walker. For more info visit: rutlandmint.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—and for everyone a delightful lunch or light supper. BYOB and eat what you make. For more info, call or email us to discuss. 802-342-1513 / info@odysseyeventsvt.com

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[MUSIC Scene]

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

WED
5/3

LUDLOW

6 p.m. Off the Rails – Chris Pallutto

POULTNEY

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

QUECHEE

6 p.m. Public House Pub – Lily Welch

RANDOLPH

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

RUTLAND

5:30 p.m. Strangefellows – Ryan Fuller
9:30 p.m. Center Street Alley – Open Mic hosted by Rick Urbani

THURS
5/4

BRANDON

6 p.m. Ripton Mountain Distillery – Open Jam

CASTLETON

6 p.m. Third Place Pizza – Josh Jakab

CHESTER

6:30 p.m. The Pizza Stone VT – Ninja Monkey

KILLINGTON

6 p.m. Rivershed – Chris Pallutto

POULTNEY

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

RUTLAND

6 p.m. Southside Steakhouse – Sammy B

6 p.m. Strangefellows Pub – Trivia Night

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



SOUTH POMFRET

7 p.m. Grange Theater – The Twelfth Night Show

SOUTH ROYALTON

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

FRI
5/5

BOMOSEEN

5:30 p.m. Bomoseen Lodge and Taproom – George Nostrand

CASTLETON

5:30 p.m. Castleton Pizza Place and Deli – Robert Waugneaux

CHESTER

6:30 p.m. The Pizza Stone VT – MeanToad

KILLINGTON

6 p.m. Rivershed – Rob Pagnano

8 p.m. Jax Food & Games – James Joel

LUDLOW

8:30 p.m. Off the Rails – DJ Maddy

POULTNEY

5:30 p.m. The Poultney Pub – Mean Waltons

QUECHEE

6 p.m. Public House Pub – Duane Carleton

RANDOLPH

7:30 p.m. The Underground Listening Room – Songwriters in the Raw: Sara Trunzo, Breanna Elaine, Troy Youngblood

SOUTH POMFRET

7 p.m. Grange Theater – The Twelfth Night Show

FRI
5/6

BRIDGEWATER

11:30 a.m. Ramunto's Brick and Brew Pizza – 49th Annual Bridgewater Raft Race Finish Line Party with DJ Dave, Hickory the Drunk & Underwhelming and GW Foley

8 p.m. Woolen Mill Comedy Club – Comedy Night with Headliner Vicki Ferentinos and special guests from NYC, Vermont and Beyond



BRIDGEWATER

CORNERS

12 p.m. Bridgewater Corners Bridge – 49th Annual Bridgewater Raft Race

CHESTER

6:30 p.m. The Pizza Stone VT – Jay Simon & Gas Money Experience

KILLINGTON

6 p.m. Rivershed – Rhys Chalmers

9 p.m. Jax Food & Games – Aaron Audet

LONDONDERRY

7 p.m. The New American Grill – Rustie Bus

LUDLOW

4 p.m. Off the Rails – Kentucky Derby Party (Costumes encouraged)

8:30 p.m. Off the Rails – Breanna Elaine Band

QUECHEE

6 p.m. Public House Pub – The FROGZ

SOUTH POMFRET

7 p.m. Grange Theater – The Twelfth Night Show

SUN
5/7

KILLINGTON

12 p.m. Rivershed – Brunch with Acoustic Ruckus

2 p.m. Roaring Brook Umbrella Bar – Sammy B

6 p.m. Rivershed - Trivia

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

LUDLOW

7 p.m. Off the Rails – Karaoke



RUTLAND

2 p.m. Downtown Rutland – Rutland Loyalty Day Parade

SOUTH POMFRET

2 p.m. Grange Theater – The Twelfth Night Show

MON
5/8

LUDLOW

6:30 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
5/9

KILLINGTON

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

LUDLOW

8 p.m. Off the Rails – SINGO

PITTSFIELD

6:30 p.m. Town Hall – Acoustic Jam

POULTNEY

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

QUECHEE

5 p.m. The Public House – Jim Yeager





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**MOUNTAIN TOP
RESORT**

Take part in a proud Vermont tradition: Green Up your street or neighborhood this Saturday, May 6

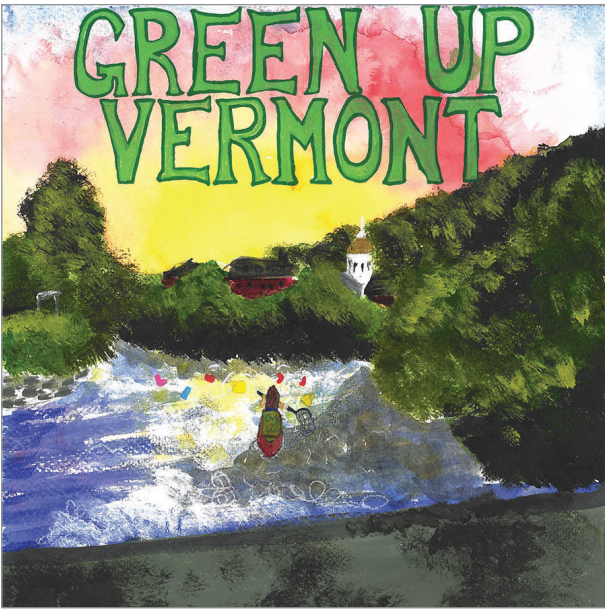
Every year volunteers in Vermont pick up the litter before the grasses and wildflowers start to grow. Green Up Vermont's mission is to promote the stewardship of our state's natural landscape and waterways, and the livability of our communities by involving people in Green Up Day while raising public awareness about the health, economic, and visual benefits of a litter-free environment year-round.



In 1970 Vermont celebrated the first statewide Green Up Day effort which became a proud tradition for many decades to come.

In 2020, in the midst of a global pandemic Green Up Vermont celebrated an amazing milestone — its 50th anniversary of service to Vermont and keeping our environment cleaned up.

This year pick up your Green Up trash bags and get out in your community on Saturday, May 6 to clean up your neighborhood roads and waterways. Volunteers make a huge difference for the local environment.



For more information and town specific locations for picking up the free green bags, visit: greenupvermont.org/towndetails.

Poster Art Contest

Every year students around the state enter a poster contest illustrating what Green Up Day means to them. This year over 650 students submitted entries for the annual contest.

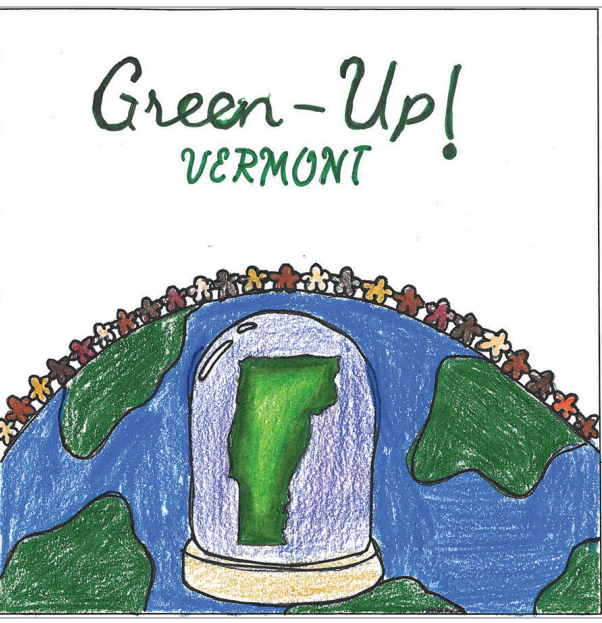
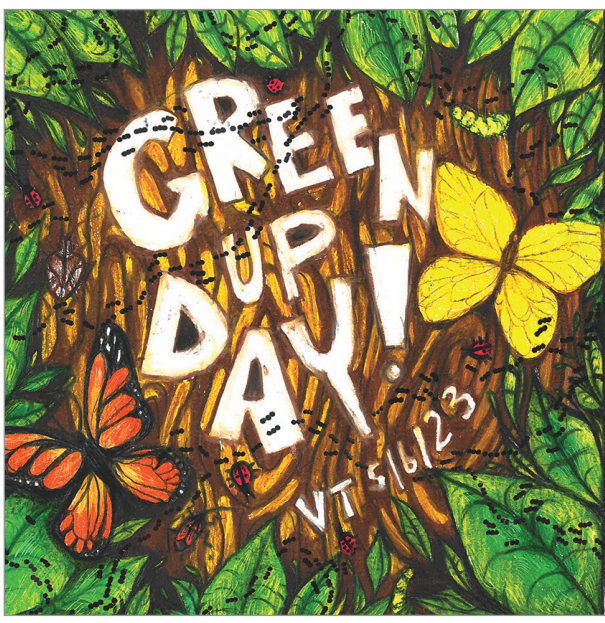
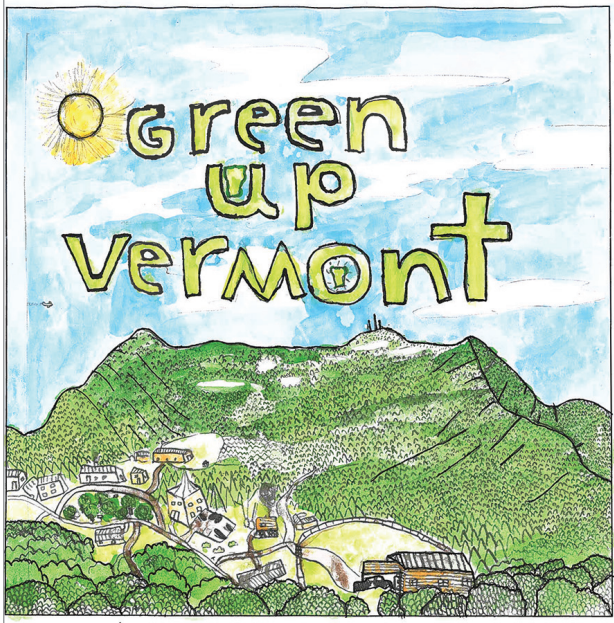
The overall winner selected was Penelope D., a 5th grader from Ludlow.

Killington BBQ

A special BBQ coupon for redemption on May 6 will be given out to participants cleaning up Killington's Road. Killington Resort has generously offered to host the Thank You BBQ (Green Up Day coupon required to participate).

The Green Up Day bags are now available at Killington Town Hall from Monday through Friday and at the transfer station (dump) on Saturdays and Mondays.

Participants are asked to take the full bags of litter to the Killington transfer station for free disposal during operation hours.



Courtesy Green Up Vermont

Top: The overall winner was Penelope D., a 5th grader from Ludlow. Left: The winner of the K-4th grade category was Gabriel S., a 4th grader from Underhill. Center: The winner of the grades 9-12 category was Amelie M., a 10th grader from Dorset. Right: The winner of the grades 5-8 category was Audrey L., an 8th grader from Shelburne.



By Frank Kelley

Kids team up using the "Green Up" trash bags to clean local roads and waterways at a recent greening up day in Chester. On the upcoming "Green Up Day," this Saturday, participants are asked to take the full bags of litter to the Killington transfer station for free disposal during operation hours.

Reinbow Riding Center features fun with horses at Volunteer Clinic

Saturday, May 6—MT. HOLLY—On Saturday, from 10 a.m. to 12-noon head to Reinbow Riding Center in Belmont for the annual spring volunteer orientation and clinic. This is a chance to get up close and personal with a few of our extraordinary horses and experience the comradeship of the volunteer staff and team. It's also a chance for anyone curious about Reinbow Riding Center to visit and see if joining the team is a good fit.

No horse experience is necessary as there are many other ways to lend a hand. For those who have always wanted to experience horses this is a great way to get started and it's also a great way to give back to your communities and give children an experience they will never forget.

Reinbow provides services for individuals from age 3 and up, and volunteers are usually age 14 and up. Volunteers qualify for community service commitments.

Reinbow Riding Center is a therapeutic horsemanship center, located at Stone Wall Farm in Belmont. The ring, set high on the hillside above Tarbellville Road, surrounded by woods, fields and the occasional rainbow, offers views out over the valley and to the distant mountains of the Green Mountain National Forest. Many participant riders are children with special needs and challenges of all types — physical, emotional, cognitive or trauma related. Therapeutic horsemanship has been shown to give individuals with challenges a leg up and help them improve their lives. School children who have participated in our program will often get a whole new outlook and have fewer difficulties at school. The physical aspects of riding can also be very therapeutic for those with physical challenges expanding and improving their abilities.

Volunteering is a commitment, but at RRC it's a very flexible commitment. For more information, visit: ReinbowRidingCenter.org.



A young rider learns the ropes at the Reinbow Riding Center in Belmont.

Submitted

Killington Stage Race over Memorial Day weekend is canceled

"It is with regret that we announce that the three-day 2023 Killington Stage has been canceled," wrote Gary Kessler, race director for the Killington Stage Race in a press release April 30. "The reasons for the cancellation include a serious family medical issue and an unusually large number of unexpected challenges related to sponsorship, permitting, race officials, police coverage and neutral support. The totality of the challenges led to the conclusion that we would not be able to put on the same high-quality event that racers have come to expect at the KSR and determined it would be best to cancel the event for this year."

Kessler said he is working to bring the race back for 2024 as it is a major event on the North American road racing schedule.

Since the return of the race in 2010 it has become an important early season economic driver for the Killington area typically bringing 700-1,000 people to the area over Memorial Day weekend.



Courtesy Come Alive Outside

Stormtroopers and Obi-Wan Kenobi can be seen in the background watching as two Jedi engage in a lightsaber battle on the Jedi trails

Jedi Trails return to Rutland County May 6-7

Saturday and Sunday, May 6-7—POULTNEY & RUTLAND—Come Alive Outside and its partners are inviting Star Wars fans of all ages and abilities to get out on the trails for their third annual Jedi Trails! Jedi Trails will be taking place on May 6 from 11 a.m. - 1 p.m. in Poultney at River and Rail Trail near ReClaimed and on May 7 from 11 a.m. - 1 p.m. in Rutland at Pine Hill Park on the Lower Georgetti Trail.

Go find the 1,000 Grogus (baby Yodas) that have been lost on two trails in Rutland County — it is up to you to find them! If you find a Grogus, you may keep him.

Besides providing hidden Grogus, Come Alive Outside, Partners for Prevention, and Slate Valley Trails, Bayada, The Mint, and New Story will have information on their organizations and Star Wars themed-activities at these events. Food trucks Frickin' Chicken and So-Full Sisters will also be on site with food for hungry Jedis and Wookies. For a third year in a row, the 501st will be making an appearance and attendees will have a chance to meet their favorite Star Wars characters.

"The Jedi Trails event is such a great opportunity for all ages to get outside with family and friends, connect with your community, and learn about the beautiful resources our area has to offer," said Heather Brouillard, regional prevention partnership coordinator of RRMC's Rutland Health Foundation. "Beyond all the fun we have at both locations that weekend, we hope this event will encourage everyone to make outdoor activities a regular part of their lives this coming year."

"We were amazed by the turnout last year!" said Haley Rice, marketing and program manager at Come Alive Outside. "Over 600 people came to Jedi Trails. This year, we have twice as many Grogus to find, so we're ready! We can't wait to see some familiar faces and make some new

friends on the trails this year."

Poultney, Saturday

For the Jedi Trail in Poultney on May 6, the trail is River and Rail Trail near ReClaimed and is made of gravel, crushed stone and cinder. It is flat, and 6 feet wide in most places. Bikes are allowed on this part of the trail and Grogus will be hidden on the 1st half-mile of the trail. Folks can also walk/bike as much as they feel like and then turn around and walk back the way they came. The nearest restroom is the bathroom at Poultney Citgo.

Rutland, Sunday

For the Jedi Trail in Rutland on May 7, Park at Georgetti Complex, 2 Oak St Ext. The trail is an uneven dirt surface, and is 3 feet wide in most places. Bikes are not allowed on this part of this trail and this trail is not wheelchair accessible. Grogus will be hidden along the 1/8 mile section of the Pine Cone Adventure Forest. The "Star Wars Character Encyclopedia" will also be on the trail's storywalk. The nearest restroom is the Porta Potty near the parking lot.

For more information on the Jedi Trails, visit: ComeAliveOutside.com/events.



Submitted

1,000 Baby Yodas need to be found on the trails!



Courtesy Chaffee Art Center

Make your own handmade spring pine cone flowers at the Spring Makerie being held this Saturday at the Chaffee Art Center.

The Spring Sprockets & Walk-Its for Homeless Prevention Center will be held this Saturdy at Pine Hill Park

Saturday, May 6—RUTLAND—Head to Pine Hill Park for a community mountain bike fun ride and walk, adventure scramble, DJ, prizes, food truck and more. All to fundraise for Homelessness Prevention.

Homeless Prevention Center is a 501(c)(3) nonprofit serving Vermont families and individuals who are homeless

or at-risk. Your participation in this all-ages outdoor community event supports our mission of ending homelessness in Rutland County, one family at a time.

“Haul those bikes out of the barn... Lace up those sneakers...And join us Saturday, May 6, 2023 at Pine Hill Park for our 2nd annual Spring Sprockets & Walk-Its Fun Ride &

Walk for Homeless Prevention Center,” organizers state on the event site: hpcvt.org/springsprockets.

The event will take place from 10 a.m. to 2 p.m. at Pine Hill Park located at 2 Oak St. Ext. in Rutland. Cost for adults is \$22; youth \$10; kids under 10 are free.

For more information visit: hpcvt.org/springsprockets.

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Artist Percy Kuta begins two-month artist's residence at the Carving Studio & Sculpture Center

WEST RUTLAND—Stone sculptor Percy Kuta is scheduled to arrive on May 1 for a two-month residency at the Carving Studio and Sculpture Center. A native of Zimbabwe, Kuta has worked primarily in local serpentine and looks forward to carving our famed Vermont marble. He will present his work in an artist talk during his visit. Date will be announced at a later time.

The Carving Studio and Sculpture Center is located at 636 Marble St. in West Rutland.

For more information on workshop, exhibition and residency programs at The Carving Studio and Sculpture Center, please call 802-438-2097, email info@carvingstudio.org, or visit carvingstudio.org.



Designing a bird-friendly garden

By Bonnie Kirn Donahue

Bonnie Kirn Donahue is a UVM extension master gardener and landscape architect from central Vermont.

One of the great joys and challenges of gardening is seeing creatures inhabit and eat from our gardens. However, in some cases, animals and insects are unwelcome visitors.

Woodchucks, deer and cabbage worms can be relentless and frustrating to manage. Protecting a summer berry crop from hungry birds can make you question whether it is worth all of the work to defend it in the first place.

However, attracting birds to your garden can be incredibly satisfying.

Why attract birds to your garden?

Birds are fascinating to watch.

They offer hours of entertainment and connect us to the natural world. They also need food to feed their babies and store up for long migrations. Growing native plants that provide nourishment and shelter for birds also can bring a great deal of joy and purpose to your garden.

To grow a bird-friendly garden or landscape, you don't need a ton of space. Enough space for a shrub or two could be just enough to start. Shrubs that grow berries tend to need sun, so select an area that gets at least six hours of sun a day.

Pick native shrubs that produce berries or seeds or even attract caterpillars and other insects that birds will be drawn to for food. Shrubs with attractive berries include red twig dogwood (*Cornus sericea*), black chokeberry (*Aronia melanocarpa*), nannyberry (*Viburnum lentago*), common elderberry (*Sambucus canadensis*) and highbush cranberry (*Viburnum trilobum*).

Many of these native shrubs tend to naturalize, so plant them in an area where you don't mind them spreading a bit. Some prefer moist soils, so be sure to look into the characteristics of each to match it with your site conditions.

Red oak (*Quercus rubra*), white oak (*Quercus alba*) and swamp white oak (*Quercus bicolor*) host countless caterpillars and insects as well as grow nutritious acorns. Although

these species grow slowly, they offer exceptional long-term ecosystem services.



By Gianfranco/Pixabay

In the colder months, when food may be scarce, black-capped chickadees and other seed-eaters will seek out seed heads as a food source.

Birds also need shelter. Native evergreen trees including white spruce (*Picea glauca*) and white pine (*Pinus strobus*) can provide protection from predators. Deciduous trees such as oaks (*Quercus* spp.), walnut (*Juglans nigra*), cherry (*Prunus serotina*) or willows (*Salix* spp.) offer shelter and food sources.

Interested in attracting or supporting a particular bird species in your landscape?

Use the Bird Guide from the Cornell Lab of Ornithology (allaboutbirds.org) to learn more about their habitat and food preferences. Ask your local nursery about the native plants that they offer that would be suitable for your site.

Shrubs can be expensive to plant. A more affordable way to

include them in your landscape is to plant them in small containers or as bare-root. Bare-root means that the young shrubs come without soil and must be kept moist and planted right away.

Although it will take time for a small shrub to grow, it is worth the wait to see birds and insects enjoy them.

If you are looking for quicker results, try perennial and annual plants that grow seeds that attract birds. Sunflowers (*Helianthus* spp.), black-eyed Susan (*Rudbeckia* spp.) and purple coneflower (*Echinacea purpurea*) all have tasty seeds.

The trick is to leave the seed heads of these plants up through the fall and winter. This is the time of year that birds will visit these plants. The plants can be cut back in the spring once the soil dries out.

Birds also need water. Consider offering a simple water source like a bird bath or shallow dish of water in your garden. Replace the water frequently.

Spring is a great time to plan for a bird-friendly garden. The birds will thank you year-round.

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Creating a biodiverse vegetable garden with flowers and herbs

By Nadie VanZandt

When planning this year's vegetable garden, consider companion planting with flowers and herbs. It's a rewarding way to attract pollinators, manage pests and promote biodiversity in your garden. The practice will improve your soil's health and the quality of your harvest. As an added benefit, you might enjoy gathering bouquets of fresh-cut flowers throughout the growing season. In addition, flowers, which have more abundant and colorful blooms than vegetables, will attract more pollinators and beneficial insects to your vegetable plants.

While some flowers and herbs repel insect pests, others attract them and may serve as trap crops to divert these pests away from your vegetables. Flowers and herbs also can act as a natural weed barrier to fill empty spaces. By knowing their beneficial characteristics, you can strategically place companion plants where they are most useful in your garden to see if they repel pests.

Consider using a variety of flowers and herbs to entice pollinators early and throughout the growing season. Good choices for early spring pollination are sweet peas, pansies and other cool-season flowers.

After the danger of frost has passed, many easy-to-grow annuals can be direct sowed outdoors. Simple choices include zinnias, cosmos, marigolds, calendulas and nasturtiums.

After clearing faded spring crops, sow the seeds directly into the ground following the depth and spacing recommendation on the seed packet. Alternatively, planting nursery seedlings is a good idea to achieve faster bloom time.

Zinnias are known to attract predatory insects and may deter tomato worms and cucumber beetles. Cosmos attract many beneficial predatory insects such as

lacewings, parasitic wasps, tachinid flies and hoverflies that feed on insect pests. Some zinnias and cosmos can grow tall, so choose varieties that don't cast shadows where sunshine is needed.



A healthier, more robust and colorful vegetable garden can be achieved by planting flowers and herbs in the area, which will attract pollinators.

Courtesy VTF&W

Although not proven, there is some scientific evidence that marigolds are helpful at controlling nematodes. The French marigold (*Tagetes patula*) may offer protection against several types of nematodes. Its scent also may deter rabbits, so for this reason some experts suggest planting marigolds around the perimeter of your

vegetable plot.

Calendula (*Calendula officinalis*) is an excellent companion plant. While the flowers will invite aphids and whiteflies, they mostly attract beneficial predatory insects. There is anecdotal evidence that they repel tomato worms and nematodes. You can plant them near your tomatoes, carrots, cabbage, beans and asparagus.

Nasturtiums make a colorful ground cover that deters weeds and are a magnet for aphids. They are best planted away from vegetables targeted by aphids such as cabbage and green beans to draw the pests away from these crops. Nasturtiums are edible with delicate blossoms that can brighten up salads or cold drinks.

As for herbs, bees and butterflies love mint, oregano and thyme. Parsley, dill and coriander attract beneficial insects, and chervil may deter slugs from leafy greens.

Borage draws both pollinators and beneficial insects to the garden. Consider planting mint and borage in pots to control their aggressive growth habit, or plant them where you have plenty of space.

To keep plants blooming throughout the season, harvest some herbs and flowers and leave the rest for pollinators. Be sure to deadhead annuals to encourage more blooms.

As a word of caution, before you select a trap crop, consider the risk of attracting a particular insect pest that was not a problem in the past to your garden.

There is no magic formula for choosing flowers to mingle with your vegetables. The main goal is to build a healthy, biodiverse garden.

Experiment, try other combinations and enjoy the charming cottage-style garden that you create.

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Lookout Tavern

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killington market

Killington Market

Take breakfast, lunch or dinner on the go at Killington Market, Killington's on-mountain grocery store for the last 30 years. Choose from breakfast sandwiches, hand carved dinners, pizza, daily fresh hot panini, roast chicken, salad and specialty sandwiches. Vermont products, maple syrup, fresh meat and produce along with wine and beer are also for sale. killingtonmarket.com 802-422-7736 or 802-422-7594.



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.



Liquid Art

Relax in the warm atmosphere at Liquid Art. Look for artfully served lattes from their La Marzocco espresso machine, or if you want something stronger, try their signature cocktails. Serving breakfast, lunch and dinner, they focus on healthy fare and provide you with a delicious meal different than anything else on the mountain. liquidartvt.com, (802) 422-2787.



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.



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Middletown Springs author and writing coach hosts celebration of writing

Saturday, May 6 at 5 p.m.—POULTNEY—Join Stone Valley Arts at 5pm on Saturday, May 6, for a celebration of writing and writers.

For eight weeks in February and March, Middletown Springs author and writing coach Herb Childress led a group of 13 local writers through the process of creating a short story. From creating a setting into learning a character and her or his troubles, and following through questions of craft and voice, each of these writers has created a short story that offers its own window into lives unseen.

Actors from the Theater in the Woods company will perform excerpts from each story, interspersed with author conversations about their choices and their inspirations. The course anthology, containing all thirteen stories plus one from Childress as well, will be available for purchase at \$15. Admission, refreshments and conversation will all be free.

Stone Valley Arts is located at 145 E. Main St. in Poultnery. For more information visit: stonevalleyarts.org.

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< PUZZLES page 11

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Rutland County Humane Society



MAYBELLE

A beautiful 10-year-old calico. This sweet girl loves attention so much she starts to drool in excitement! Sadly she lost both her owners this year and is longing for a loving quiet home to spend her golden years in. Her adoption fee is \$10 as most was covered by a kind donor. To adopt her fill out an application on our website.

This pet is available for adoption at
Springfield Humane Society
401 Skitchewaog Trail, Springfield, VT • (802) 885-3997
*Open by appointment only. spfldhumane.org



JOY

A 6-month-old spayed female. She had a cleft lip but that has been fixed! She's a sweet gal who loves attention and affection! She also loves children who will play gently—and snuggly naps.

This pet is available for adoption at
Lucy Mackenzie Humane Society
4832 VT-44, Windsor, VT • (802) 484-5829
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& Thurs. 12-7 p.m. • lucymac.org

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Red—16-month-old.
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Koda—6-year-old. Spayed female. Retriever mix. Tan. Koda is an active girl and she may be the girl for you!



Jazzy—2-year-old.
spayed female. Domestic shorthair. Torbie. Jazzy will warm up quickly if you spend a little time with her.



Petunia—1-year old.
Spayed female. Domestic shorthair. Calico. Petunia is delighted if you play with her.



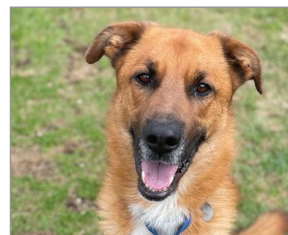
Diesel—2-year-old.
Neutered male. Domestic shorthair. Brown tabby. Diesel is a quiet and independent cat. He will happily accept ear scratches.



Jimmy—2-year-old.
Female. Tan. Jimmy and her sister, Choo are both busy little ladies! They like to scurry around under their bedding, play with their toys.



Choo—2-year-old. Female. Black. Choo and her sister, Jimmy are both busy little ladies! They like to scurry around under their bedding, play with their toys.



Clifford—4-year-old.
Neutered male. Shepherd mix. Brown/White. Clifford is very people-oriented and eager to please.



Wendy—1-year-old.
Female. Pit Bull Terrier mix. Brindle. Wendy affectionate, and sweet but will need an active home.



Bo—2-year-old. Neutered male. Terrier mix. White/black. If you'd like an adventure-seeking pup, Bo is your guy.



BAGUETTE

Baguette—3-month-old. Male. Shepherd mix. White with black. Baguette is an adorable, playful little pup!

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

RCHS can help with feral cats

Do you have feral cats near your home or workplace? Do you see them when you're out, especially at night? Are you currently feeding feral cats? If so, the Rutland County Humane Society (RCHS) can help. RCHS is working with citizens around the county where feral cats are living on a population control program called Trap-Neuter-Return (TNR), in which feral cats are humanely trapped, vaccinated against rabies and sterilized. Young kittens may be adopted into homes and the other healthy cats too wild to be adopted are returned to their familiar habitat under the lifelong care of volunteers. To learn more about our Free Roaming Cats and TNR program, please contact the Adoption Center at 483.6700 or adoptions@rchsvt.org.

Cosmic Catalogue



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Aries March 21 - April 20

How can you move forward with confidence in your abilities or with your bank account until you understand what got you here in the first place? As they say, what got you here, won't get you there. There is something you need to be doing differently. You want real change in your life. You've learned a lot about yourself in recent months, but there's just a little bit further to go. Slow down a bit and all will be revealed.

Leo July 21 - August 20

It's your domestic life that gets lit up under this week's eclipse. Are you happy where you're living or with whom? Are there skeletons from your past that chase you in the dark? Are you letting pain from your past hold you back from the life direction or career you really want? It's not always easy to connect exactly how you got here, but if you look back, just for a little bit, hindsight is always 20 / 20.

Sagittarius November 21 - December 20

More often than not, it's the memory of a situation that is worse than the situation itself. That's where real trauma lies, it's in the feelings we attach to it. Things only hold the meaning that we give it. You have the chance this week to let go of something that has been weighing you down for long enough. Change your perspective and you'll change everything. Cut ties to old emotions and memories. Healing is a process. You've got this.

Taurus April 21 - May 20

People go on and on about effective communication in relationships. You can effectively communicate until the cows come home, but if you can't effectively understand, then what's the point? Your challenge this week is to feel more than you think. New perspectives can be gained when you're open to a new perspective rather than how you think things should be. Listen twice as much as you speak, especially if it involves someone who really loves you. Do you want to be right, or happy?

Virgo August 21 - September 20

If you're feeling drawn to a spiritual path, then follow it. If you're seeking to improve your daily rituals and find more meaning and purpose to them, then find them. Your astrology of the moment is to explore a personal path less travelled. It may be a far flung destination you need to consider travelling to. Maybe it's a religious or esoteric tradition you need to dive into. Let the questions you have within you become your quest. They open many broad horizons for you.

Capricorn December 21 - January 20

You could be in the spotlight this week. In the era of popularity, this might be seen as a good thing. But, is it the popularity you want? Doesn't it actually mean anything to you? Are you looking for approval in the right places? You patron planet is in a bit of a confusing state right now. Try and tidy up your daily routines, rituals and habits and step by step, you'll be heading in a more meaningful direction.

Gemini May 21 - June 20

Ruler retrograde action in your self-sabotage zone is not fun. The stories you tell yourself will always be meaner than what anyone else can tell. If you have doubts whether you're good enough, pretty enough or rich enough then you may need to start telling a new story. Someone is exactly where you dream of being because they got over the same insecurities you're using as an excuse now. Change your internal script and you'll begin to change your life.

Libra September 21 - October 20

Money is a hot topic right now. If you're leaking more money than you make, then it's time to seal up the cracks. A big part of this is about understanding your own money psychology and why you do the things you do. Start taking control of your finances, regardless of your current situation. Your net worth is a representation of your self-worth. Start showing up for yourself and your cash and once you do, things will begin to change.

Aquarius January 21 - February 20

The energy of this week is big for you. Are you ready for it? The problems you're experiencing in terms of your family and career direction are either going to get better or they'll get bigger. There really isn't a middle ground here. The approach you take to your personal healing will speak volumes in how things will go. Deny things and they'll get worse. Look for solutions and they'll improve. The choice to change is always ultimately up to you.

Cancer June 21 - July 20

A little bit of healthy selfishness may be needed this week. If you're feeling tender or emotional, then pour yourself into a hobby, outlet or pursuit you feel really passionate about. Discover what it is you want to do, to be, to create. Don't let the world dictate how you should be, just do you! Revealing your own authenticity to yourself is the only way others will recognize and honor it. Your mood will feel so much better by week's end.

Scorpio October 21 - November 20

What do you see when you look in the mirror? Are there habits and tendencies you know you need to let go of in order to reach your potential? Are you holding on to emotions or grudges that are making you old before your time? That's like drinking poison and expecting someone else to die. Cut yourself from the noose you've tied around your heart. How can you trust anyone else if you're not trusting yourself? Let it all go and you'll feel so much happier.

Pisces February 21 - March 20

The hits keep on coming, don't they! That's what tends to happen when Saturn is in your sign. Has hard as it may be, sometimes when your back is against the wall the only choice you have is to look at things from a new perspective. Old ideas don't open new doors. Purge and purify old ideas about how you think things should be and do what needs to be done on the daily to make them what they could be.



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Empowering you to lead a divinely inspired life.

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



Submitted

Darkest Before the Dawn

It's darkest before dawn. This week brings the crescendo of the current eclipse season with a Scorpio Full Moon or Lunar Eclipse. Not only does this eclipse round out the current season, it's also the last Scorpio eclipse we'll see in about a decade. In any form of healing, whether that be physical, emotional or spiritual, most of the time things tend to get worse before they get better. That's because very few things grow in the dark. This week may bring a painful, yet cathartic reveal as the Full Scorpio Moon dredges up old emotions or past pain. This isn't

intended to make you feel miserable, but any wound only heals once it is cleaned from the inside out. Do the reverse and remnants remain, left to fester and rot.



Cosmic
Catalogue
By Cassandra
Tyndall

Attached to the South Node and ruled by Mars in Cancer, this eclipse may feel like some form of celestial surgery where it's not until you take the scalpel, you realize how deep things have got. It's one last purge before you begin to feel better. Whether it's a topic in your personal life or you're looking at the world right now and asking questions you thought you'd never ask, remember, it's always darkest before dawn.

Freedom: Free the mind, free the body

I have a simple mind. Full of everything I need to be well. All I have to do is use it.

Whenever my younger sister Marcelle wants to spur me to action, all she has to say is; "Well, I know you can't do it, but..." and with childlike enthusiasm, I spring to my feet. "You're so easy," she giggles, knowing this simple statement is all she needs to fling me into action. It's not fair! Foot stomp. Sometimes I wish I were more complicated.

The stream of wellbeing

Marcelle and I encourage personal growth and wellness in ourselves and each other. When one of us is struggling with the gremlins (what I call those invisible creatures of negativity, i.e. anger, resentment, fear, "should," depression, expectation, etc.) the other one holds space in the stream of wellbeing for her.

We have developed a simple meditation exercise that helps us return to a healthy, positive, mindset quickly. This practice requires being honest with ourselves. And the results are consistently awesome.

Mental and emotional wellbeing is one of the greatest gifts we can give ourselves and share with others. Because if you free the mind, you also free the body.

To get in the stream of wellbeing, we imagine ourselves walking across lush, green, summer grass to a gentle, flowing stream. The air is sweet and warm. Dressed in loose, comfortable clothes, we step barefoot into the stream and lie on our backs.

Since this is all taking place in our minds, we imagine the stream as a magical one that allows us to lie outstretched in the current, and stay there without effort. The water is sweet, clean, and refreshing.

We ask ourselves, "What am I

feeling?" and one by one we name our gremlins out loud. Then we imagine each one being washed through us and downstream. It is a mental and emotional cleansing. Once our minds and bodies are free of that negative energy, we have more room. Room for allowing.

Since negative emotions are often connected to other humans, we enter a state of allowing. We imagine allowing everyone to be exactly who they are and more importantly—who they are not. The expectation gremlin can really weigh you down.

The awesome possum beauty of this meditation-exercise is that it doesn't involve anyone else. We let go of waiting for someone to change or do something we want them to do. And refocus our attention on mind-

ing our own business.

Contrast

If one of us is in the stream of wellbeing and the other is not, we send a loving message, "I am holding space for you in the stream." It is highly motivating to get back in the stream. It stinks being out. We want back in. Since we practice this exercise often we possess the body and mind knowledge to get ourselves back in. Mental health is a solo journey—with friends.

It is shocking how quickly you can get booted out of the stream of well-being. You can be humming along, minding your own business, and suddenly, a slight, a word, an annoying email, and bam—you're out. The gremlins never completely go away. They play an important role in our lives. They help us get along with others.

The gremlins keep us mentally and
Funologist → 28



The
Funologist
By Sandra Dee
Owens

The carpenters arrive in spring

Why do ants suddenly appear every time spring is near? Just like bees, they long to be close to you—especially if your home is made of wood. Carpenter ants (genus *Camponotus*) and the eastern carpenter bee (*Xylocopa virginica*) both nest in wood and are frequent visitors to my log home. The Northeast is home to one native carpenter bee species and four native carpenter ant species, and these are the largest of the native ants and bees in the region. The carpenters overwinter as adults and become active as the weather warms. As their common name suggests, these insects spend their days constructing—or, rather, deconstructing—wood. While this can be beneficial to forest decomposition, it is not a desirable trait for our homes.

Carpenter ants excavate nesting chambers in damp and decaying wood, from stumps and rotting logs to dead trees and live standing trees with rotting interiors. They will also nest in damp wood within human homes. Individual queens establish colonies by first laying eggs that develop into worker ants. These sterile female worker ants carry food such as insects and honeydew—a sugary excrement of aphids—into the colony to feed the ant larvae of subsequently laid eggs. The queen continues to lay eggs throughout the summer.

Colonies can become large and may last for several years, with adults overwintering in the nest. In spring, winged reproductive males and females emerge and mate. The males die, and the females—or queens—lose their wings and move on to establish new colonies. Parades of worker ants may also move between infested trees and homes as they establish satellite colonies.

Reproductive carpenter ants are winged and are often confused with termites, which also swarm in the spring. You can distinguish them by looking at their abdomens, antennae, and wings. Ants have a constricted waist, elbowed antennae, and their fore and hindwings differ in size, while termites are broad waisted, with straight antennae and wings that are similar in shape and size. Unlike termites, carpenter ants and bees do not consume wood; they chew into wood for the

sole purpose of excavating nests where they lay their eggs.

Carpenter bees are more solitary than ants and prefer to nest in dead, but not rotting, tree limbs and snags—and, sometimes, in non-rotting wood in people's homes. Fertilized females bore half-inch, perfectly round holes into wood and create chambered galleries where they lay their eggs. Each chamber houses one egg and is provisioned with pollen from spring flowering plants. Carpenter bees are excellent pollinators of garden plants and flowers. They look similar to bumble bees but have a hairy yellow thorax and a hairless abdomen, whereas both the thorax and abdomen are hairy on bumble bees. Carpenter bees are not aggressive and are unlikely to sting.

While both carpenters—bees and ants—play an important role in the forest, where they help to decompose wood and to pollinate plants, their presence in and around our homes can be quite damaging. As carpenter ants remove wood to construct their nests, they can weaken the structural integrity of buildings. While carpenter ants do not kill trees directly, their presence within a tree signifies rot and structural damage. Trees

with carpenter ant colonies should be removed to prevent them from falling and damaging nearby structures. Carpenter bee nests are smaller than ant nests and therefore less likely to cause structural damage to trees and homes on their own; however, woodpeckers seeking the bees' larvae may cause additional damage.

Annual monitoring of your home can

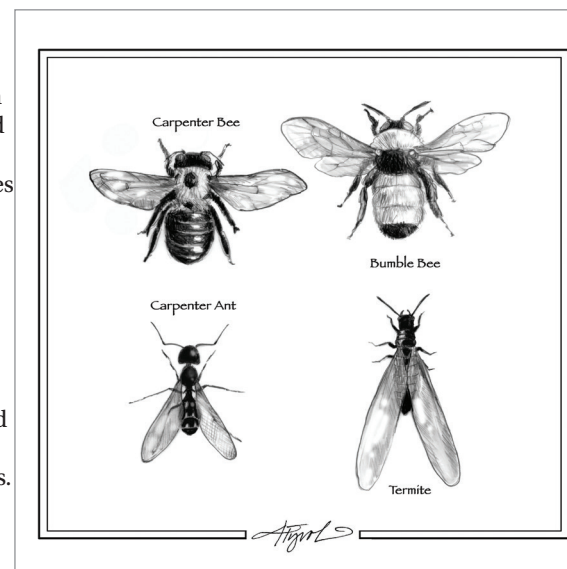
help prevent a carpenter infestation. Keep an eye out for holes and sawdust piles on structural wood, including beams, siding, and porches. Remove stumps near buildings, store firewood away from your home, and fix interior water issues to keep your home dry. Carpenter bees and ants are less likely to bore into wood that has been finished, so protect exterior wood with paint or stain. Removing wood with carpenter bee holes in the spring will eliminate an infestation before the larvae mature.

Gel or liquid sugary bait traps placed along ant trails in the spring may help to eliminate small colonies of carpenter ants in your home. You can purchase traps for carpenter bees or make traps (basic plans abound online) from simple materials to hang on your home. Insecticides may be warranted if you find structural damage to your home, but be sure to follow the label or contact a professional if colonies are large.

Jen Weimer is a forest health expert, photographer, and writer living in the forests of New Hampshire. Illustration by Adelaide Murphy Tyrol. The Outside Story is assigned and edited by Northern Woodlands maga-



The Outside
Story
By Jen Weimer



Thank you for being a friend

Live long enough and you're sure to have a perspective on what a friend is (and what a friend isn't, for that matter).

I've had countless friends in my life. Some have stuck around for decades, while others were gone in a matter of months. But what I've realized is that the length of time of any friendship is not indicative of the friendship's worth.

Take Danny, for example.

Danny and I met in kindergarten and were friends until the 6th grade. I was drawn to him because he was rambunctious like me. We shared a love of sports and physical activities and did our best to athletically outshine every other kid in our grade. Looking back, I now realize that we pushed each other to excel, just like Lennon and McCartney would when they wrote a song.

Deep down, I knew Danny was better than me at the more difficult activities, likely because he had no fear. It was nothing for him to try to walk across a picnic table on his hands or flip off the side of the diving board into the pool. Danny took me out of my comfort zone and forced me to try things I would have never thought possible.

I'll never forget the day my mother sat me down and told me that Danny and his family were moving to Florida at the end of the school year. I was devastated. He came back to visit the next summer, but then we lost contact. To this day, I've never had a friend that pushed me as hard as Danny did.

And then there was Chris, a kid I met while spending the summer in California during college. Chris worked the same menial summer job as I did and played host by showing me what it was like to party in California during the 1980s.

Chris was from a wealthy family and had access to resources I had never seen. His father was a music industry executive, so their house was filled with memorabilia from countless musicians. We spent that entire summer going to concerts up and down the West Coast.

I remember Chris' father being wary of me when I visited. I could tell he thought I was just another punk kid who was likely to steal some of his stuff (it didn't help that my hair was past my shoulders and I dressed like I was homeless). He softened up to me once we started talking about music and he learned that I actually knew a few things about bands that he deemed important.



The Movie
Diary
By Dom Cioffi

I only knew Chris for three months before I headed back to the East Coast, never to see him again. But on the day I left, he stopped over to say goodbye and handed me a large envelope. Inside was the album cover for U2's "War" LP, signed by Bono and The Edge. Chris said his father had two of them so he wouldn't miss it. I'm not sure if that was the truth, but I was over the moon to possess it (and I still have it today).

And finally there was Sarah.

Sarah worked with me for a year when I was first out of college. She was a buxom redhead with insatiable energy. She loved to laugh and party, but more than anything, she loved to sing.

I had a room in my first apartment dedicated to music. It held my guitars and amps and a host of other musical items. But the thing that my friends loved the most was my professional karaoke machine.

Once Sarah found out that I had a karaoke machine, our singing parties became legendary. I used to sing and play guitar, but rarely in front of other people. Sarah brought me out of my shell and forced me to really project my voice. She loved singing duets and I was happy to oblige. I have countless fond memories of belting out songs with her.

And then Sarah met a guy and within a

few weeks had opted to move to Virginia. We kept in touch for a bit, but then, like so many other great friends, the relationship drifted into the background.

This week's feature, "The Banshees of Inisherin," is an interesting meditation on friendship and what happens when one side of a friendship decides that the relationship needs to end.

Starring Colin Farrell and Brendan Gleeson as longtime friends living on a remote island in Ireland in the early 1900s, "The Banshees of Inisherin" pushes the limits of our understanding of why a close friendship may deteriorate, even when neither party has done anything wrong.

I must admit, this was a stellar film, but it's likely not for everyone. At its heart, it is a dark comedy that forces the viewer to consider numerous vantage points. But in doing so, it may alienate people with certain tastes.

Check this one out if you're in the mood for something different, just be prepared for some intense twists and turns.

A wrenching "A-" for "The Banshees of Inisherin," now available for rental on numerous streaming platforms. Email Dom at movied diary@att.net.



Happiness among the daffodils

I have always loved watching the first flowers of the year pop out of the ground and slowly, ever so slowly, make their way from infant hood into greenery, budding and then finally into the beauty that they have been concealing. My mom feels the same way about butterflies, but I love perennials. I get so excited to meet them again each spring, making sure that each of my old friends returns to me. Worried when one seems to lag far behind another in their quest for the sunlight.

Those first crocus are always a delight, whether they are covered in snow or not, those little blasts of purple always make me feel like I have succeeded in something. Whether it be friendship or making spring happen, I am not really sure. But crocuses are frustrating around here as some years we never get to see them at all. This year, I only got two out of 30. So much for all that warm weather.

But it's not really the crocus that makes my heart sing. Growing up, my house was awash with daffodils once spring rolled around. Our elementary school sold daffodil bulbs as a fundraiser (for what, I honestly

have no idea), and my dad was obviously a big proponent of supporting the school. Our colors were green & gold, and so daffodils were the perfect choice.

I'm pretty sure he bought bulbs by the hundreds or at least that is what it felt like, as every spring our home would be awash in daffodils. Not a single section of the hill was uncovered with bulbs. He hid them like Easter eggs, with random bunches of daffodils sprouting each year in the woods. My dad might have even moved them every year just to mess with us. That sounds like something he would have done but I could never prove it.

Something has always been missing at both my mom and my home in Killington. For years, I've been wondering what it was and then last spring my mom went out and bought a huge bag of daffodil bulbs. The really big kind that are almost the size of your palm. We split the bag between us, so we would each have over a hundred daffodils on our properties. We even bought a fancy drill bit just for bulbs so that we could do it

Living the dream →30



Livin' the Dream
By Merisa
Sherman

Things were slower 'back in the day'

When they say that life was slower "back in the day" they are probably right!

It was slower because it took longer to do everything. I was thinking of that the other day when I warmed up lunch in the microwave.

Back in the '50s my mother would put a casserole dish containing leftovers from the day before in the oven of our stove. It would be heated at a low temperature for about 20 minutes. Now that same casserole dish goes into the microwave for 1-2 minutes depending on its contents.

That means you are done eating today before it was even taken out of the oven in yesteryear!

We used to make popcorn in a kettle on a stove griddle. The kettle was moved back and forth to keep it from burning. Today you can buy popcorn bags to pop in the microwave. But I prefer to buy bags of Jolly Time white kernels. They are 100% whole grain white popcorn and I air-pop it in a microwave container made for that purpose. Set the timer and you have a healthy snack with no additives in about 3 minutes!

Now that lawn mowing season is fast approaching I think back to the days of a manual push mower that we had in the '50s. I was about age 12 when I tried it for the first time. I couldn't wait to be old enough to mow the lawn. My enthusiasm didn't last long. It was a lot of work! In today's world gas or battery operated lawn mowers are used by most of us instead of the manual type. If you really want to mow the lawn quickly a sit-down mower will win the prize for speed. Professional lawn mowing companies use them to whip around lawns in no

time flat. Then they move on to their next job. Time is money!

I told my husband, Peter, that I have been checking out the new version of manual push mowers. I enjoy mowing because a freshly cut lawn produces instant gratification. I wouldn't need to put in gasoline which our present mower requires. I would just need "muscle!" So, why not switch? Retired people have all kinds of spare time, right? No encouragement from Peter on that idea... But I am still reading consumer reviews and may decide to take a step back in time!

When it comes to keeping your property neat, mowing isn't enough. You need to trim the edges of the grass, and hand-held clippers used in the 50s have been traded in by many for battery or electric weed trimmers. Dress accordingly when you use those as stones can travel and with bare legs you will soon see blood trickling down. I know that from experience! I am an old-fashioned girl at heart so I don't mind using hand-held clippers but it's a slow process and will take you back to yesteryear.

Years ago when autumn rolled around a rake was always your best friend for getting rid of leaves. It was a quiet and peaceful way to do that task. Granted it took a long time but being in the fresh air is always a good thing. In today's world leaf blowers push the leaves into a pile for you with no effort at all. You will need ear plugs while using them if you want to keep your hearing intact. At our house a rake still rules!

A handy device that didn't exist in yesteryear was the dustbuster. Back then if

Looking Back →27



Looking
Back
By Mary Ellen Shaw

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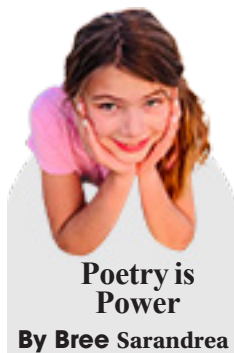


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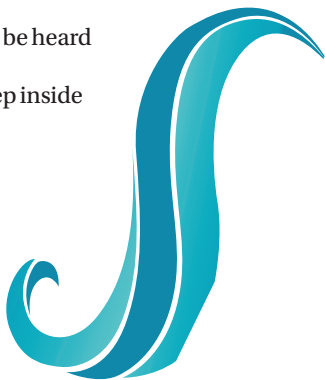
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The heart of the river

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Flowing,
Gliding,
Hear the water peacefully flow
over the rocks,
Gliding down stream,
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Peacefully.
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you'll hear a sound,
like no other sound before:
Kindness.
Keep in the hear of the river,
kindness.



It's a sound that needs to be heard
more.
Open your heart and deep inside
you'll find kindness,
I promise you it's there,
Just let it be heard.
Kindness is in a river,
and you can be kind,
too.



← Looking Back

from page 25

something got spilled you got out a small hand-held brush-broom. It had a hook on the top so it could be hung up on a nail. The debris was swept into a dustpan and dumped in the basket. Now we can "suck up" the debris in a matter of seconds and when it's full the filter gets emptied into the basket.

My husband, Peter, has always liked woodworking and says that sawing is so much faster these days. My father used a handsaw for projects around the house. That was a slow process compared to today's options. My husband has

I was about age 12 when I tried
it for the first time. I couldn't
wait to be old enough to mow
the lawn. My enthusiasm didn't
last long. It was a lot of work!

a "collection" of saws in the cellar and each one has a purpose. If I need to cut a small tree branch I get out our hand saw and push it back and forth several times before I get to the final cut. For the larger branches a reciprocating saw gets the job done in a matter of seconds. An electric table saw in the cellar makes short work of anything that needs to be cut inside.

When I asked my husband about changes he has seen in tools over the years, he told me that battery operated drills and nail guns are two items that have made things faster and easier for the various wood projects he has taken on.

During the winter months we have snow to clear and some storms produce depths that are difficult to shovel. Back in the da" if there was too much snow to deal with we had the driveway plowed. Nowadays snow-blowers can take care of that chore in record time. On our street dedicated homeowners even use one to clear sections of the city sidewalks. A special thanks to our neighbor, Walt, who uses his snowblower to keep the area clear around the fire hydrant.

Fifty years from now today's young people will look back and examine the changes that have made their tasks quicker and easier. I wonder what they will be. It's hard to image!

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NO NEWS IS GOOD NEWS?
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**WHAT'S THE WORD
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Funologist: from page 24

emotionally fit. Just as our physical health requires daily exercise, so too does our mind. We require mental and emotional fitness as much as physical fitness. Free the body, free the mind.

Marcelle and I are fascinated by how easy everything is when we are in the stream of wellbeing. Everything is in a state of ease. The small, normally petty annoyances of day-to-day interactions with fellow humans do not cling to us. We don't get jammed up in a pig pile of yuck. Negativity flows through versus clinging to us.

It's like being high—without taking drugs. Or drinking alcohol. There is a much higher level of feel-good than achieved with outside substances. It costs nothing. We already possess the inner tools to create this well-being. There is no hangover, nobody-ravaging illnesses. It's nothing but happiness.

Self-care is family care

Recently, I struggled to stay "in the stream of well-being" with regularity, and Marcelle tossed a challenge to me.

"I know you can't do it, but... imagine the great things that could happen if you stayed in the stream of well-being for a whole week." I sizzled with competitive electricity. "Oh yeah, just watch me."

The next week, I sent my cell phone out the door with my husband on his way to work each morning. I call it a phone-down-day. As soon as his car backs down the driveway with my cell



Submitted

Tranquility can often be found in nature when seeking to administer self care.

phone on board, I feel relief. I have every hour of the day to be present and focus on things I want to do. I am free of the scrolling gremlin.

During this week-long challenge, I put on a YouTube guided meditation very low in the background. I continued to work while allowing my subconscious mind to absorb the meditation. It was like going away on a retreat—without going anywhere. An in-house retreat.

The number of things I got done was astounding. I started with doing one thing, then did the next thing. If things started to feel rushed or overwhelming, I imagined myself as a horse with blinders on. Just do the next thing.

It was a slow, steady march forward. Incredibly productive and because I was not spending the day leaning over

the kitchen counter, scrolling on my phone, I found it easier to stay in the stream of well-being. I was busy living my own life. Rather than everyone else's.

While I did not stay in the stream every second of every day, I found it easier to get back in when I got booted out.

I imagine myself as a vessel. Vessels are a container that is either empty, filling up, or pouring out. It makes sense to me to spend time filling that vessel with positive energy.

If my vessel is filled with *grrrrrrrr*, then *grrrrrrrr* is what I have to share with others.

Being in the stream of wellbeing frees me and everyone connected to me from the *grrrrrrrr*.

To learn more about Sandra visit: sandradeeowens.com



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8:00 a.m to 4:00 p.m

Transfer station is for the collection & transfer of solid waste deposited by residents and property owners of the Town. (Windshield sticker & punch card needed). Recycling Center is for residents and property owners of the Town. (Free with windshield sticker). If you need to dispose of solid waste outside the normal operating hours of the Transfer Station or have construction & demolition debris or other non-acceptable waste, residents and property owners of Killington can go to the Rutland County Solid Waste District Transfer Station & Drop-off Center located on Gleason Road in Rutland.



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FEATURED LISTING

42 Brad Mead Drive, Killington



3 Bedroom Loft, Pico Slopeside Townhouse

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Bret Williamson
BROKER, OWNER



Judy Storch
BROKER



Laura Derderian
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MOUNTAIN GREEN - BLDG 1 & 2



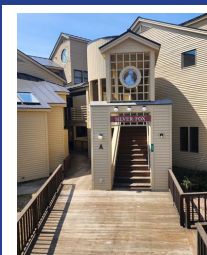
Bldg #1
1BR/1BA Next to outdoor pool **\$200K**
2 BR/1.5BA **\$229,900**
Bldg #2
1BR/1BA **\$155-\$199K**

WOODS CONDO



* Upper level, 2-level
2BR, 2BA, 1071 sq.ft.
* Fireplace, W/Dryer,
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* New modern furniture
& artwork **\$412K**
Common: SPA, Fitness Ctr, Indoor Pool

FOX HOLLOW - opposite PICO MTN



*3BR/3BA, 1602 sq.ft. w/ mud room
* fireplace, cathedral ceiling
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* full-size washer/dryer **\$489K**
Common: Outdoor Summer Pool, Tennis/pickle ball court.



Lenore Bianchi



Tricia Carter



Pat Linnemayr



Chris Bianchi



Michelle Lord



Meghan Charlebois



Katie McFadden



Patrick Bowen

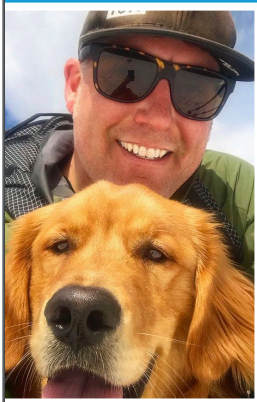


Carolyn Bianchi



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Living the Dream:

from page 25

just like dad had done.

The past few weeks have been amazing. As the bulbs have come up, it's almost like my dad is here with us, saying hello and looking out for us. I even found myself saying, "Hi Dad" randomly to one of the daffodils as I was walking around the property the other day. It stopped me short and I thought I was going to burst into tears right there.

But I didn't. Because daffodils are one of those flowers that can really only bring you joy. In fact, giving a bunch of daffodils to someone is said to ensure happiness - but be sure you don't give just one. It would be like jinxing someone for life. Because a group of daffodils, or wandering through a large number of them, is like wandering amongst friends. To be surrounded by love and happiness and friendship.

And that is exactly what I felt as I walked through my garden, surrounded by daffodils. I felt alive, with the promise of earth's new spring beginnings but also because I knew my dad was there with me. It was amazing. A walk through the daffodils simply filled me with joy and tranquility and I think

I might be addicted to planting them, just like my dad was 35 years ago.

Even in this rain, they stand bright and cheerful. Their

bright yellow faces thriving in the spring rains that always have seemed so gloomy in the past. They love the rain. They love being outside. They love life. Exactly like my dad. He loved absolutely everything with almost a child-like wonder. Always fascinated by the littlest details of life. And he loved daffodils. And Marigolds. Probably because they were the only plants the deer didn't eat.

So I am going to continue to walk through my garden every morning, spending time with my dad and telling him how the ski season went. Because I know that he would want to hear everything and somehow I feel that being there, amongst the daffodils, is a place we could sit and talk. Although the only times we were ever sitting and

talking was while we were driving to go skiing somewhere. But somehow, the daffodils have become my friends. And I will walk amongst them, hang out with my dad and be filled with happiness.



Submitted

Daffodils are a surefire sign of spring, shown blooming here.

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