



SAP IS RUNNING!

'Tis the time for maple syrup! The sap has started to run at many area sugarbushes. The governor tapped a tree to ceremonially begin the season March 3.

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Set your clocks ahead one hour Saturday night and enjoy more evening light starting Sunday.



Courtesy Back In Black FB

BACK IN BLACK, TO ROCK KILLINGTON

Back in Black will perform a high-energy AC/DC tribute concert, Thursday at the Pickle Barrel in Killington. The tribute band is well renowned: It was one of the first tribute bands chosen to tour all the House of Blues and in 2016, long-time front man Darren Caperna was even selected by AC/DC to audition as its new vocalist!

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Killington voters pass \$47M TIF bond, approve new town hall

Development of the town's water system set to begin this summer

By Polly Mikula

On Town Meeting Day, 75% of Killington voters approved Article 5, giving the town authorization to proceed with water and road infrastructure projects that will support a new Six Peaks development at the base of Snowshed and Ramshead and then extend down the Killington Road (collectively known as Killington Forward). The bond covering the majority of the project will be financed through Tax Increment Financing of the new Six Peaks Village development.

The vote tally was 337 for to 119 against, just about what town officials has predicted leading up to the vote.

"It's such a relief," Selectman Jim Haff said. "I knew it would pass, but now we can really get to work."

Town officials had held multiple informational hearings and embarked on a robust marketing campaign focused on Article 5 in an effort to make sure voters were properly

informed.

The town also revealed its plans for a workforce housing development off Nanak Way (that's contingent on municipal water) last month.

"The town really needs this," Haff continued. "We need water, we need an improved road and we need workforce housing... and the developer needs these things, too. Together we are able to do it and not raise the municipal tax rate. It's a true win-win-win," he said, referring to the town's, developer's and taxpayers' benefit.

Killington voters also passed Article 3, a \$6.4 million municipal budget (352 to 93) and Article 4, which authorizes the town to purchase the post office building on Route 4 and renovate it for use as its new town offices, at a cost of \$1.6 million.

Article 4 passed 348 to 106.

For more Town Meeting Day election results visit: MountainTimes.info.

"Now we can really get to work," Haff said.

Woodstock votes to keep elected listers

By Katy Savage

About 80 Woodstock residents braved a foot of snow on Saturday, March 4 to attend Town Meeting at the Woodstock Town Hall. Another 20 attended via Zoom.

Much of the discussion in the 2 ½ hours focused on eliminating the three elected lister positions and replacing them with staff auditors. The article ultimately failed 46-32 in a paper ballot vote.

Some residents questioned the Select Board's motives and had concern about the potential for non-residents appraising residences.

"I do feel you want people who live in Woodstock to be assessing Woodstock properties," she said Jennifer Maxham, a former lister.

Select Board member Joe Swanson clarified the current elected listers, Kathy Avellino and Tim McCarthy, would be hired as town employees if the

Listers → 2

Doenges elected new mayor of Rutland city

City approves 1% option tax on sales

Staff report

Rutland city has a new mayor. Mike Doenges, who was the Board of Aldermen president, beat incumbent Mayor David Allaire on Town Meeting Day, March 7, by 393 votes, according to unofficial results Tuesday night.

Allaire had been mayor since 2017 and was seeking his fourth term.

Doenges received 57% of the vote. About 2,977 voters (25%) of registered voters turned out for the election.

Rutland city voters also approved a 1% sales option tax by 504 votes — 1,720 to 1,216.

The city estimated prior to the vote that the option tax

would generate \$1-\$1.2 million. The money will be used for capital improvement, the city pension deficit and property tax relief.

It was the first time the sales option tax had been put before voters.

"We have some looming issues in front of us," Allaire said prior to the vote. "Unless we find an outside revenue resource, we're not going to be able to tackle them."

Rutland city will now add the 1% local sales tax to the 1% tax it already applies to meals, alcohol and lodging.

For more results visit MountainTimes.info.



By John Everett, Killington Resort

A rider races down Killington during the ninth annual Slash and Berm banked slalom at the Stash terrain park March 4-5.

Killington's Slash and Berm banked slalom event raised \$9K

By Brooke Geery

It was an exhilarating weekend of banked slalom action at The Beast as the ninth edition of Slash and Berm banked slalom took over the Stash terrain park. The Slash and Berm is held in partnership with the resort and our friends at Darkside Snowboards and

Burton Snowboards with all proceeds benefiting a select cause. This year, the cash went to Burton rep Ryan Manning to aid with the costs incurred following a serious injury.

The race kicked off under sunny skies on Friday with the invite-only team

event, where shop teams of four from around New England vied for the coveted Bear trophy to live in the winning shop. Though it's always a tight race, local favorite Darkside Snowboards was able to nab the 'W' and the Bear can

Slash and Berm → 4



Instructors during the 1960s demonstrate how shorter skis can help beginner skiers learn faster. Known as the Graduated Length Method, the technique — developed at Killington — was deemed revolutionary for the industry.

Courtesy Killington Resort

A look back at Killington's vision, tenacity and pioneering leadership

By Karen D. Lorentz

Sixty-four years ago on President's Week, the Killington Ski Area was discovered by skiers, and they've flocked to the area ever since, making it the leader in Vermont and the East in skier visits.

That four Pomalifts were running on Killington Mountain that first season was testament to the vision and tenacity of its founder Preston Leete Smith.

Eager to get into the ski business, Smith had visited Vermont Commissioner of Forests and Parks Perry Merrill in 1954 and was advised to check out Killington Mountain.

Duly impressed, Smith returned to see Merrill, who said the state would lease the mountain to him and build an access road, parking lot, and ski shelter (as it had at Mt. Mansfield and Okemo).

With the support of his partners — Sue Smith, Mary and Joe Sargent and Wally Morrison — the Sherburne Corporation was formed in April 1956 with their investment of \$1,250 in stock.

Smith raised money through escrowed stock sales and then had to give it back and raise it all over again before he ever secured the leasehold agreement, which was conditioned upon an access road being built by the State of Vermont which was delayed to 1958.

But with the same tenacity that he approached every challenge to the ski business, Smith persevered. Not only did he raise \$127,500 through the sale of stock at \$250 a share to open Killington on December 13, 1958, he eventually fulfilled a vision of creating a better ski experience.

Innovation rules

Under Smith's leadership, Killington pioneered many ski-area innovations. The area developed the ticket wicket; opened earlier and closed later, extending the ski season to six months; changed the snow report format; introduced novice terrain with chairlifts so beginners could have a

better experience; developed innovative ski teaching methodologies; and pushed lift manufacturers to produce higher capacity lifts. They took grooming and snowmaking technologies to new heights as well.

In the process, the area earned a reputation for offering the most terrain and the longest ski season in the East (and some years in the U.S.); the most dependable snow conditions; and an avant garde ski school which revolutionized ski teaching in the 1960s and 1970s.

The willingness to experiment was set in motion by Smith when the Snowshed beginner area was built in 1961. The terrain was so flat that the lift manufacturer thought the engineering specifications were a mistake. Even Smith's own staff thought the concept was risky, noting no one had ever seen such a gentle hill before let alone built a million-dollar beginner complex.

But seeing the rising popularity of skiing and a need to teach first-timers, Smith was willing to invest in a new concept and the three-quarter mile long Snowshed trail quickly became so popular it had to be widened.

Killington was not the first to install snowmaking, but it was the first to pioneer improvements and implement its own systems. This direction stemmed from the disastrous first installation of snowmaking on Snowshed in 1963, when the company responsible for the system misjudged the head of pressure that would build up in the aluminum pipe they installed.

It blew up when turned on and from that point forward, Smith hired his own engineers to oversee snowmaking operations and to design snowguns and systems, including the early use of computers.

The commitment to snowmaking was initially based on insurance but

soon transitioned to repair of skier wear and tear on trails and covering the mountain and the most extensive coverage in the East. With Killington's jump on snowmaking, it was a leader in this field and even after others caught up in the 1990s, it continued to lead, first by accessing more water and then by going to low-energy guns.

Key turning point

Killington was the only ski area to say yes to an invitation from SKI Magazine to see if the short ski, which Cliff Taylor had been teaching on, could serve as a learning tool to improve and accelerate the learning process. Many on Smith's staff were skeptical and some scoffed at the notion of using "baby skis." But Ski School Director Karl Pfeiffer saw the potential in preliminary tests in 1964, and in 1965-66 tests, he saw genuine promise in a radical new teaching system.

Working in conjunction with SKI, Killington developed the Graduated Length Method (GLM), which entailed learning on a 39-inch Head metal ski for two days, 5-footers for two more days, and skiing on a regular length ski on the fifth day.

With snowmaking making it possible to guarantee snow for ski weeks and a promise of parallel skiing in just five days, Killington saw its ski week attendance skyrocket, processing 800-900 beginner ski weekers on a Sunday evening in the mid-1960s and 2,000 or more at peak times into the mid-1970s.

"It was the phenomenal midweek revenues from ski school that enabled Killington to grow, expand, and become so successful," noted a former ski school director. (GLM gave way to Killington's Accelerated Ski Method in the 1970s with special teaching stations. Perfect Turn and today's plethora of lessons followed.)

Pioneering → 5

Woodstock police officer on paid leave after DUI

Staff report

A Woodstock police officer has been placed on paid administrative leave after he was arrested for drunk driving.

Kaleb McIntire, 33, of Bridgewater, had been with the department since 2020. He was arrested for suspicion of DUI on March 2 after Vermont State Police responded to a domestic disturbance on Braley Hill Road in Bridgewater around 10:54 p.m.

Investigation revealed McIntire and John M. Luce, 58, of Bridgewater had both been operating separate vehicles while intoxicated. Police said McIntire and Luce were released on criminal citations to appear in Vermont Superior Court Windsor Criminal Division.

Woodstock Police Chief Robbie Blish said in a statement the department is cooperating with the State Police.

"We are committed to supporting Vermont State Police's investigation to the fullest extent needed, and will likewise thoroughly review this matter upon the conclusion of the judicial process," Blish said in a statement.

← Listers: Woodstock votes to keep listers from page 1

article passed. The hourly wages of the listers, set at \$27.33 per hour, would not change.

"It's not a change that would cost someone their jobs or anything like that," Swanson said.

Listers are responsible for assessing the fair market value of real estate, which gives an accurate and up-to-date taxable value. The tradition dates back 250 years. However, more towns are eliminating the lister positions and replacing them with employee-assessors, according to the Vermont Department of Taxes, as the position has become more complex. There are pros and cons, according to the tax department.

Assessors have the professional experience and knowledge of state laws, but may lack local knowledge and may not have the same autonomy as that of an elected official. Conversely, an elected lister brings local knowledge but may not have skills and isn't required to attend training.

"The changes are proactive to give the town some stability and oversight in the future," Town Manager Eric Duffy said. "There is no current oversight on that office. In the future, when there is an opening we can ensure... we're getting qualified people in that office and we can require training."

Select Board member Susan Ford said personal biases can play a role when electing officials.

"The listers go through a lot of training and then they're up for reelection, which we all know in small towns can end up being a popularity contest," Ford said. "By us being able to appoint, we can maintain the training and experience in that important office."

This was the town's first time returning to an in-person Town Meeting since Covid-19.

Residents also approved a \$7.6 million budget, of which about \$5.7 million will come from property taxes. The budget is up about a 5% increase from last year's budget.

Although the budget passed without much discussion, resident Roger Williams was concerned about the rapid increase over the years. He said the budget has increased 50% since 2013, calling it "an unsustainable rate of growth."

A finance committee was appointed last year to address increased expenses. "We're hoping for lower increases," Ford said. "It's a start and they know they have a lot of homework to do."

The board will elect officers by Australian ballot on Tuesday, March 7. Visit mountaintimes.info for results.

Resident Roger Williams ... said the budget has increased 50% since 2013, calling it "an unsustainable rate of growth."

Act 250 board holds brief hearing for Base Camp at Bear Mountain development

By Katy Savage

A second Act 250 hearing for the Base Camp at Bear Mountain housing development project lasted just 20 minutes and generated almost no questions on Tuesday, Feb. 28.

“We will make a decision as quickly as we possibly can,” Act 250 board member Devon Fuller said at the meeting.

The applicants, Ottauquechee Realty Advisors, propose building a 102-unit residential housing development at Bear Mountain offering ski on-ski off units with a mix of single family homes, multi-family homes and duplexes with garage parking, a gated entrance and mountain views. Prices for the new homes start at just over \$2 million each.

The applicants submitted several documents prior to the hearing, including a traffic study from Corey Mack of Wall Consultant Group that found there would be as many as 35 vehicles per hour on a weekday and up to 69 vehicles per hour on Saturday.

A prehearing conference was held last April where Peter Frederiksen, who owns an adjoining piece of land, requested traffic enhancements to the Bear Mountain Road.

In response, the applicants installed a solar powered caution sign on the uphill traffic lane indicating near the hairpin turn, a warning sign at the entrance to the Bear Mountain Road requiring snow tires and or chains from Nov. 15 to April 15 and the Bear Mountain Road has been double yellow striped.

Ottauquechee Realty also agreed to contribute maintenance funds to Bear Mountain Road along with Killington Resort and Sunrise Village. Ottauquechee Realty will contribute \$85,000 to the existing road maintenance fund within 90 days of its receipt of its first construction financing loan. Beginning in January 2024, Ottauquechee Realty will contribute \$15,000 a year into the fund.

The hearing is currently in recess until the Act 250 board makes a decision. After that, there will be a 30-day waiting period for more public comment before the permit becomes effective.

“Once we are notified the 30 day period has started, no one’s going to object after that,” Ottauquechee Realty principal Richard Saunders said.

Hartland store manager departs suddenly

By Curt Peterson

Ian Rose, the popular new manager of Hartland’s country store, announced his surprise departure Wednesday, March 1, after six weeks on the job. And since Thursday the business, only reopened since Feb. 11 following renovations, has had no official manager.

“Yes, I guess it was what’s called the ‘Irish Good-bye,’” Rose told the Mountain Times.

Former owner Bill Gaucher, Barbara Dow and the rest of the BG’s crew are carrying on, and the business is running smoothly as ever.

Rose, 40, said his leaving was a mutual decision made by owners John McGrail and his MG2 Group, and himself. “We parted in a professional manner,” he said.

How did such a promising relationship end so quickly?

“To start with, I’m a dude who doesn’t function well with big corporations,” Rose said. “MG2 and I just never really jived 100%.”

Rose’s vision for the project hadn’t

gone the way he expected. For one thing, he envisioned more food preparation — “having a proper kitchen, selling roasted chickens, soups, stews, and creative cooking — all on a ‘grab-n-go’ basis.”

That didn’t happen, Rose said. Different design decisions were made “at the top.”

“John McGrail’s vision for the store wasn’t the same as my vision,” he said. “He is the owner, so he can do what he wants, and I’m good with that. It just isn’t what I want for myself.”

On Sunday a regular visitor from Massashueetts went to the market to see the new incarnation for the first time, and said she thought it was “really nice and really different.” Rose said he feels good about being a part of renovating the store.

“This was a great project, and that’s what I do – projects,” he said.

Gaucher said Rose has done an amazing job of design, coordinating and managing contractors and suppliers, installing new fixtures and

systems, and managing employee relations well, all in just six weeks.

“It’s all down to Ian,” Gaucher said. “This was all the stuff the store has needed for years.”

Rose said it was only possible because “the guys at the store rolled with it – they were great.”

He has no idea what the owners intend to do about a manager to replace him. He didn’t think it was a question to ask during his exit interview.

Rose’s next position will be at Bo-loco’s in Hanover, a popular restaurant with no current manager, and four Boston locations. He’s known owner John Pepper for some time, and feels this will be a good fit for now. He’s headed to Boston for training over the next two weeks.

“I’ve been able to leave jobs all my life, he said. “Everyone’s replaceable. Everyone can go anytime, anywhere.”

The Mountain Times has reached out to MG2 Group for comment via email, but did not receive a response in time for publication.



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Sherburne UCC “Little White Church,” Killington, VT

NO NEWS IS GOOD NEWS?
WE DON'T THINK SO.

WHAT'S THE WORD ON THE STREET?

Tell us about it!

Email editor@mountaintimes.info

Renewed THC potency proposal stirs the pot in Senate

By Aubrey Weaver

Editor's note: Aubrey Weaver is a reporter with Community News Service, part of the University of Vermont's Reporting & Documentary Storytelling program.

The Senate Judiciary Committee heard from familiar faces on a familiar policy last week: THC potency limits for cannabis concentrates.

A bill in the committee, S.72, would remove the current statutory limit of 60% for concentrates sold in shops — products like hashish and oils and waxes that contain higher amounts of the chemical in cannabis that gets people high.

The same no-limit policy was introduced last session as part of the cannabis omnibus bill, S.188, which further fleshed out regulations in Vermont's fledgling recreational pot industry. But legislators then made a last-minute decision to impose a 60% limit on concentrates before Gov. Phil Scott signed the bill. That's what sponsor Sen. Dick Sears, D-Bennington, wants to undo.

The renewed potency proposal has quickly stirred debate in a recent committee hearing.

In favor of the new bill was James Pepper, chair of the state Cannabis Control Board, who worked with Sears and others on both bills. Also testifying in favor recently was Geoffrey Pizutillo, executive director and co-founder of the Vermont Growers' Association. The two were joined in support of the bill by Jessilyn Dolan, president of the American Nurses Association for Vermont and founder of the Vermont Cannabis Nurses Association.

Testifying against the bill was consultant Jill Sudhoff-Guerin, from Maidstone Public Relations, speaking on behalf of the Vermont Medical Society.

The testimony Thursday, March 2, exhibited a host of contradictions between claims made by those in each camp, resulting in a your-word-against-mine debate and

clashing research.

Contradictions arose about the methods for making THC concentrates. Pepper said each method "will produce a final product that is cannabis-concentrate well above

Pepper argued that the "illicit market thrives on prohibition."

60% THC potency."

Yet the Vermont Medical Society claims this isn't the case, citing an American Academy of Pediatrics study from 2019 that found extraction methods that yield concentrations with THC content percentages between 39% and 60%.

Sudhoff-Guerin made clear throughout her testimony that not only does the medical society oppose lifting the potency caps, but it would also favor prohibiting chemical extraction methods and oil-based cannabis products, except those previously authorized for

medical use.

Other incongruities emerged from discussions of how potency caps impact the illicit market for cannabis products.

Pepper argued that the "illicit market thrives on prohibition." And he alluded to a control board presentation last year that said: "A prohibition on solid concentrates with THC percentage greater than 60% is likely to keep all solid concentrate sales in the illicit market."

Sudhoff-Guerin disputed that claim using case study examples from Colorado and California, which have no potency limits, and have showed illegal markets for the products are still thriving, she said.

Sudhoff-Guerin would also make claims about the potential public health impacts of lifting the potency limit. "We're seeing increased visits to the ER; we're seeing people that have any sort of mental health diagnosis having that exacerbated

by the high potency cannabis use," she said, "and we know that our state is struggling with psychiatric issues and capacity right now... Right now our mental health capacity is just not there. We are not meeting the needs of Vermonters," she added.

But a Cannabis Control Board report from December, warned that the health risks of prohibiting high-potency products outweigh the risks of consuming higher THC concentrations legally. "Contaminants, additives and other impurities present in unregulated products could create health impacts that greatly outweigh any benefit resulting from a prohibition on high-potency concentrates," the report stated.

The hearing on S.72 suggests the debates are far from finished.

"We're saying go slow," said Sudhoff-Guerin. "There's no reason for us to raise this potency limit right now. The market just came online in October, and everybody's meeting or surpassing their goals on sales."

← Slash and Berm: \$9,000 raised from page 1

now be visited in the Killington store for the next 365 days.

"We're stoked to bring the bear home," Darkside General Manager Tucker Zink said. "The boys from Maine always put up a tough fight, but shouts to Storm Rowe for putting down a blazing time and securing the win for us!"

Saturday was the main event, with around 100 racers making their way through the course, which had been hand-crafted by the Woodward Killington Park crew over the previous week. Of course, it also happened to be one of the biggest powder days of the year, with 16" of fresh snow falling overnight and into the morning. Though not ideal for speed, it made for awesome powder laps for competitors while the team dug out the course.

Once racing action got started, riders each got two runs to nail their best time. The fastest three racers in each division scored handmade sword trophies.

Things wrapped up Sunday over on Ramshead in the L'il Stash with the grom event. For the first time, well, ever, the kids enjoyed a perfect day to speed through the course. About 40 l'il rippers ages 13 and under enjoyed a slightly gentler combination of whoops, berms and jumps and the top three times for groms and super groms were rewarded with Burton packs full of candy.

After three days of fast laps, \$9,000 was raised for Manning's recovery.

For more information visit: killington.com.



By Brooke Geery and By John Everett, Killington Resort
The ninth annual berm slalom race was a hit at Killington.





Courtesy Killington Resort
Pres Smith, in yellow, looks on as a new K-1 gondola was tested in 1969.



Courtesy Killington Resort
Skiers take the slopes for a Graduated Length Method class held in March 1971.

← **Pioneering:** Killington Resort, which has always been a leader in innovation, research and development, and marketing, only keeps getting better with age from page 2

Killington inaugurated a Uni-Ski Vacation for the 1966-67 season. It included a 5-day learn-to-ski package with GLM equipment and daily 2-hour lesson, lift ticket, après-ski social program, food, and lodging for \$97 (\$42 for skiing package, \$57 for food/lodging) — about \$912 today's dollars, still remarkably cheap. The Uni-Ski Week made it easier for the new skier to take up the sport as Killington became the first ski area in the country to market a comprehensive ski package (offering both traditional and GLM learning options).

R & D

Whereas terrain on Skye Peak was originally deemed too wind and weather susceptible to be skiable and Bear Mountain was thought too steep to hold snow, Smith saw that the technologies of snowmaking and grooming — notably the development of the winch cat which occurred at Killington in 1984-1986 — would make it possible to offer lift-served skiing on these mountains. Thus Outer Limits became the steepest longest bump hill in the East and Superstar, another steep hill, proved it could hold snow into May thanks to generous snowmaking.

The original Killington Gondola was considered unbuildable by most lift engineers. But lift builder Carlevaro and Savio thought that Smith's requirements of a four-passenger, higher capacity 3.5-mile lift with automatic entry and exit from both sides of the cabin would be doable if built in three sections.

The prototype gondola with a capacity of 1500 rides an hour, about 50% greater than any other gondola, became the longest lift in the world at that time. It was also unique in that it operated in three stages, running either independently or as one continuous lift. It took two-plus years to install and when the transfer systems didn't work, Killington hired its own engineers to rebuild them and perform other remedial

work. (In 1994, the two stage 2.5-mile eight-passenger art-in-the-sky Skyship replaced it, and in 1997 the 8-seat K-1 Gondola replaced the original Killington chairlift.)

Management, MIS, marketing

Killington pioneered in a most unusual way when its founders decided that the area should operate like a business, a growth business at that.

With an office manager hired in 1960 along with a systems analyst, the area took an approach of minding the store and being consistently profitable. It went to the use of Burroughs and IBM computers in the 1960s and used specially designed NCR cash registers specifically developed for Killington for automatic ticket printing and control.

Killington also developed an unusual management team whose members were often professionals from outside the ski industry. Inspired by the R & D approach, this team was in sync with the vision for Killington to become a world-class resort and came to be recognized as one of the finest management teams in the country.

As the area grew and became a more complex operation, it required increasingly sophisticated management techniques to control the success of the operation. This led to the increasing use of computerized control systems in the 1970s — Killington pioneered computer programming specifically for ski area management in the 1970s — and also to formation of a management information services department in 1984. It not only utilized sophisticated computers but also fostered the efficient use of computers in other departments.

Long before other areas got on the marketing bandwagon, Killington established a News and Public Relations Department in 1961 and hired professional staff. A market research program included: airplane flights to ascertain how others were doing, exit polls, and surveys to study skiers. As

the public relations department grew and had more input into area operations and development, it transitioned to a full-blown Marketing Department that pioneered many advertising and promotional innovations from the concept of ski-vacation packages to the insertion of trail maps in ski publications to seeing the world as its market.

Killington was marketed from "a point of difference" — greatest diversity of terrain, six mountain areas, longest trail, steepest mogul slope in the East, most snowmaking, microclimates, etcetera. The bold and imaginative campaigns won industry accolades and awards.

Profitability and growth

After growing its profitability and size, the revamped corporation became S-K-I Ltd. in November 1984 and traded on NASDAQ — the only ski-area-only company to be so traded at that time.

The strategy of growth and profitability at Killington had led to several ski area acquisitions, and S-K-I was on this path when Leslie B. Otten offered \$18 a share and purchased the company in 1996.

Otten formed the American Skiing Company (ASC) which was listed on the New York Stock Exchange in 1997. Progress continued at Killington with a land exchange for a Snowshed Village, the K-1 Gondola, and other improvements. But ASC ran into financial difficulties which meant Killington became privately owned in 2007.

As a member of Powdr, an adventure lifestyle company with 11 mountain resorts, Killington has continued to improve with age, adding the Peak and K-1 lodges, Skye Peak Express Quad and the Snowdon Six, and Woodward Terrain Parks as well as hosting Women's World Cup races. With recent progress on plans for Snowshed Village, the excitement generated so long ago by a pioneering, tightly run ship continues.

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Windsor Central Supervisory Union
NOTIFICATION OF ASBESTOS MANAGEMENT PLAN

AVAILABILITY DATE: February, 2023

TO: PARENTS, TEACHERS, EMPLOYEES, OTHER PERSONNEL, OR THEIR GUARDIANS

FROM: Windsor Central Supervisory Union, 70 Amsden Way, Woodstock, VT 05091

DESIGNATED PERSON: Joe Rigoli, WCSU Director of Buildings & Grounds

Local Education Agency
Sherry Sousa, Superintendent of Schools, Windsor Central Supervisory Union, 70 Amsden Way, Woodstock, VT 05091 802-457-1213

THE ASBESTOS HAZARD EMERGENCY RESPONSE ACT [40 CFR 763.93 (G)(4)] REQUIRES THAT WRITTEN NOTICE BE GIVEN THAT THE FOLLOWING SCHOOL HAS A MANAGEMENT PLAN FOR THE SAFE CONTROL AND MAINTENANCE OF THE ASBESTOS- CONTAINING MATERIALS FOUND IN THEIR BUILDINGS. THIS MANAGEMENT PLAN IS AVAILABLE AND ACCESSIBLE TO THE PUBLIC AT THE ADMINISTRATIVE OFFICE OF THE FACILITY LISTED BELOW.

SCHOOL	ADDRESS	PHONE
Barnard Academy	6208 Rte.12 Barnard, VT 05031	(802) 234-9763
Killington Elementary School	686 Schoolhouse Rd. Killington, VT 05771	(802) 422-3367
Reading Elementary School	632 Rte.106 Reading VT 05062	(802) 484-3818
Prosper Valley School	1071 Pomfret Rd. South Pomfret, VT 05067	(802) 457-1224
Woodstock Elementary School	15 South St. Woodstock, VT 05091	(802) 457-3732
Woodstock Middle/High School	100 Amsden Way Woodstock, VT 05091	(802) 457-1317

Signature OF DESIGNATED PERSON

Joe Rigoli
Joe Rigoli, WCSU Director of Buildings & Grounds

Bumpy road ahead?

Over the past two weeks, the House and Senate Appropriation Committees held public hearings on the FY24 budget, which begins on July 1, 2023. A quick tally on the various asks on Friday afternoon, March 3, came up with over \$700 million in new spending, which is well beyond what might be available under current revenue estimates. And this is before we factor in what various policy committees will be recommending in spending for new programs and higher Medicaid reimbursement rates for health care providers.



By Rep. Jim Harrison

The list of requests is long and for each one, there is usually an active and vocal constituency. They range from relatively small ones like \$150,000 to fund a new state dementia coordinator, to \$72 million for the hotel voucher program. Some are one-time requests, while many are for annual ongoing expenditures.

The House Appropriations Committee will have the unenviable task of sorting through all of them in the next few weeks and come up with a budget that will ultimately determine whether taxes or various fees will need to be raised or spending reductions elsewhere or whether most of the extra requests will get a no for an answer. And we know that the governor remains opposed to tax and fee hikes, especially given the current surplus the state enjoys.

There will also be the big-ticket bills to consider — a new paid family leave program; expanding childcare programs and assistance and extending universal free school meals for all students.

Perhaps the Town Meeting recess will give everyone a chance to reflect on what road we should take, one that is bumpy or another that is smoother?

Other issues of interest:

- The full Senate approved the controversial Clean Heat bill, S.5, on a 19-10 vote late last week, one vote short of sustaining a possible gubernatorial veto after Senator Sears, D-Bennington, changed his no vote in committee to a yes vote on the Senate floor. Proponents of the measure say the bill is needed to help Vermont meet its greenhouse gas emission goals and help reduce reliance on fossil fuels. Opponents fear the expected significant impact on the price of heating fuels and the costs of transitioning to alternative heating sources. Senators each heard from hundreds of constituents on the issue, a majority of whom were against the bill. S.5 now moves to the House for consideration.

- The House and Senate approved the annual mid-year Budget Adjustment Act, H.145, following a merger of the two versions in a conference committee this past week. The final bill spending was reduced by approximately \$25 million from the original House version but remains \$66 million above what the governor recommended. The bill continues to fund the hotel voucher program for homeless but does begin to limit participation after May 31. The legislation now heads to the governor.
- The House Environment and Energy Committee advanced H.126, which will have the state conserve 30% of Vermont's land and water by 2030, and 50% by 2050. A similar bill was vetoed by Scott last year over concerns about permanent preservation and diminish tools like current use that Vermonters currently enjoy.

- A miscellaneous election bill, H.429, passed the House on March 3. It prohibits a candidate from appearing on the general election ballot if they lost in a party primary election (the so called "sore loser" provision). The bill also raises the threshold by which a candidate can achieve a party nomination with write-in votes. H.429 now heads to the Senate.
- The House approved H.53, which eliminates driver license suspensions for failure to pay fines for a moving violation, like speeding. They currently account for about 45% of suspensions. Nonpayment can still result in additional fines and potential contempt charges.
- H.148, which sets a minimum age of 18 to get married in Vermont, was approved by the House, and sent to the Senate. If enacted, Vermont would become the seventh state to outlaw marriages of minors.

The House Education Committee may be moving away from the controversial H.258, which eliminates most private school options from school choice towns to legislation that tightens anti-discrimination requirements and increases state oversight of independent schools. If H.258, as introduced, were to pass, it would significantly narrow the school choices families now enjoy in the district towns of Chittenden, Mendon, and Pittsfield.

As the Legislature is on recess this week, there will be no update next week. Rep. Jim Harrison is the state house representative for Mendon, Killington, Chittenden and Pittsfield. He can be reached at JHarrison@leg.state.vt.us or harrisonforvermont.com.

Attending 25 Town Meetings

The Windsor County District now encompasses 25 towns, and the county is the largest in Vermont (977 square miles). As a result, one of the biggest challenges for a state senator is attending as many Town Meetings as possible. I treasure Vermont's Town Meeting tradition and its form of direct democracy. They not only give me

additional insight into the character of the towns we represent and local priorities – but they remind us of how important the partnership is between our towns and our state government.

At our best, we work well together to support, in our different capacities, our people, our communities and our environment. We work together enabling democracy in our precious small state. We work together on projects often too big to manage alone – on planning, town infrastructure, education, strengthening our village centers and downtowns, preserving our historic places, protecting our parks and environment, taking care of those in need, and protecting the public safety of our people. Town Meeting week is a wonderful reminder of that partnership.

Luckily, Windsor County has three senators as all 25 Town Meetings are held during one of three dates and there is a great distance between towns. For example, Reading and Thetford both conduct their Town Meetings on Saturday morning and they are a fair hike apart. We have meetings on Saturday, Monday night and Tuesday. Most Town Meetings are back in person, so we've divided up the task of attending in order to get to as many meetings as possible.

The Legislature is now eight weeks into its 2023 session. The Senate has four top priorities: Housing, workforce, childcare and reducing climate change and we are



By Sen. Alison Clarkson

making progress on each one. On housing: Senate Economic Development, Housing and General Affairs has passed out the HOME bill, S.100, the focus of which is to reduce barriers to housing development in our downtowns, village centers and other areas identified for growth. The bill supports increasing density in those areas and impacts local zoning regulations, Act 250, the renovation and creation of rental and home ownership, fair housing enforcement and builds on popular housing programs already in place.

Our workforce development bill is beginning in the House and builds on the work of last session. It will get to the Senate after crossover. The Senate's child care bill is being finalized. It increases access to childcare, financially supports more families, and provides resources for childcare workers and centers.

And the Senate took a big step forward in our effort to reduce climate change by passing S.5, the Affordable Heat Act. This bill puts in place a plan to transition over the next 25 years to a cleaner energy future. This plan is designed to help Vermonters afford what we know will be a costly transition off polluting fossil fuels. Simply put - this bill sends our vision for what we want to build to our policy "architect": the Public Utilities Commission (PUC). In two years, the PUC will give us a detailed plan, with a cost analysis, so that we, the Legislature, can begin building the transition with a better understanding of the costs and implications. We cannot afford to wait, or we risk losing the Vermont we know and love.

I appreciate hearing from you. I 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.

House, Senate negotiators strike emergency housing deal, restricting eligibility after May 31, program expires June 30

By Lola Duffort/VT Digger

Vermont House and Senate budget writers have hammered out a deal to extend emergency housing in motels for people experiencing homelessness through June 30 — but not for all.

After May 31, only people fleeing domestic violence, families with children, those aged 60 and over, pregnant people, people with disabilities, and certain households that recently lost their housing would remain eligible.

Discussions about what to do in the short term about Vermont's emergency housing program in hotels have been underway as part of the Legislature's annual budget adjustment bill, or H.145, a spending plan passed early during each session to true-up the current fiscal year's budget.

A House-passed version of the budget adjustment bill had set aside \$21 million to keep everyone eligible for housing in motels through June 30, the end of the current fiscal year. The Senate-passed version also anticipated continuing the program until that date — but with new eligibility requirements kicking in a month prior.

There are roughly 1,800 households living in motels right now. Under the Senate's construct, the Department for Children and Families estimates that 1,045 households currently in the program will remain eligible after May 31, a spokesperson said Tuesday.

As it stands, federal funding for the emergency housing programs — which Vermont had dramatically scaled up in the Covid-19 pandemic-era thanks to Congressional aid packages — is projected to run dry March 31. Gov. Phil Scott's administration has argued forcefully that the expanded emergency housing program, absent federal dollars, is unsustainable and must be wound down.

But administration officials have suggested that they could live with extending the program through the end of the current fiscal year if eligibility were further restricted. And they've also argued that with participating motels already at capacity, many are on the streets anyway, and the first-come, first-served model in place doesn't allow the state to prioritize those who need help the most.

The Senate's eligibility criteria are slightly more lax than those pitched by the administration. But Senate Appropriations chair Jane Kitchel, D-Danville, has repeatedly leaned on their argument that eligibility needs to be restricted in order to direct the few rooms available to those with the highest need.

And in a meeting between House and Senate conferees last Monday, Feb. 27, Rep. Diane Lanpher, D-Vergennes (Kitchel's House counterpart), suggested this argument had now

Emergency housing deal → 12

The Senate had also proposed spending \$9 million on a "missing middle" homeownership program favored by the Scott administration.

Covid levels remain 'low' as the state stops reporting PCR testing data

By Kate O'Farrell/VT Digger

Vermont's Covid-19 community levels remained "low" this past week, the state Dept. of Health reported Wednesday, March 1, rounding out the month of February with consistently low community levels.

The number of cases, hospital admissions and people in Vermont hospitals for Covid have remained relatively flat in recent weeks as XBB became the dominant strain in Vermont. The state reported 37 hospital admissions for Covid in the past week, compared to 42 the week before.

As of March 1, 34 people were hospitalized in Vermont for Covid, including

four patients in intensive care, according to the health department.

The department reported 350 Covid cases in the past week, compared to 433 cases the week before.

Health department spokesperson Ben Truman said in an email that the department stopped reporting PCR testing data on Feb. 15 because it was no longer "a good picture of Covid information in Vermont."

The department has reported PCR test data since March 2020 to contextualize Covid case numbers; but for months now, PCR tests have not been available to all who want them — and the

state does not track at-home test results. Only about 500 PCR tests per day were being performed in Vermont as of Feb. 11, according to the department data. At the peak of the virus last January 2022, more than 10,000 Vermonters were tested for the virus every day.

In total, more than 3.9 million PCR tests have been performed in Vermont since the start of the pandemic.

The number of people arriving at emergency departments with Covid symptoms is similar to last February 2022, when the state was recovering from the peak of the Omicron wave,

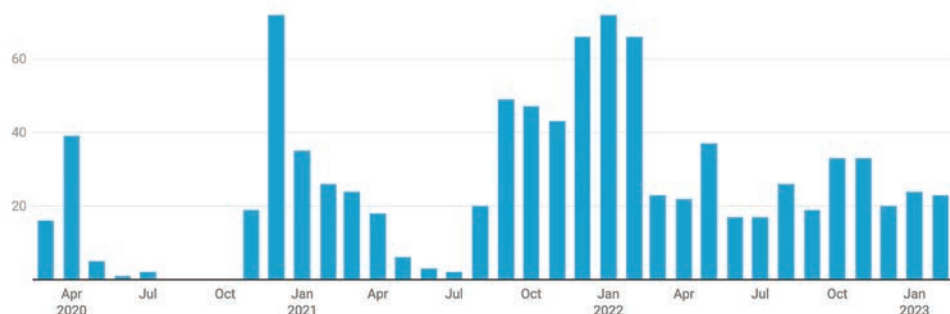
according to dept. data.

Of Vermont's 14 counties, 12 had "low" Covid community levels in the past week, according to the CDC. Bennington and Rutland were the only counties that reported "medium"

Covid community levels.

Both the CDC and Vermont Department of Health's Covid levels are based on Covid cases, hospital admissions and the percent of state hospital beds taken up by Covid patients.

The health department reported eight additional Covid deaths this week, bringing February's total to 23. In total, 925 people have died of Covid in Vermont since the pandemic began in March 2020.



Courtesy VTD

Chart shows Covid-19 deaths in Vermont by month. Over the past year, deaths have ranged from about 19-30 per month. In total 925 people have died since the pandemic began.

Vt. Senate passes Affordable Heat Act

By John Flowers/Addison County Independent

Editor's note: Bill Heffernan is a brother-in-law to reporter John Flowers.

Faced with widespread concerns about potential costs to fossil-fuel dealers and consumers, the authors of the proposed Affordable Heat Act have decided to pump the brakes on the design and approval timetable for the bill.

But they still aim to pass sweeping legislation that aims to bend the curve on climate change in Vermont through major investments in weatherization and the transition to green heating systems in homes and businesses.

Sen. Chris Bray, D-Addison County, told the Independent on Tuesday, Feb. 28 that the Affordable Heat Act — also known as AHA or bill S.5 — will be converted into a two-year study. The Senate passed the bill on a 19-10 vote on March 3. The bill will now head to the House of Representatives.

"As revised, S.5 will, over the next two years, research the clean heat program in detail and carefully assess its design, implementation, and costs, but the bill does not take the program 'live,'" Bray said a Legislative Report that appears on Page 7A of this edition. "That step will now require a vote of the full Legislature in 2025, after the study is complete."

The tipping point for S.5 apparently came following Addison County legislative breakfast, held at Bristol American Legion Post 19 on Monday, Feb. 27. That gathering featured representatives of several local heating fuel companies who vented their frustrations about S.5.

As originally crafted, S.5 called for, among other things, establishing a Clean Heat Standard that would've required importers of fossil heating fuels into Vermont to reduce pollution over time — in line with a Vermont law called the Global Warming Solutions Act.

To meet that standard, fossil fuel importers would have been asked to help subsidize cleaner heat options — primarily for low- and middle-income Vermonters — such as weatherization and heat pumps.

At its core, the AHA is intended to expedite the state's transition to its new Global Solution Act mandate. Passed in 2020, that law requires the state to reduce its greenhouse gas pollution to 26% below 2005 levels by 2025, and 80% below 1990 standards by 2050.

Bray's report in this edition includes an overview of AHA's objectives.

It remains to be seen how those objectives will be overhauled or tweaked during a two-year study phase.

"The clean heat program in the Affordable Heat Act will not go into effect unless a future Legislature introduces a new bill to implement a clean heat program," Bray wrote in a Feb. 28 email to Bill Heffernan, an owner of Champlain Valley Plumbing & Heating and one of the fuel dealers present at Monday's breakfast.

"The study the bill includes will determine the costs and benefits of a possible clean heat program in much more detail," Bray further stated in the email, provided to the Independent. "And it will be the work of a future Legislature to decide whether or not the program — as is, or modified in some way(s), should be moved forward by a new bill that will, of course, require a vote of the full Legislature." For the second week in a row, the AHA was the dominant issue at the county's twice-per-month legislative breakfast.

Bray underscored the reasons behind the law.

"In the last two winters, Vermonters have spent roughly \$650 million more to heat than just two seasons prior," Bray said, referring to recent, record-high heating fuel prices. "The current system is very expensive for many people, and it's also polluting."

He said plans called for S.5 to be patterned after Efficiency Vermont, a 20-year-old state utility that helps Vermonters make electricity-related upgrades to their homes and businesses.

"The AHA puts us on a roughly 30-year path to gradually transitioning off those fuels and help make the transition as

affordable as possible for Vermonters across the board — especially those with low and moderate incomes," he said.

Bray noted on Monday that the state has already completed 12 studies with another four in the works on options to battle climate change. And that battle is not optional, he said.

"Regardless of how you feel about it, Vermont law specifies a legally binding schedule for us to reduce pollution over time, through 2050," he said.

"We don't have a choice to sit it out."

Fuel dealers speak

But heating fuel dealers on Monday, Feb. 27 voiced concern that they — and their customers — would be asked to bear the financial impacts of the AHA.

Pat Shaw, a CVPH employee who regularly delivers heating fuel, questioned the AHA's encouragement of biofuels — particularly during the winter when they pose challenges for conventional heating systems. He added any tax on heating fuel would be difficult to assess, given large networks of meters at apartment complexes. And he suggested the Legislature should have looked harder at the implications of the Global Solutions Act before passing it in 2020.

"You wrote a law a few years back that you don't want to break today," he said. "And now, because your backs are against the wall, you're making the rest of us here pay for it."

Heffernan said he had several concerns about S.5:

- "No one can tell us what the bill is going to cost the fuel dealers," he said, "but in reality, it will be Vermonters who pay."
- How the bill would be enforced/regulated.
- How the collected funds would be distributed, "and by whom."
- How the state would find the workforce needed for S.5's weatherization objectives. He pointed to recent testimony from the Energy Action Network estimat-

Heat Act → 14

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Submitted

Gov. Phil Scott and Sen. Peter Welch tap a maple tree at the Connor Maple Farm in St. Albans with area children on March 3 to recognize the beginning of the new maple season.

Governor participates in annual tree tapping ceremony recognizes Vermont's maple industry and culture

Gov. Phil Scott tapped a maple tree at the Connor Maple Farm in St. Albans March 3 to recognize the beginning of the new maple season. The governor was joined by Mike and Joanne Connor and their family, Sen. Peter Welch, Vermont Secretary of Agriculture Anson Tebbetts and a large contingent of area children, all excited to see the sap run and get a taste of Vermont's sweet season.

"I always look forward to this time of year when we can help celebrate Vermont's maple industry and families like the Connors," said Scott. "They, and many Vermont maple farmers like them, make sure we're producing the best maple syrup in the world. Their hard work and dedication are why we continue to lead the nation in maple production and quality."

The Connor family has operated their

Last season, Vermont produced a record high 2.55 million gallons, up 46% from 2021. Vermont's 2021 value of production totaled \$56 million in sales, making maple the second largest agricultural crop in Vermont behind milk.

maple syrup business since 2011. They have 9,000 taps in St. Albans Town that produces over 3,300 gallons of Vermont maple syrup each year. The family intends to continue the Vermont tradition of producing pure Vermont maple syrup that has sustained Vermonters for generations.

"Vermonters are known around the world for our maple syrup. It's essential to our state's economy and our culture. And it's a tradition that must be protected," said Welch. "From supporting Vermont sugar

makers in the upcoming Farm Bill, to fighting climate change and protecting our environment, I'll do everything I can to keep Vermont's sugar making history alive."

The Vermont Agency of Agriculture, Food and Markets recognizes the importance of the state's maple industry to our economy and working lands culture.

The agency continues to work to support producers with marketing programs like the Vermont Maple 100, labeling and product quality inspections and funding to

support the Vermont Maple Sugarmaker's Association Sugarhouse Certification Program.

"Vermont is the leading maple syrup producer in the nation because of families like the Connors," Tebbetts said. "Last season, Vermont produced a record high 2.55 million gallons, up 46% from 2021. Vermont's 2021 value of production totaled \$56 million in sales, making maple the second largest agricultural crop in Vermont behind milk and highlighting the importance of this industry to our state."

Vermont sugar makers are ready to capture this "liquid gold" this season and deliver it to the masses as pure Vermont Maple Syrup. The annual Maple Open House Weekend, scheduled for March 25-26 and the Vermont Maple Festival April 28-30 are back after the pandemic.

GUEST EDITORIAL

Clean heat: Looking forward, thinking smart

By Sen. Chris Bray

Editor's note: Christopher Bray of New Haven, represents Addison County in the state senate. He is the chair of the Senate Committee on Natural Resources and Energy, serves on the Senate Committee on Government Operations, Joint Energy Committee, Legislative Committee on Administrative Rules, and Joint Carbon Emissions Reduction Committee.

Vermonters are facing a heating emergency.

All of us who heat primarily with heating oil or gas are seeing record high prices for the second winter in a row. These inflated prices have cost Vermonters an extra \$650 million in just two years. That is more than \$1,000 for every man, woman and child in the state.

Our heavy reliance on price-volatile fossil fuels has left many Vermonters struggling to pay their fuel bills, turning down their thermostats, layering up even at home, and living in uncomfortable conditions.

Our fossil fuel use also comes with a second cost — damage to our environment. Vermont has the highest level of greenhouse gas pollution per person in the Northeast. We are not as “green” as we might hope or think.

And Vermonters, who are rightly proud of our many commitments over the years to protect the beautiful environment we call home, want to do better and reduce pollution. In fact, our own laws require us to do better.

We can take steps to save money and reduce pollution or we can passively accept the status quo.

The Vermont I know and admire, when facing a challenge, always looks forward and finds new and better ways of doing things.

The Affordable Heat Act (AHA), currently under development in the Legislature, lays out a new and better way.

This program, operating over the next 30 years, will help us wean ourselves from expensive, price-volatile fossil fuels, and increasingly use cleaner biofuels and cleanly-generated electricity to warm and even cool our homes and businesses.

The AHA will also, according to the Scott Administration's Climate Action Office, save Vermonters an estimated \$6.4 billion.

What is holding us back? Fear and misinformation.

Fear of change is natural, and we can work through this by patiently learning together how to do things in new ways. And misinformation is best addressed by correcting the record, using balanced and accurate information, not just

Vermont has the highest level of greenhouse gas pollution per person in the Northeast. We are not as “green” as we might hope or think.

The AHA will ... save

Vermonters an

estimated \$6.4 billion.

What is holding us back?

Fear and misinformation.

Not Vermonters.

With no fossil fuel industry in Vermont, 75 cents of every dollar we spend on fossil fuels leaves our state. The high prices we are paying right now for fuels ultimately go to global oil companies — companies that are currently reporting astounding, record earnings (\$200 billion in 2022). Meanwhile, our local fuel dealers get no share of these

the information circulated by parties with vested interests.

Let's pause to ask ourselves, “Who benefits from the status quo and record high fuel prices?”

Clean heat → 12



Spring Training by Dave Whamond, Canada, PoliticalCartoons

LETTERS

Libraries should be better funded, not closed

Dear Editor,

On Feb. 7, Vermont State University President Parwinder Grewal announced a new decision to transition to an all-digital, university-wide “library” and repurpose the existing library spaces on each campus. The Middlebury chapter of the Association of American University Professors (AAUP) strongly opposes the closing of any of the VTSU libraries.

“Libraries are at the heart of educational institutions. It's where learning and collaboration happens outside of the classroom. Physical libraries provide the space and computers with high-speed internet that allow equitable access to resources, both print and digital. Libraries provide the staff that teach face to face how to use these resources most effectively. Libraries provide a space for users to study and work together, especially in rural communities where so many faculty and students commute long distances to these campuses and return to homes with inadequate internet access,” said Brenda

Libraries → 14

Thanks for your help with the rabies clinic

Dear Editor,

Thank you to all the wonderful volunteers that were going to help with Vermont Volunteer Services for Animals Humane Society's “Drive Up & Poke!” Rabies Clinic. We couldn't win a fight with Mother Nature, so we've postponed the clinic to April 1, 12:30-2 p.m., WUHS Parking Lot. \$13 per vaccination. Drive ups are welcome!

Thanks to Philippa Richards, Kedron Valley Vet Clinic, several people at the Woodstock High School, the Woodstock Recreation Dept., the Woodstock Police Dept., the towns of Woodstock and Bridgewater, the Vermont Standard, and the Mountain Times for your help!

If you're in need of help with help with the spay/neuter of your cats or dogs, VVSA HS administers VSNIIP, (the VT Spay Neuter Incentive Program) under DCF/VT Economic Services. Qualified Vermonters can have their animals neutered for \$27, fellow Vermonters pay the balance of the bill with the licensing of dogs.

Sue Skaskiw,
Bridgewater

Vermont veterans have earned tax-free pensions

Dear Editor,

When Vermont faces an acute crisis – floods, pandemics, national security events – our first thought is often: “Call out the Guard.” With a phone call from the governor, the women and men of the Vermont National Guard drop everything to help our beloved state in its time of greatest need. From Tropical Storm Irene to Covid-19, the Guard is critical to Vermont's response, relief, and recovery efforts.

When our national leaders need some of the most well-trained and advanced units in the military – from specialized winter operations to advanced fighter missions – their first thought is often: “Put the Vermonters ahead.” Last summer, President Biden called on the Vermont Air National Guard to defend NATO airspace in the face of Russian hostilities in Ukraine.

Their selflessness is without question. Their courage sets the standard. But after their service to us, military retirees need our support. Vermont is one of only a few

Tax-free pensions → 33

Exercise is good medicine for the mental health of Vermont kids

Dear Editor,

Today, more than ever, our children are struggling with their mental health. May is Mental Health Awareness Month, but the issue needs to be recognized all year long. We simply can't ignore the problem any longer. Between mass shootings, the pandemic, and social media our children are suffering.

Covid-19 alone has increased rates of depression, anxiety, substance abuse, and suicidal ideation. And, according to the Child Mind Institute, “Evidence is mounting that there is a link between social media and depression. In several studies, teenage and young adult users who spend the most time on Instagram, Facebook and other platforms were shown to have a substantially (from 13% to 66%) higher rate of reported depression than those who spent the least time.”

Gov. Scott has been a leader in advocating for mental health services for the state of Vermont including directing funds to

Don't quit → 14

CAPITAL QUOTES

The Vermont Senate advanced the controversial S.5, the Affordable Heat Act, on a 19-10 vote on Friday, March 3. The bill will now head to the House of Representatives. The act would require that fossil fuel heating providers offer cleaner, renewable energy sources and phase out the use of fossil fuels over time.

“While I support the work to reduce emissions, we’ve got to be realistic about what’s achievable, consider the very real workforce challenges we face and make sure we don’t harm already struggling Vermonters in the transition,”

Gov. **Phil Scott** said in a press conference Wednesday, March 1.

“It is past time that Vermont gets a handle on our largest source of carbon pollution — the thermal heating sector,”

said **Brian Shupe**, executive director of the Vermont Natural Resources Council.

“With a status quo that is deeply inequitable, unaffordable, and unsustainable, it’s long past time for Vermont to get serious about helping Vermonters move away from fossil fuels,”

said **Ben Edgerly Walsh**, the climate and energy program director with the Vermont Public Interest Research Group.

“The Vermont we know and love is at risk due to our changing climate, and it’s our collective responsibility to curb the negative effects and to ensure all Vermonters have the means and access to do so,”

said **Lauren Hierl**, executive director of Vermont Conservation Voters.

“I do think that’s something we need to be careful about as the Legislature, is telling our constituents how to think. We don’t know what’s affordable to the average person out there until we ask them,”

said Sen. **Irene Wrenner**, D-Chittenden.

OP-ED

Pull the plug on Telephone Gap

By Jim Furnish and Zack Porter

Editor’s note: Jim Furnish served as the U.S. forest service deputy chief from 1999 to 2002. Zack Porter is co-founder and executive director of Standing Trees, a nonprofit working to protect and restore New England’s public lands.

An old saying goes, “Insanity is doing the same thing over and over again, and expecting different results.” Sadly, the Green Mountain National Forest proposes more of the same with the Telephone Gap Integrated Resource Project at a time when we need bold, new approaches to public land management.

Of the 11,801 acres proposed for logging, 92% are classified as mature and old, including forests up to 160 years of age.

The U.S. Forest Service was born in 1905, at a time in American history when forests were still reeling from rampant clearing, burning, and intensive grazing. The agency’s motto, “The greatest good, for the greatest number, in the long run” was a call for “wise use” of the nation’s public forest estate to guard against and atone for abusive logging practices that had become all-too-common across America. In many cases, this meant reforesting degraded and denuded areas to protect against catastrophic floods and droughts that threatened downstream towns and cities. It also meant re-growing a sustainable supply of timber for economic production.

Fast forward to 2023: Vermont, 80% deforested by the late 1800s, with few patches of woods left uncut since colonization, is now nearly 80% forested. Species that could not survive in Vermont a century ago due to habitat loss and hunting have returned to the land.

But the recovery of New England’s forests is ongoing and unfinished. Pull back the green curtain, and one sees that the health of New England’s forests remains in doubt, even 150 years after large-scale agricultural abandonment. Common logging practices have eliminated the complex forest structure that supports healthy ecosystems, produces clean water, and maximizes carbon storage.

The global climate and extinction crises, as well as Vermont’s water quality crisis, are all signs of how far we still need to go to get our forests back on track. As of last year, it appeared that the U.S. Forest Service, with the Biden Administration’s leadership, was beginning to recognize the threat of status quo management. But now we aren’t so sure.

In April 2022, President Biden signed an historic executive order directing federal agencies, like the U.S. Forest Service, to define, inventory, and develop policies to conserve mature and old-growth forests. A few months later, the US Forest Service issued a Climate Adaptation Plan that highlighted how mature and old-growth forests have a “combination of higher carbon density and biodiversity

that contributes to both carbon storage and climate resilience,” and that “They are often viewed as ideal candidates for increased conservation efforts...”

Then, last December, the Forest Service took its first project-level action to come into compliance with presidential direction, withdrawing a controversial timber sale in Oregon’s Willamette National Forest that intended to log forests up to 150 years in age. In a statement to the press, the Forest Service acknowledged “some parts of [the project] may be incongruent with recent directives and climate-related plans concerning conservation of mature and old-growth forests and carbon stewardship.”

The Green Mountain National Forest protects water supplies and provides essential habitat for imperiled wildlife like the Northern

Long-eared Bat, recently added to the federal endangered species list. New England’s public forests are critical carbon reservoirs, storing on average 30% more carbon than privately-owned forestlands.

All of these unique attributes and the recent positive steps by the U.S. Forest Service leave us scratching our heads about Telephone Gap, which is out for public comment through March 13. Of the 11,801 acres proposed for logging, 92% are classified as mature and old, including forests up to 160 years of age. Put simply: the project threatens exactly the forests that President Biden’s executive order intended to protect.

Private forests, both in Vermont and across the nation, provide approximately 96% of the timber supply. This need not — and should not — be a debate about whether or how we will meet the demand for wood products.

President Biden put forward a bold call to action for federal forests. We think Americans are ready to go to work. Is the U.S. Forest Service?

In 2001, Forest Service leadership answered a similar call to action by promulgating the Roadless Area Conservation Rule, a farsighted measure that benefited 58 million acres of federal land. The clock is ticking for the U.S. Forest Service to implement a similarly durable rule to conserve mature and old-growth forests.

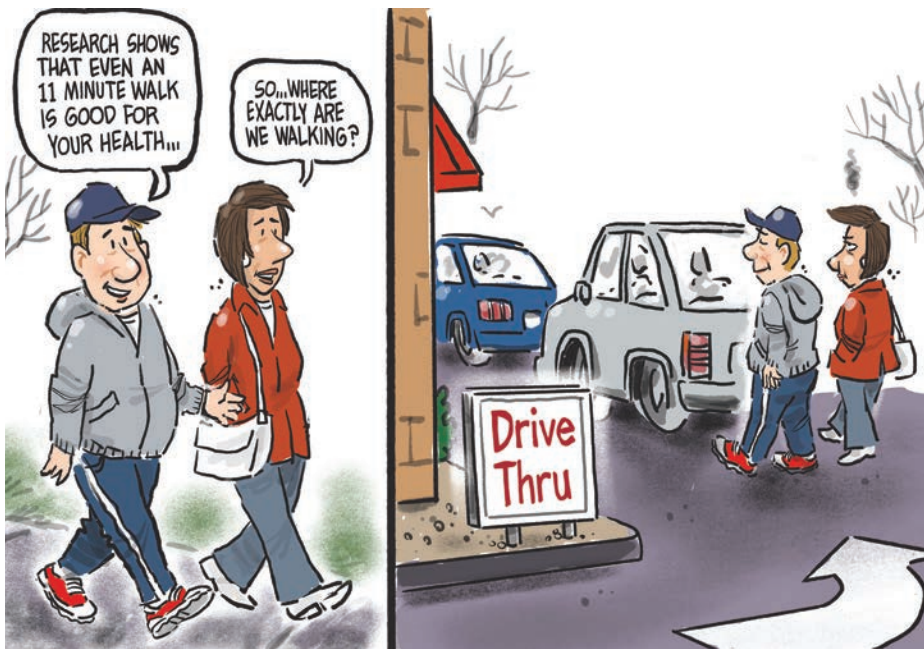
Private forests, both in Vermont and across the nation, provide approximately 96% of the timber supply. This need not be a debate about whether or how we will meet the demand for wood products.

2023 is not 1905. “The greatest good, for the greatest number, in the long run” must evolve to meet the challenges of present and future generations. It’s time for the Forest Service to embrace a new era of federal forest management. It begins by pulling the plug on Telephone Gap.

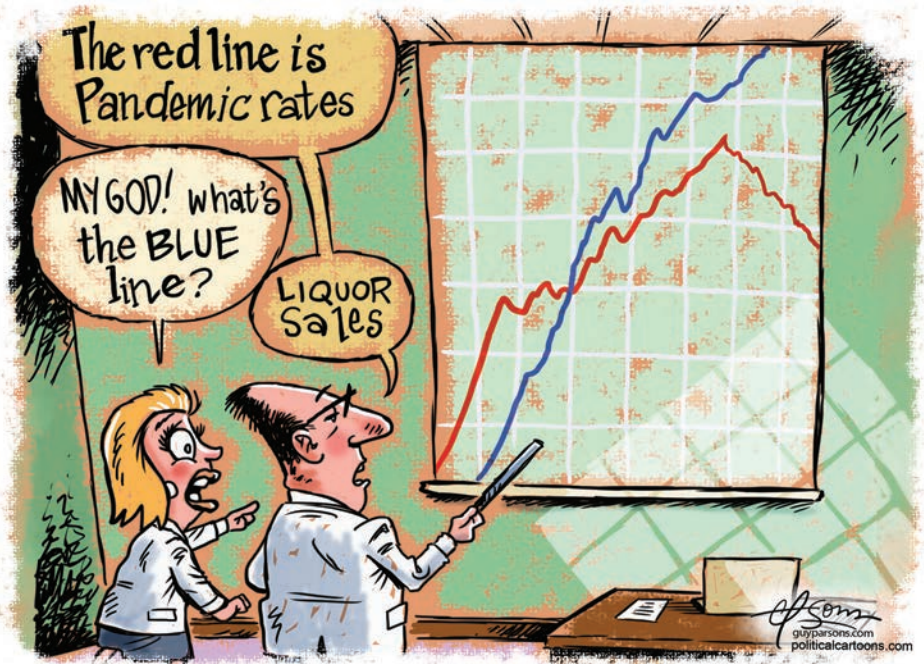
CARTOONS



Antisocial Media by Pat Bagley, The Salt Lake Tribune, UT



Exercise and Health by Jeff Koterba, patreon.com/jeffreykoterba



Pandemic 2023 by Guy Parsons, PoliticalCartoons.com

Emergency housing deal: Bill to extend stay for homeless in hotels from page 7 swayed her as well. “Families and others are being turned away because of lack of space right now,” she said. “And it’s making me think about how to approach this subject now in a different way.”

On basically every other item in contention, the Senate also got its way. The House wanted to give the Vermont Housing and Conservation Board \$50 million for affordable housing development, but ultimately agreed to the Senate’s offer of \$27.5 million, \$2.5 million of which would go to expanding emergency shelter capacity. The Senate had also proposed spending \$9 million on a “missing middle” homeowner-ship program favored by the Scott administration which the House hadn’t included in its version of the bill. House conferees agreed to include it, although they stressed that they would be subtracting it from any requests considered as part of the regular budget process. The conferees’ deal must now go before each chamber for a final up-or-down vote before heading to the governor’s desk. Scott’s press secretary, Jason Maulucci, wrote in an email that while the governor would have liked additional reductions in spending, he was pleased that House and Senate ne-gotiators had settled for a cheaper bill than the one originally passed by the House — and funded the vast majority of the governor’s proposals. “Our team will analyze the final bill over the next several hours,” he said.

Clean heat: Bill proposes to save Vermonters money and reduce emissions from page 10 windfall profits, and working Vermont-ers, retirees and fixed-income families are stuck paying high prices. Of course, Big Oil does not want you to question their profits. And right now, Ver-monters are being barraged with messages to divert attention from the high costs you are experiencing to-day and telling you to worry instead about the unver-ified future price impacts of the Af-fordable Heat Act. TV ads are making unsubstantiated claims, and the claims are making many Vermont-ers understandably anxious. My colleagues and I have listened to you and your concerns, and as a result we have revised the bill to address the concerns you have shared. We have converted S.5 into a study. As revised, S.5 will, over the next two years, re-search the clean heat program in detail and carefully assess its design, implementation and costs, BUT the bill does not take the program “live.” That step will now require a vote of the full legislature in 2025, after the study is complete. We are assuming nothing. We are evalu-ating everything. And we will not proceed until we have solid analysis to ensure that the program will do just what we intend it to do: save Vermonters money while also reducing emissions.

currently feeling the sting of high energy costs. Big Oil is not going to help us. We are going to have to help ourselves. So, here’s our choice: We can stay shackled to costly, polluting fossil fuels (our past), or we can pass the AHA and start working out the details of how to make the transition to clean, locally pro-duced energy (our future). The Vermont I know will look forward and think smart — and I look forward to doing this work with you.

Affordable heat act essentials

1. Customer participation in the Affordable Heat Act’s programs is entirely voluntary. No customer is required to do anything. Not switch fuels. Not install a cold climate heat pump. Nothing.
2. If you choose to participate, the program will help pay for measures to reduce your fossil fuel use, such as weatherizing your home or pur-chasing heat pumps or advanced wood heating.
3. If you burn oil today, the AHA pro-vides a paid option to continue to burn oil , if you like.
4. The bill will allow fuel dealers to continue to sell the same fuels.
5. Fuel dealers who do not import fuel into the state will not be obligated to participate.
6. This is a decades-long program for the gradual transformation of the way we heat our homes and busi-nesses; the program will run, at a minimum, from 2026 through 2050.
7. The governor’s Climate Action Of-fice estimates \$6.4 billion in savings through the program for the period 2026–2050.
8. Today’s boilers can already burn up to 20% biofuel and can be modified to use even higher levels.
9. The reduction of greenhouse gas emissions is not just a “good idea”— it is also the law.

Vermonters are more positive about the economy than U.S. overall

Over 100 Vermont businesses from diverse industries completed the 2023 annual economic survey in January regarding the outlook of Vermont’s small- to medium-sized businesses. Of the business owners who responded, 80% have fewer than 25 employees.

The survey, presented by Davis and Hodgdon CPAs and the Vermont Chamber of Commerce, revealed that there is more optimism in business owners’ attitudes about the Vermont economy than there is optimism for the U.S. economy. Also noteworthy is that most business owners are optimistic about their operations and profitability in 2023 and many have made significant adjustments to their business models to adapt to post-pandemic life.

Owners were once again asked to identify the top three issues facing their business in 2023. In contrast to the issues identified in 2022, (72% listed pandemic-related issues as their top issue), this year, 68% of respondents identified finding qualified employees, 62% said health insurance costs, and 33% said Vermont taxes were their top three issues. Pandemic-related challenges fell to 22% in 2023.

New in 2023, respondents were asked to identify the changes made to their business model to adjust to post-pandemic circumstances. Not surprisingly, nearly half (49%) have adopted more digital solutions for operations and sales, while 44% have redesigned their operations and supply chains to protect against a wider range of potential disruptions. Several (39%) have also embraced a more remote office environment, while 36% have identified new avenues of revenue to adjust to post-pandemic reality.

“It’s encouraging to see that despite ongoing challenges and skepticism of the economy, Vermont businesses look forward to an increase in sales and spending this year,” said Bret Hodgdon, managing partner of Davis & Hodgdon Associates. “These responses suggest a positive outlook for Vermont business owners who have made the necessary adjustments to their businesses in order to succeed in the post-pandemic environment.”

In addition, just over half (51%) expect their business’ sales to increase in 2023, while 45% expect to increase spending, and 41% plan to hire additional staff.

“Businesses make living, working, and thriving in Vermont possible, but workforce shortages remain a top concern,” stated Betsy Bishop, president of the Vermont Chamber of Commerce. “To ensure a viable future for our state, this data further demonstrates that Vermont must prioritize addressing the issues that are exacerbating recruitment and retention challenges, while also centering economic stewardship.”

Each year respondents are asked to identify one key business economic issue that they want to see addressed by the state Legislature in the current year. Vermont business owners feel the legislature has not adequately addressed taxes and once again feel this is the top issue they face. Affordable housing and healthcare, over regulation, and the cost of doing business are also top concerns for business owners.

The non-scientific survey, was customized by Davis & Hodgdon to evaluate small- to medium-sized businesses, was completed by 111 businesses located throughout the state.

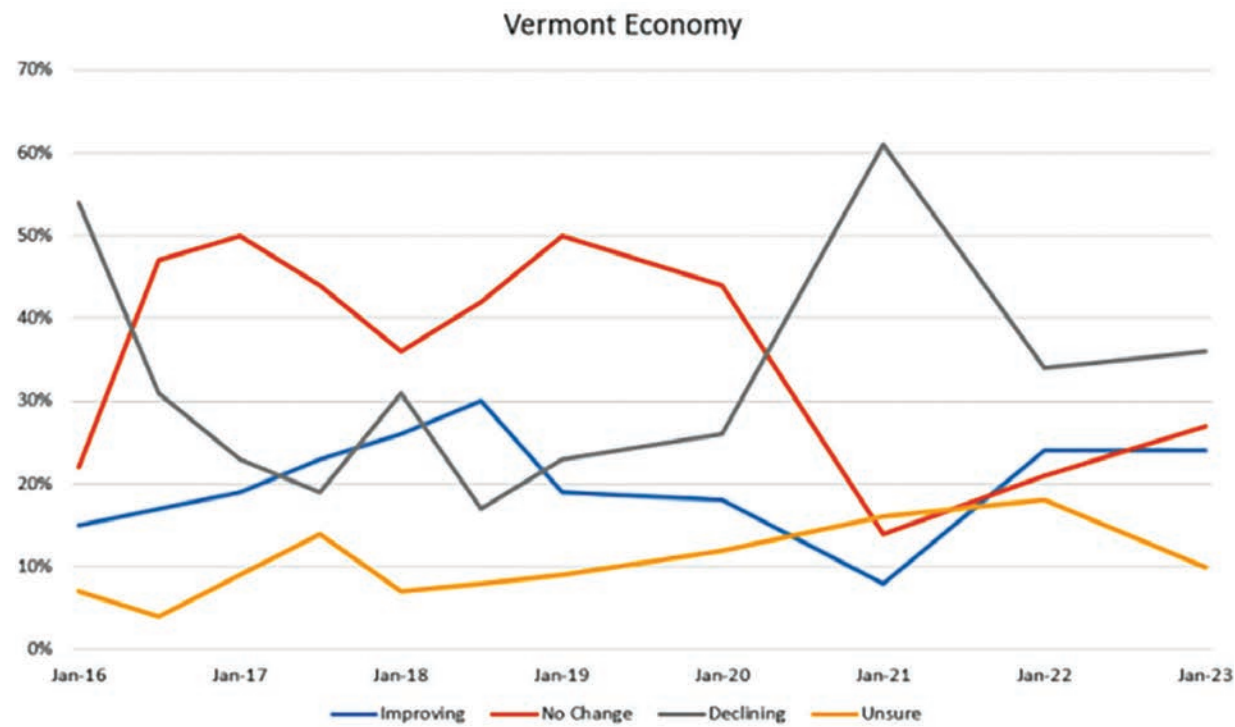
For a complete list of January 2023 survey results, visit: dh-cpa.com/press.html.

1) Please select the top three issues facing your business in 2023.

Answer Choice	0%	100%	Number of Responses	Responses Ratio
Pandemic-related issues			25	22%
Finding qualified employees			75	68%
Federal taxes			22	20%
Vermont taxes			37	33%
Property tax (education funding)			25	22%
Health insurance costs			69	62%
Other			28	25%
Total Responses			110	100%

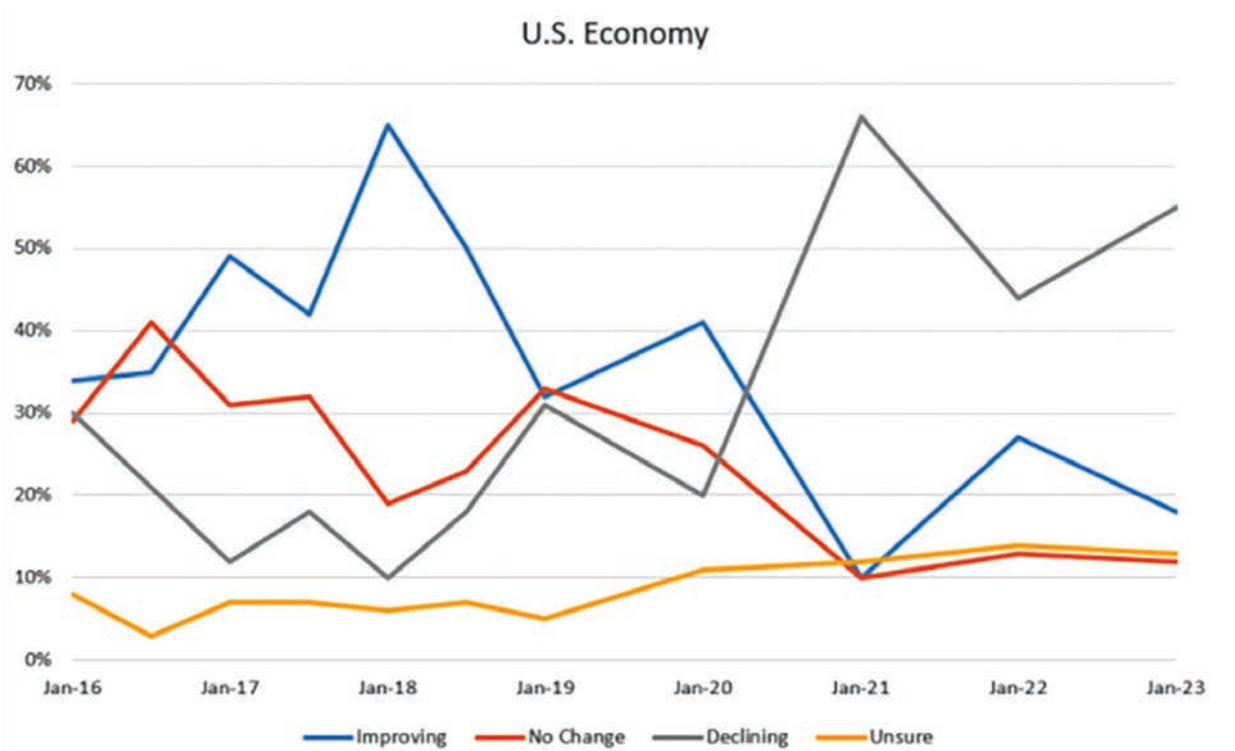
Courtesy Davis & Hodgdon CPAs

Small- and medium-sized businesses in Vermont were asked to rank the top three issues facing their business this year.



Courtesy Davis & Hodgdon CPAs

The Vt Economy graph above illustrates attitudes about the Vermont economy since January 2016. Attitudes have not changed very much since the 2022 results in that 24% of respondents feel that the economy is improving which was the same percentage in 2022. Additionally, 36% of respondents feel that the economy is in decline compared to 34% in January 2022.



Courtesy Davis & Hodgdon CPAs

The graph above illustrates attitudes about the U.S. economy since January 2016. Interestingly, those surveyed have more optimism for the Vermont economy than they have for the U.S. economy in 2023. More than half (55%) feel that the U.S. economy is in decline in contrast to the 36% who feel the same way about the Vermont economy.

Don't quit: Exercise program helps children cope with mental health problems from page 8

a mobile response program that brings mental health services directly to families. He is now taking further steps to help improve the mental and physical health of school age kids in the state by partnering with our organization, the National Foundation for Governors' Fitness Councils. We just launched the 2023 DON'T QUIT! Fitness Campaign in Vermont where three elementary or middle schools will be gifted a \$100,000

sion, stress and psychological distress, and higher levels of positive self-image, life satisfaction and psychological well-being."

The U.S. Dept. of Health and Human Services found that "the number of children ages 3-17 years diagnosed with anxiety grew by 29% and those with depression grew by 27%." In Vermont alone, more than 6,000 children aged 12-17 have depression and between 2018 and 2021,

School administrations are beginning to understand the urgency and importance of providing fitness resources to their students and staff. Our DON'T QUIT! Fitness Centers become an integral part of the fabric of the community and help create lasting positive change.

While the Health Resources and Services Administration (HRSA) invests in critical strategies to grow the mental health workforce and expand access to mental health services, these strategies will take time to implement. However, getting our children out exercising is a tangible benefit that can be done now. Introducing physical activity and fitness to our kids is good medicine. It will help them

maintain a healthy weight, improve mental health and ultimately enrich their quality of life.

The bottom line is that we must act now by prioritizing our children's mental health. If your community lacks mental health resources, exercise is a strong tool that can be implemented immediately. If your child is feeling sad, angry, stressed, or anxious, lead by example and go for a walk together, kick around the soccer ball, or do some jumping jacks or push-ups.

Our children are our most precious resource. When our kids are mentally healthy and strong, the future of our nation will be strong. DON'T QUIT!

Jake Steinfeld, owner of Body by Jake and the chairman of the National Foundation for Governors' Fitness Councils.

Teenage and young adult users who spend the most time on Instagram, Facebook and other platforms were shown to have a 13% to 66% higher rate of reported depression than those who spent the least time."

DON'T QUIT! Fitness Center for showing innovation in fitness, health and wellness. (School nominations will be accepted until Friday, March 26, 2023. Visit natgovfit.org/apply-now, then click on your state to download the application).

While I don't have all the solutions to improving mental health in this great country of ours, I can tell you from personal experience that exercise has a profound impact on the mental health of our children.

I've advocated the benefits of exercise for our kids for more than 40 years. Exercise not only combats childhood obesity, but it also improves academic performance and mental health. The American Psychological Association reviewed 114 studies and found that "young people who exercise more have lower levels of depres-

the state witnessed a 60% increase in kids ages 3 to 8 years with some sort of behavioral health condition.

Building a solid foundation of fitness at a young age will help lay the groundwork for them to become strong, healthy and happier adults. I find that when kids build stronger bodies, they also build confidence and self-esteem. The research supports this too. Low intensity exercise improves brain function and makes kids feel better while high-intensity workouts 3-4 times a week can reduce clinical depression.

I've been working hand in hand with governors across the country, putting DON'T QUIT! Fitness Centers in elementary and middle schools. The enthusiasm for working out and getting fit is through the roof and I expect the results to be the same for Vermont.



Courtesy National Foundation for Governors' Fitness Councils FB

Jake Steinfeld poses with a student working out at a new school DON'T QUIT Fitness Center.

Libraries: Vermont State University decision to go digital was rushed from page 10

Ellis, Sr. research & instruction librarian at Middlebury College.

"While digitization is a wonderful innovation, it is neither as universal nor as broadly accessible as is often assumed. In every library, there are significant materials (and archived objects) that are not digitized and, in some cases, they never can be; nor can 'everyone' make easy use of digitized materials, as so often is assumed.

"Moreover, there is a special kind of intellectual discovery that digitization actively prevents and that is the kind of discovery that comes when you are looking for one book and then find a true gem simply because your eyes fell upon it, three shelves up or right behind you. Some of those gems, in my experience, have significantly transformed my

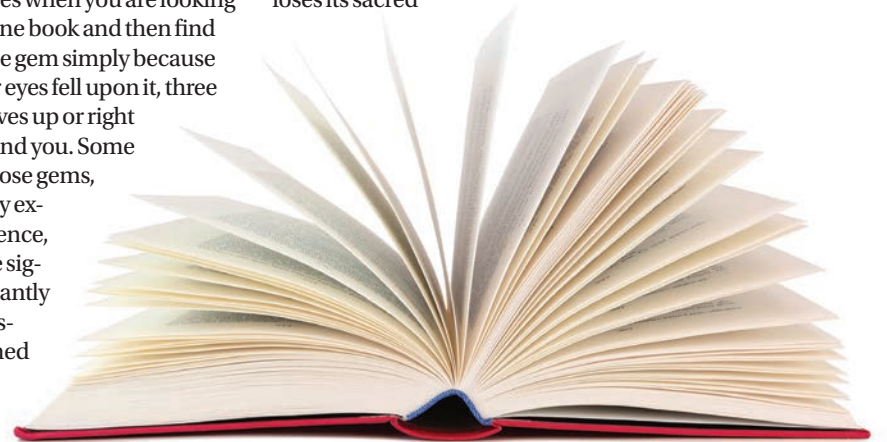
thinking and outlook in unforgettable ways.

"The special alchemy of a library requires (at least) four things: 1) the books, journals and archives that make up its holdings; 2) the unique local community in which that library is embedded; 3) the curious seekers who walk through the door and 4) the wise librarians who guide us in the tasks of discovery, discernment and judicious interpretation that good scholarship and ethical citizenship requires. A university and town that loses its library is a university and town that loses its sacred

center, a center that is vital for the continued unfolding of justice and democracy," said Rebecca Kneale Gould, associate professor of environmental studies at Middlebury College.

Rather than close libraries, it is time for Vermont to adequately fund public education at all levels and in all parts of the state if we want to grow the workforce that Vermont's future will depend on.

Brenda Ellis, on behalf of the executive committee of the Middlebury chapter of the Association of American University Professors



Heat Act: Bill passes state Senate 19-10, next goes to House from page 8

ing Vermont would need 5,200 workers to be able to weatherize the 90,000 homes targeted for such upgrades by 2030.

"My biggest concern is that this bill directly or indirectly affects all Vermonters," he said. "Hospitals, schools, colleges, churches, municipal buildings, greenhouses heated for food — these buildings can't easily be converted to electricity or wood. These heating gallons are considered in figures the state senators are using and probably account for half, if not more of the gallons in the thermal sector. We don't believe the power grid would be able to handle these buildings if they were converted, the rates charged by the power companies would be substantial."

Others saluted the effort, however. Among them was former state Rep. Dave Sharpe, who said "millions and millions of Vermonters' dollars are going to enhanced oil company profits... that are costing us more and more. I applaud the efforts of the Legislature in moving us toward spending less money on fossil fuels derived from out of state that are enhancing the pockets of large oil companies."

Sen. Ruth Hardy, D-Addison County, said she's a strong supporter of the AHA. The Legislature, she said, has spent three years trying to pass (and have Gov. Phil Scott sign) legislation targeting climate change and weatherization.

"(S.5) has wide support among legislators," she told the crowd at Monday's break-

fast. "Everyone who has had concerns has had an opportunity to come to the table and work on this bill."

She added several business sectors have already changed their operations in light of climate change and believes the heating fuel industry should follow suit. She specifically cited farmers, sugarmakers and the ski industry as industries that have worked to adapt.

"They've had to adjust what they do, what they pay for and how they work in order to adjust to the fact our winters are shorter and warmer, to adjust to storms and weather events that are unpredictable, and flooding," she said. "These businesses have had to change. And all this bill does is ask that the fuel dealers become... part of the solution."

Others at Monday's breakfast urged lawmakers to consider additional routes to green energy.

Bristol's Richard Butz advocated for "network geothermal" technology that he said could loop clusters of buildings into a communal geothermal heating. Such a system might work well in downtown Bristol, he said.

Rep. Mari Cordes, D-Lincoln, agreed, while noting she's a sponsor of a related bill — H.242 — that proposes to give the

Vermont Public Utility Commission jurisdiction over the construction and operation of utility model thermal energy networks.

"The beauty of this is, is that it's much less expensive than traditional heating systems," Butz said.

WORDPLAY

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

SUDOKU

Solutions → 29

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

BEGINNING
CHAIN
CLUSTER
CROCHET
DECREASE

DOUBLE
HOOK
INCREASE
LOOP
OUNCES

PLACE
REPEAT
REVERSE
RIGHT
ROUNDS

ROW
SIDE
SINGLE
SKIP
SPACES

TREBLE
WRONG
YARN OVER

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.

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

Level: Intermediate

CROSSWORD PUZZLE

Solutions → 29

CLUES ACROSS

1. Half-conscious states

8. Unnatural

13. Deep regret

14. Rogue

15. Taken without permission

19. An alternative

20. After B

21. Partner to flowed

22. Weekday

23. Body part

24. World’s longest river

25. One of the Greats

26. Make clean

30. C. Canada indigenous peoples

31. Japanese seaport

32. Most unclothed

33. Small grouper fish

34. Soluble ribo-nucleic acid

35. Distinguishing sound

38. French realist painter

39. Popular beer brand

44. God depicted as a bull

45. Relieve

46. Residue after burning

47. Habitation

48. Poe’s middle name

49. Japanese title

50. TV series installation (abbr.)

51. Beloved country singer

55. Single unit

57. Genuine

58. Develop

59. Traveled through the snow

CLUES DOWN

1. Clues

2. Do again

3. Current unit

4. Neither

5. Corporate exec (abbr.)

6. Second sight

7. The absence of mental stress

8. Supplemented with difficulty

9. Stop for good

10. College dorm worker

11. Bones

12. Most supernatural

16. Spanish island

17. Unlimited

18. Where golfers begin

22. No charge

25. Print errors

27. Professional drivers

28. Kiss box set

29. Short, fine fibers

30. Administers punishment

32. Czech city

34. Normal or sound powers of mind

35. The academic world

36. Crustacean

37. Currency

38. Pastoral people of Tanzania or Kenya

40. Cloth spread over a coffin

41. Grouped together

42. On land

43. Glistened

45. A type of extension

48. One who assists

51. College sports conference

52. Zero

53. Midway between north-east and east

54. Type of screen

56. The 13th letter of the Greek alphabet

Guess Who?

I am a singer born in California on March 10, 1977. I started my career as a songwriter and producer. In 2013, I released a hit song of my own. I am now a panelist on a hidden identity talent show.

Answer: Robin Thicke

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- Generators
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- Fuel Stops
- Fuel storage tanks
- Propane & Fuel Delivery
- Tank monitoring
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WEDNESDAY MARCH 8

Pie for breakfast

8-11 a.m. Middletown Springs Elementary School, 15 School House Road in Middletown Springs. \$10 for adults; \$5 for children 5-12; under 5 are Free. For more information contact the library at 802-235-2435.

Woman's Nordic Ski Skate Clinics

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

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.

Castleton Woman's Club March Meeting

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

Union Arena's upcoming public skating

4:30-6 p.m. Union Arena, 80 Amsden Way, Woodstock. \$6 Ages 13-up \$5/Ages 4-12 FREE/Ages 3-under. Rental Skates available! \$6/pair. Your chance to enjoy ice skating at Union Arena Skating Rink. For more info visit: unionarena.org/public-skate-sessions.

Youth open hockey

6-7 p.m. oohnson Recreation Ice Rink, 2706 River Road, Killington. For more info visit: killingtonrec.com for updates on rink conditions.

"Through Artists' Eyes" opening artist reception

7-9 pm. Okemo Mountain School, 53 Main Street in Ludlow. Free. An opening reception showcasing our OMS Artists creativity will be held from 7-9 pm. Light refreshment will be served. Our art students have been hard at work exploring new ideas using a variety of mediums and techniques such as ceramics, acrylics, reduction printing, illustration, sketching and photography. All art will be on display at Okemo Mountain School March 8-15. For more info call 802-228-1112; Email: kfoster@okemomountainschool.org or visit: yourplaceinvermont.com/event/through-artists-eyes.

Name that Fish Stew cooking class

7-10 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 odyseyeventsvt.com

THURSDAY MARCH 9

Johnson Recreation open skate

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

Bone Builders Mendon

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

Circle of Parents

10 a.m. Virtual. Free. 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. 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.

Ukelele group

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

Tomasio: 'Abstractions of a Metaphorical World'

12-6 p.m. Castleton University Bank Gallery, 104 Merchants Row in Rutland. Free. Thomas Hacker or Tomásio's robust energetic acrylic paintings explode off the canvas is every imaginable hue. These multilayered works ask the viewer to find the organization and abstract forms shifting in the pigment. For more info visit: castleton.edu.

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. For more info. visit namivt.org/support/peer-support-groups.

Circle of Parents in Recovery

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

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.

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.

Kids Hanbuilding with Clay

4-5:30 p.m. Chaffee Art Center, 16 South Main St. in Rutland. \$50 for the two classes. Students will learn to create with clay. After the project is kiln fired, they will learn how to finish the piece. Both classes needed to have a finished piece. https://www.chaffeeartcenter.org/

Stone Valley Arts: 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.

VINS: A Forest of Lights

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

Adult open hockey

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

Stone Valley Arts: community music jam

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



PICO VERTICAL CHALLENGE SATURDAY @ 7:30 P.M.

Adult Handbuilding with Clay

6-8 p.m. Chaffee Art Center, 16 South Main St. in Rutland. \$60.00 for 2 classes. Students will learn to create with clay on March 2. After the project is kiln fired, they will learn how to finish the piece on March 9. Both classes needed to have a finished piece. Must pre-register. fchaffeeartcenter.org

Open gym: basketball

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

FRIDAY MARCH 10

Stone Valley Arts: Rosemary Moser WoodSpry's "Early Learning Adventures"

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

March Friends of the Rutland Free Library book sale

10 a.m.-4 p.m. Rutland Free Library, 10 Court St. in Rutland. Free. Thousands of organized, gently used books, CDs, DVDs and puzzles for all ages. For more info visit: rutlandfree.org

Tomasio: Abstractions of a Metaphorical World.

12-6 p.m. Castleton University Bank Gallery, 104 Merchants Row in Rutland. N/A. Thomas Hacker or Tomásio's robust energetic acrylic paintings explode off the canvas is every imaginable hue. These multilayered works ask the viewer to look into themselves to find the organization and abstract forms shifting in the pigment. For more info visit: castleton.edu.

Learn to crochet

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



Calendar: Email events@mountaintimes.info from page 16

Pysanky Ukrainian Egg Decorating drop-in sessions

1-4 p.m. Norman Williams Public Library, Mezzanine, 10 The Green in Woodstock. Create beautiful, decorated eggs and celebrate this Ukrainian tradition! If you know the basic techniques, join us around the table to write eggs together. Danelle Sims will set up a workstation and be available for assistance. These sessions, scheduled for Fridays from 1:00 – 4:00, begin on February 24 and will run for six weeks, through Lent. Come by once or for several sessions. For more info visit: normanwilliams.org.

VINS: A Forest of Lights

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

Friday Night Lights

6-8:30 p.m. Enjoy the fire pit, hot chocolate and popcorn! Johnson Recreation Ice Rink, 2706 River Road, Killington. For more info visit: killingtonrec.com for updates on rink conditions.

That's Amore! Pizza & Calzone Cooking Class

7-10 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

Grace Potter at the Paramount

8 p.m. The Paramount Theatre, 30 Center St. in Rutland. Tickets: \$65, \$75, \$85 + taxes/fees. Grace Potter is a Grammy-nominated multi-instrumentalist, songwriter, and internationally acclaimed rock musician from Waitsfield, Vermont. She formed Grace Potter & the Nocturnals in 2002 while attending St. Lawrence University in upstate New York. Potter continues to impress with her musical achievements and captivating live shows. Note: Complimentary vouchers nor discount programs apply to this event. For more info visit: <https://www.paramountvt.org/events-calendar>.

SATURDAY MARCH 11

Pico Vertical Challenge

7:30 a.m. registration. Pico Ski Resort. Free w/purchase of a lift ticket. Join us for the return of the Vertical Challenge on Saturday, March 11th! The Vertical Challenge is a series of FREE casual ski and snowboard races held at ski resorts throughout the Northeast during each winter season. The VC includes a festival element, featuring snowy activities for all ages and prizes given away throughout a fun day at the mountain. For more info visit: killington.com/things-to-do/events/events-calendar/vertical-challenge-pico.

Johnson Recreation open skate

9 a.m.-8:30 p.m. Johnson Recreation Ice Rink, 2706 River Road, Killington. Killington parks and Recreation does not supply skates, hockey equipment, helmets, or hockey sticks. Please use your own personal gear. For more info visit: killingtonrec.com for updates on rink conditions.

2023 XO Marriage/Relationship Conference

9 a.m.-4 p.m. Revive Church, 799 So. Main St. in Fair Haven. \$50.00 This conference is for anyone who wants to develop any type of relationship, married or not. We have Jimmy Evans, Dave and Ashley Willis and Bianca Olthoff sharing their outlook on relationships. Make the most of all your relationships now and in the future and come grow with us. This is brought to you by Marriage Today. Simulcast hosted by Revive Church. Lunch and refreshments are included with your ticket price. For more info visit: wearerevive.church.

Build your own ukelele at The Mint

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

Winter Farmers Market

10 a.m.-2 p.m. Franklin Conference Center, 1 Scale Avenue, 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 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, the Winter Market is a great place to shop, eat and visit. For more info visit: vtfarmersmarket.org.

March Friends of the Rutland Free Library Book Sale

10 a.m.-2 p.m. Rutland Free Library, 10 Court St. in Rutland. Free. Thousands of organized, gently used books, CDs, DVDs and puzzles for all ages. For more info visit: rutlandfree.org

VINS - Vermont Day

10 a.m. VINS Nature Center, 149 Nature's Way in Quechee. Special \$10 Admission for VT residents. Join us for VT Days at the VINS Nature Center. Take in a live animal program, visit our special exhibits and enjoy the exhibits. All outdoor exhibits are open: Raptors, Adventure Playscape, Nature Trails, Songbird Aviary, and the amazing Forest Canopy Walk. Our indoor exhibits are open: Birds Are Dinosaurs and the Forest Exhibit. *Must present identification for admission to the VINS Nature Center. For more information, contact us at 802-359-5000 or info@vinsweb.org.

VT's Original Pregnancy & Baby Expo

10 a.m.-3 p.m. Rutland Elks Lodge, 44 Pleasant St. in Rutland. Adults \$6, children FREE. Attendees come to connect and gather information on local products, services and support all pertaining to conception, pregnancy, birthing education and options, babies, the first year postpartum and the overall health and wellness of young families. There will be give-a-ways and vendor raffles. Sustainable Eats food truck will be on site. For more info visit: Facebook – VT's Original Pregnancy & Baby Expo or vtnaturallyyouchildbirth.com

Gesine Bullock-Prado – "My Vermont Table:

Recipes for All (Six) Seasons"

11 a.m.-12 p.m. Norman Williams Public Library, Mezzanine, 10 The Green in Woodstock. Gesine Bullock-Prado has a new cookbook, "My Vermont Table: Recipes for All (Six) Seasons" releasing this March! She will be coming to Woodstock to talk about it with Mary King, a writer, former restaurant manager, and fellow food enthusiast at an event co-hosted by NWPL and the Yankee Bookshop. For more info visit: normanwilliams.org.

Rutland Railroad Museum & model club

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

Create your own leprechaun workshop

11 a.m.-2 p.m. Chaffee Art Center, 16 South Main St. in Rutland. Free. Learn how to make a leprechaun. Thanks to our partners, Karen Wurster and the Life Intervention Team for their help with this event! For more info visit: chaffeeartcenter.org

A Day for Jake

11:30 a.m. Killington Ski Resort. Free. Celebrate the legacy of Jake Burton Carpenter. Ride, hike, surf, skate, wax your board, whatever moves you—just get creative and have as much fun as possible! We'll have free stickers, die-cuts, and more for you in thanks for coming out (while supplies last). Show your appreciation for Jake by using the hashtag #RideOnJake. 11:30 a.m.: Rally to the Stash via Superstar or Skye Peak Express lifts. 12:00 p.m.: Toast to Jake in front of the Stash House. 12:15 p.m.: Group Ride down Stash over to Great Eastern into Bearly. For more info visit: killington.com

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

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

Tomasio: Abstractions of a Metaphorical World.

12-6 p.m. Castleton University Bank Gallery, 104 Merchants Row in Rutland. N/A. Thomas Hacker or Tomásio's robust energetic acrylic paintings explode off the canvas as every imaginable hue. These multilayered works ask the viewer to look into themselves to find the organization and abstract forms shifting in the pigment. For more info visit: castleton.edu.

Learn to Crochet

1-2:30 p.m. Green Mountain Yarn & Fiber, 217 Woodstock Ave Suite E in Rutland. Cost is \$20. Join Ruth to learn how to crochet! This class is for complete newbies to crocheting. Participants will begin a simple crochet project in the class to learn basic stitches, terminology, and pattern reading. You will need a size H crochet hook and worsted weight yarn for the class. Use the dropdown box to select the date of the class you wish to attend. For more info visit: greenmountainfibers.com.

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. Class is limited to three students, so there will be plenty of individualized attention. Cost includes all materials. Preregistration is required. More info: greenmountainfibers.com.

Shiver Me Shamrocks 5k Run/Walk

1 p.m. Heritage Family Credit Union, 50 West St. in Rutland. Cost is \$40. Ages 1-12 Free. The first 200 registrations will receive a free winter pom-pom hat! Every registered 5k runner/walker will receive a drink ticket, good for one drink or soda, to use during the after party at Hop n' Moose! Kids will begin the day with the free Leprechaun Leap Fun Run down Center Street at 1pm. Prizes for best costume! Race prizes for overall first place men & women and first place in each age group for both men & women. Men's, women's and kid's best costume will also be awarded so be sure to wear your green. No dogs allowed. Strollers are highly discouraged due to the poor road and sidewalk conditions this time of year. For more info visit: facebook.com/shivermeshamrocks.

VINS: A Forest of Lights

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

Masquerade Jazz and Funk Winter Music Carnival

5:30-10 p.m. Barnard Town Hall, 115 North Rd. in Barnard. Tickets: \$25 for adults, \$15 for students, and 6 and under free. Join us for a celebration of music and fun - mask making, a photo booth, an expansive taco bar, and over four hours of music: New Orleans Jazz/Funk, Dance-y Jazz Swing, Modern Jazz & New World Soul. Price of ticket includes a taco bar and non-alcoholic drinks. Mask-decorating table and photo booth. BYOB. Costumes welcome - Masks encouraged. For more info or to purchase tickets: barnarts.ludus.com

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

SUNDAY MARCH 12

Johnson Recreation open skate

9 a.m.-8:30 p.m. Johnson Recreation Ice Rink, 2706 River Road, Killington. Killington parks and Recreation does not supply skates, hockey equipment, helmets, or hockey sticks. Please use your own personal gear. For more info visit: killingtonrec.com for updates on rink conditions.

Union Arena's upcoming public skating

10:10 a.m.-11:20 a.m. Union Arena, 80 Amsden Way, Woodstock. \$6 Ages 13-up; \$5/Ages 4-12; Free/Ages 3-under. Rental skates \$6. Your chance to enjoy ice skating at Union Arena Skating Rink., For more info visit: <https://unionarena.org/public-skate-sessions>.

Ski Vermont specialty food day

11 a.m.-4 p.m. Snowshed Ballroom on the 2nd floor of Snowshed Lodge. Free. The Ski Vermont Specialty Food Day Tour visits member ski areas with local Vermont food and beverage vendors. This pop-up farmer's market style event showcases all the unique things that Vermont has to offer, right at the base of the mountains we love. Sample various sweets and treats and go home with some too! For more info visit: killington.com.

'Bead soup' wire cuff bracelet

11 a.m. - 2 p.m. Gallery at the VAULT, 68 Main St., Springfield. Cost is \$35. Make a free-form wire cuff beaded bracelet with Thomasin Alyxander. Working with brass or copper wire and a variety of glass beads, everyone will make a bracelet as individual as they are. Materials fee \$18. Register by Wednesday, March 8. For more info visit: galleryvault.org.

Calendar: Email events@mountaintimes.info from page 17

The Soufflé Also Rises and Apple-Tart Cooking Class

Class

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

Open gym: intermediate/advanced pickleball

2-4 p.m. Killington Elementary School Gymnasium, 686 School House Road, Killington. \$5 at the door or \$20 for a 10-visit punch card.

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

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

Killington Bone Builders

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

Drive-up pick-up meals

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

Bingo

1:15 p.m. Godnick Center, 1 Deer St. 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.

NAMI Connection peer support group

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

TUESDAY

MARCH 14

Bone Builders Mendon

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

Chess Club

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

Stone Valley Arts: Children's dance and creative movement

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

Circle of Parents in Recovery

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

Grief support

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

Learn to create top-notch veggie dishes, cooking class

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

Swing dance class

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

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

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

Open gym: beginner pickleball

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

SHIVER ME SHAMROCKS

5K RUN/WALK

SATURDAY @ 1 P.M.

MONDAY

MARCH 13

Johnson Recreation Open Skate

9 a.m.-8:30 p.m. Johnson Recreation Ice Rink, 2706 River Road, Killington. Killington parks and Recreation does not supply skates, hockey equipment, helmets, or hockey sticks. Please use your own personal gear. For more info visit: killingtonrec.com for updates on rink conditions.

Babies 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.

A Community of Parents

10 a.m. Wonderfeet Kids' Museum, 11 Center St. Rutland. Free. The community meets from 10-11:30 a.m. at Wonderfeet Kids' Museum. Snacks provided, siblings welcome. Find connection, education, and a community to share with. They're here to support you during the transition of adding a new baby or child to your family - or whenever you need a community of parents to listen! All parents including expecting parents and caregivers welcome. For more info visit bit.ly/frontlineworkerssupport.

'The Chosen' video/discussion series at Christ the King Church in Rutland

5:30-7 p.m. Christ the King Church, Engram Ave. in Rutland. Free. The series will start with a weekly showing of "The Chosen." This is a historical drama series about the life and ministry of Jesus of Nazareth as seen through the eyes of those who knew him. After the viewing there will be time for discussion regarding the film. We will be meeting in Engle Hall, which is the lower level of the church. Light refreshments will be served. Contact Charlotte Gillam at: cgillam66@gmail.com for more info.

Knit Night

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

Open gym: indoor soccer

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

[MUSIC Scene]

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

WED
3/8

KILLINGTON

2 p.m. K1 Base Lodge – Silas McPrior

4 p.m. Still on the Mountain – Ski Bum Party with DJ Dave

6 p.m. Rivershed – Aldous Collins

6 p.m. The Foundry – James Joel

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

LUDLOW

7 p.m. Off The Rails – Micah Iverson

QUECHEE

6 p.m. The Public House – Kim Wilcox

POULTNEY

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

RANDOLPH

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

RUTLAND

5:30 p.m. Strangefellows – Ryan Fuller

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

THURS
3/9

BRANDON

6 p.m. Ripton Mountain Distillery – Open Jam

CASTLETON

6 p.m. Third Place Pizza – Josh Jakab

KILLINGTON

2 p.m. K1 Base Lodge – Chris Pallutto
2 p.m. Pico's Last Run Lounge – Daniel Brown & Silas McPrior

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

5 p.m. Moguls Sports Pub – Duane Carleton

5 p.m. The Foundry – Ryan Fuller

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

6 p.m. Rivershed – Aldous Collins

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

8 p.m. Pickle Barrel – Back in Black

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

LUDLOW

8 p.m. Off The Rails – Mando Bob

POULTNEY

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

QUECHEE

6:30 p.m. The Public House – Trivia with Questionable Company

RUTLAND

6 p.m. Strangefellows Pub – Trivia Night

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

SOUTH ROYALTON

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

FRI
3/10

BOMOSEEN

5:30 p.m. Bomoseen Lodge & Taproom – Aaron Audet

CASTLETON

5:30 p.m. Castleton Pizza Place & Deli – Name that Tune Bingo with DJ Dave

KILLINGTON

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

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

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

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

4 p.m. The Foundry – Just Jamie

6 p.m. Rivershed – Rob Pagnano

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

6 p.m. The Summit Lodge – Duane Carleton

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

8 p.m. Pickle Barrel – The Zoo

8 p.m. Wobbly Barn – Audio Riot

9 p.m. Jax Food & Games – Just Jamie

9 p.m. Moguls Sports Pub – Acoustik Ruckus

LUDLOW

6 p.m. The Killarney – Sammy B

8:30 p.m. Off The Rails – Jenny Porter & Krishna Guthrie

POULTNEY

6 p.m. The Poultney Pub – George Nostrand

QUECHEE

5:30 p.m. The Public House – Kind Bud

RANDOLPH

7:30 p.m. Underground Listening Room – Bow Thayer & Jack Snyder w/ Budd E

SAT
3/11

BARNARD

5:30 p.m. Town Hall – BarnArts 11th Annual Masquerade Jazz and Funk Winter Music Carnival

BRIDGEWATER

8 p.m. Woolen Mill Comedy Club – Mike Celona (Comedy Central)

KILLINGTON

1 p.m. Bear Mountain Base Lodge – Live Music

2 p.m. K1 Base Lodge – Aaron Audet Band

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

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

2 p.m. Still on the Mountain – Ruby Street

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

4 p.m. The Foundry – Micah Iverson

5 p.m. Mary Lou's – All Request Apres Ski with DJ Dave

6 p.m. O'Dwyers Pub – County Down

6 p.m. Rivershed – Rob Pagnano

6 p.m. Still on the Mountain – Ruby Street

6 p.m. Wobbly Barn – Krishna Guthrie Band

7 p.m. The Foundry – Jenny Porter

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

8 p.m. Moguls Sports Pub – Duane Carleton

9 p.m. Jax Food & Games – Aaron Audet

9 p.m. Pickle Barrel – The Zoo

9:30 p.m. Wobbly Barn – Audio Riot

LUDLOW

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

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

6 p.m. Calcuttas – Silas McPrior

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

POULTNEY

6 p.m. The Poultney Pub – Rebecca Padula

PROCTORSVILLE

5:30 p.m. Outer Limits Brewing – Sammy B

QUECHEE

5:30 p.m. The Public House – Brian Frates & Friends

SUN
3/12

KILLINGTON

12 p.m. Rivershed – Brunch with Rob Pagnano

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

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

5 p.m. The Foundry – Summit Pond Jazz

6 p.m. Liquid Art – Tee Boneicus Jones

6 p.m. Rivershed – Trivia

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

8 p.m. Pickle Barrel Nightclub – Daniel Donato's Cosmic Country

LUDLOW

7 p.m. Off The Rails – Micah Iverson

MON
3/13

KILLINGTON

2 p.m. K1 Base Lodge – Duane Carleton

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

5 p.m. Mary Lou's – BAK'n

6 p.m. Rivershed – Liz Reedy

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

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

LUDLOW

7 p.m. Off The Rails – Sammy B

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

WOODSTOCK

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

TUES
3/14

KILLINGTON

2 p.m. K1 Base Lodge – Silas McPrior

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

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

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

LUDLOW

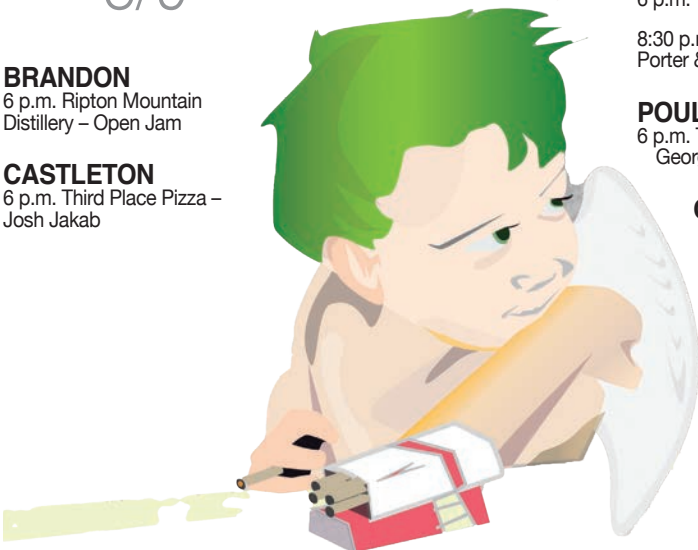
8 p.m. Off The Rails – SINGO

POULTNEY

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

QUECHEE

5 p.m. The Public House – Jim Yeager



Secret Image: Can you guess the image adaptation?
Answer on page 29.



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Submitted

Killington will celebrate the legacy of Jake Burton Carpenter on March 11.

Celebrate a Day for Jake at Killington

Saturday, March 11 at 11:30 a.m.—KILLINGTON— Head to Killington for a global day to celebrate the legacy of Jake Burton Carpenter. Ride, hike, surf, skate, wax your board, whatever moves you—just get creative and have as much fun as possible!

Killington Resort will provide free stickers, die-cuts, and more in thanks for coming out

(while supplies last).

Schedule:

- 11:30 a.m.: Rally to the Stash via Superstar or Skye Peak Express lifts
- 12 p.m.: Toast to Jake in front of the Stash House
- 12:15 p.m.: Group ride down Stash to Great Eastern into Bearly Trails.

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Vertical Challenge returns to Pico

Saturday, March 11—PICO MOUNTAIN—Join the return of the Vertical Challenge on Saturday. The Vertical Challenge (VC) is a series of free casual ski and snowboard races held at ski resorts throughout the Northeast during each winter season. Skiers and snowboarders are divided by gender and age to compete for gold, silver, and bronze medals in each category. The VC includes a festival element, featuring snowy activities for all ages and prizes given away throughout a fun day at the mountain. It's also a lot more. In fact, Killington/Pico Ski Resort was the very first mountain to host the event back in 1991!

All entrants need to do is purchase a lift ticket from the host mountain and complete a registration form, which can be done in advance at ski-vc.com.

All events will take place slopeside or inside of the Pico Base Lodge.

Schedule:

- 7:30 a.m. — Registration, music and announcements begin
- 9 a.m. — Sampling begins
- 10 a.m. — Race course opens
- 1:30-2:30 p.m. — Vertical Victory party and awards

For more information visit: ski-vc.com.

Submitted

A family prepares for the Pico Vertical Challenge. The event is returning March 11.

Submitted

A young skier races down the slopes at Pico for the Vertical Challenge.



Snowshoers take a break and warm up on the trails behind Base Camp Outfitters in Killington.

Courtesy Base Camp

Base Camp offers snowshoe tours

By Victoria Gaither

With freshly fallen snow on the ground, it's time to get out the snowshoes. "Snowshoeing is good outdoor exercise," said Heather Smith. Smith, who is visiting Killington with her family, isn't

into skiing, but snowshoeing is a different story. "Killington area, you can hit different trails and difficulty ranges," said the mother of two from New Jersey. Base Camp on Route 4 in Killington offers snowshoe-

ing tours this year. Store owner Ben Colona purchased Bear Trax Adventures, a snowshoe guide service, at the end of last season. Colona said he gets groups and couples that want to experience walking his two-mile loop behind

the Base Camp store. The 90-minute tour utilizes mountain biking and hiking trails and includes mountain views and a waterfall. "Snowshoeing in the winters in New England is always changing," Colona said. "You could be doing the same trail as your daily routine, and every day it could be a little different depending on the snowpack."

The difficulty level depends on the terrain, the amount of snow, and your ability level. Arwen Turner, executive director of Come Alive Outside, uses snowshoeing as a part of their winter passport activities for kids.

Snowshoeing is one of our passport activities for kids and their families," she said. Turner, whose primary focus is getting families and people outdoors, says snowshoeing is fun, and everyone can do it. She also explained that you don't have to be a certain size or shape to enjoy snowshoeing. It's for everyone. Layers and gear are essential for snowshoeing. "What to wear for clothing is very important. You will get warm, so you don't want to overdress out of the gate because you will shed layers," Colona said. "It is good to have some sort of backpack, water, and food just to keep you going."

Plus, getting fitted for the right snowshoes will depend on if you are walking in the backcountry, on the local golf course, or trails. Smith finds snowshoeing "an adventure and an easy activity" to do with her family.



Friends from Boston snowshoe at the Green Mountain National Golf Course.

By Victoria Gaither

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BarnArts presents 11th annual Masquerade Jazz and Funk Winter Music Carnival

Saturday, March 11—BARNARD—Experience dinner plus over four hours of music, including New Orleans jazz & swing, roaring 20s dance swing & new world soul from the African diaspora at the Barnard Town Hall.

Here's this year's musical line up:

•5:30 p.m. [Michael Zsoldos](#) & Ben Kogan (New Orleans jazz/swing)
•7 p.m. Speak Easy Prohibition Band: Bob Merrill (piano), Tim Gilmore (drums), Peter Concilio (bass), Dave Ellis (trumpet), Katie Runde Sanchez (saxophones), Grace Wallace (vocals) (dance music from the roaring '20s)

•8:30 p.m. [Zili Misik](#) (New World Soul from the African Diaspora)

Price of the ticket includes an expansive taco bar and non-alcoholic drinks. Mask-decorating table and photo booth. BYOB. Costumes are welcome and masks are encouraged.

Tickets: \$25 for adults, \$15 for students, and 6 and under free.

Purchase tickets online at barnarts.ludus.com or pay at the door cash or check.

For more information visit: barnarts.org/mainstage/masquerade-jazz-and-funk-winter-music-carnival.



Courtesy VINS

An artist exhibition on owls is on display at VINS in Quechee from March 1 to May 31.

VINS hosts artist exhibit on owls

March 1-May 31—QUECHEE—Experience the beauty of owls through the artwork of painters Betsy Smith and Diana Clegg Brown.

Betsy Smith's artwork is a celebration of the amazing natural world around us, from distant galaxies to the fascinating wild creatures with whom we share our sacred Earth. Her preferred mediums are watercolors and acrylics, and she particularly enjoys watercolor painting on location, where the added sensations of weather, birdsongs and bugs adds a lively dimension to the creative process. She loves the feeling of being an integral part of the landscape as she's painting, sketching birds and other wildlife as they go about their lives always gives her joy. Smith's sincere hope is that through her artwork she can share her love of wild creatures and the special places they call home.

Diana Clegg Brown's artwork reflects a love and reverence for the natural world

and its creatures. It has been a theme and spiritual inspiration throughout Brown's life. She has been fortunate to have had owl encounters that have made a lasting impression on her. The process of painting, of attending to each beautiful detail of these magnificent creatures inspires a sense of awe and connection—this feeling is what painting is for her. Brown relies on inspiring photographs to capture not just details, but the mystery and wonder of the owls. She maintains great respect for the wildlife photographers who spend enormous time and effort traveling and locating the owls, while taking care to respect their space as they wait for photos.

The artist exhibit is located at the Neale Pavilion at VINS Nature Center in Quechee. Proceeds from the purchase of artwork from artists Betsy Smith and Diana Clegg Brown will benefit VINS.

For more information, call: 802-359-5000 or info@vinsweb.org.

Specialty Food Day tour stops at Killington

Sunday, March 12, at 11 a.m.—KILLINGTON—Head to the second floor of the Snowshed Lodge in the ballroom from 11 a.m.-4 p.m. on Sunday to sample a selection of special Vermont foods. The Ski Vermont Specialty Food Day Tour visits member ski areas with local Vermont food and beverage vendors. This pop-up farmers' market style event showcases all the unique

things that Vermont has to offer, right at the base of the mountains we love. Sample various sweets and treats and go home with some too!

This year's vendors include: 802 Heat, Frenchy & Balloo BBQ, Frog Hollow Farm, Luce Farm Wellness, Salsa Sisters, Shrubbly, Stewart Maple, VT Barrel Aged, and VT Chaga Chai.



Submitted

Killington is hosting a specialty food day at the Snowshed Lodge ballroom on Sunday, March 11 from 11 a.m. to 4 p.m.

Managing salt in the landscape

By Bonnie Kirn Donahue

Bonnie Kirn Donahue is a UVM Extension master gardener and landscape designer from central Vermont.

Winter in New England brings snow, ice and...salt.

Salt can be a great asset in the winter for deicing roads and walkways. Salt prevents ice from forming by lowering the freezing point of water, creating safer surfaces for people to walk and drive on.

However, salt can have a detrimental impact on woody and herbaceous plants in the landscape. Salt can impact plants in a number of ways.

Salt spray that splashes off salted surfaces can coat the outside of a plant's stems or leaves. It is corrosive and can burn leaves, stems and even buds, impacting flowering in the spring.

Salt on the soil surface can soak into the soil and become absorbed by plants. Once absorbed, it pulls moisture from plant tissues and dehydrates plants from the inside.

Luckily, there are things that we can do to mitigate these impacts.

First, for existing garden beds that are close to salted roads or sidewalks, flushing the soil with water in the spring is one way to clear salty build-up from the winter. Spring rains may provide enough water to leach the salt from the soil naturally, but watering the plant bed one or two times

in a dry spring might be all that is needed. Be careful not to overwater the bed to avoid soil erosion.

Second, when selecting sites for planting new garden beds or trees, it is critical to consider potential salt exposure. Planting trees, shrubs and perennials near salted surfaces creates the possibility that plants will struggle, so consider what is adjacent to your garden bed or tree.

Finally, in areas where you can't avoid salt exposure, select plants that are more tolerant of salt. For trees, several native oak species have some salt tolerance, including white (*Quercus alba*), red (*Quercus rubra*) and swamp white oaks (*Quercus bicolor*). Native shrubs such as winterberry (*Ilex verticillata*), black chokeberry (*Aronia melanocarpa*) and nannyberry (*Viburnum lentago*) also are known to have some salt tolerance.

Perennials such as daylilies (*Hemerocallis spp.*), catmint (*Nepeta racemosa*) and yarrow (*Achillea spp.*) perform well with exposure to salt.

Research on salt tolerance of plants varies, so look for Cooperative Extension resources in your area online, or ask your local nursery or greenhouse grower for advice.

Salt is a reality of winter, but it doesn't need to ruin your garden in the spring. Try these tips and see how you can have the best of both worlds.



By Bonnie Kirn Donahue

Although salt is beneficial in winter for deicing roads and walkways, it can be detrimental to trees, shrubs and landscape.



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Sharing the magic of gardening with children

By Deborah J. Benoit

Editor's note: Deborah J. Benoit is a UVM extension master gardener from North Adams, Massachusetts, who is part of the Bennington County Chapter.

Spring is in the air, and what better way to celebrate a return to gardening than to share its magic with children? It's not too early to start planning now.

Consider dedicating a small piece of the garden this summer as a spot where the kids in your life can experience the magic of gardening firsthand. To keep things simple, consider limiting the plant varieties from which they can choose.

They can help pick out seeds to start indoors in early spring or join in choosing starter plants at the garden center later. When planting time arrives, guide them through the process and show them how to care for their plants. A small watering can and kid-size garden tools will make it easier for them to take part.

If there's no space for a tiny garden plot, containers are good alternatives for a child's first garden. After planting, place the containers in good light where your child can easily observe the wonder of plant growth.

Whatever form your child's garden takes, it all begins with a seed. A tray of seed-starter mix or pellets that expand with the addition of water are readily available at garden stores and easy to use.

Creating your own seed-starting blocks is a project you can do together. Using a soil block maker, press moistened potting soil into the device, then eject onto a seed-starting tray. It takes a little practice, but that's half the fun.

When helping your child choose what to plant, consider something easy to grow to help ensure success. Sunflowers are quick growing, showy and sure to bring a smile.



By Deborah J. Benoit

Making seed-starting blocks with a soil block maker and potting soil is a fun gardening activity that kids and adults can do together.

Local stores should have a number of varieties available. Seed packets contain growing information, including when to plant outside, how tall the sunflower will grow and how long it will take to flower.

For a bit of garden magic, check young sunflower blooms at different times during the day during the growing season. They begin the morning facing east and slowly turn toward the west, following the sun. When mature, the sunflower's seeds can provide a welcomed meal for local birds or roasted as a tasty snack for the

young gardener.

For another gardening idea, what could be more fun for kids than growing their own jack-o-lantern for Halloween?

Pumpkin seeds can be started indoors about three weeks before the average last frost date for your area. Or purchase starter plants from a local nursery.

Transplant outdoors or direct sow seeds in the garden after all danger of frost has passed. Information regarding your average last frost date can be found at garden.org/apps/frost-dates.

Bush beans and snow peas also are fun options for kids to grow. They're quick growing and can be eaten right off the vine. Other possibilities include radishes (harvest in less than a month!), cherry tomatoes and marigolds. For more on seed starting, see go.uvm.edu/startseeds.

Whatever plants you choose, be sure to involve your children in planning, preparing, planting, growing and harvesting the garden. If you're so inclined, save some of the seeds from this year's harvest for next year's adventure so they can see how the magic continues.

When you venture into the garden with children, introduce them to the magical presence of nature: fat bumblebees buzzing among the blossoms, the sound of birds singing as they go about their days and devouring insect pests and even the persistence of weeds. Don't forget the frogs, toads, salamanders and garter snakes that help with pest control. How many can they identify?

Introducing the magic of gardening to children can be rewarding on so many levels. Along the way, you just might reawaken your inner child and find yourself smiling at the magic yourself.

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Pregnancy & Baby Expo held Saturday

Saturday, March 11 at 10 a.m.—RUTLAND—Vermont's Original Pregnancy & Baby Expo will be held March 11, from 10 a.m.-3 p.m., at the Rutland Elks Lodge. The one day event is the only of its kind in Vermont.

Attendees will gather information on local products, services and support all pertaining to conception, pregnancy, birthing education and options, babies, the first year postpartum and the overall health and wellness of young families.

Swag-bags will be available to the first 100 adult attendees. There will also be give-aways and vendor raffles throughout the day as well as live belly painting!

Sustainable Eats Food Truck will be on site with breakfast, lunch and beverage options. The "Cub's Den" is a designated area with a soft play space provided by Wonderfeet Kids' Museum, a rock 'n' rest chair provided by Vermont Depart. of Health and diaper changing stations provided by Naturally You Childbirth.

"From its inception, the goal and mission of this event is to support, educate and inspire our growing communities," wrote Eron Young, owner of Naturally You Childbirth, LLC and the creator, coordinator and producer of VT's Original Pregnancy

& Baby Expo, in a news release. "A supported and educated community is a strong format. In 2019 this event was in its 9th year and held in Burlington, Vermont. As with other in-person events, due to the pandemic, we ceased to exist. Thanks to a partnership between Naturally You Childbirth and Southern Vermont Partners In Pregnancy, VT's Original Pregnancy & Baby Expo is back."

Cost is \$6 for adults at the door; children are free. For more information visit: vtnaturallyyouchildbirth.com.



Submitted

Pregnancy and baby expo to be held in Rutland.

Cookbook author Gesine Bullock-Prado debuts new book with recipes for ‘all (six) seasons’

Saturday, March 11, at 11 a.m.—WOODSTOCK—Vermont’s own renowned pastry chef and cookbook author Gesine Bullock-Prado has a new cookbook, “My Vermont Table: Recipes for All (Six) Seasons” releasing this month. She will be coming to the

Norman Williams Public Library in Woodstock to talk about it with Mary King, a writer, former restaurant manager, and fellow food enthusiast at an event co-hosted by NWPL and the Yankee Bookshop. When Gesine Bullock-Prado left her Hollywood

life in 2004 and moved to Vermont, she fell in love with the Green Mountain State’s flavors and six unique seasons. Spring, summer, fall, and winter all claim their place at this table, but a true Vermonter holds extra space for maple-forward mud season — that time of year before spring when thawing ice makes way for mucky roads and stick season, a notable period of bare trees and gourds galore prior to winter. In “My Vermont Table,” Bullock-Prado takes readers on a sweet and savory journey through each of these special seasons with more than 100 recipes and stories.

The Yankee Bookshop will be on hand with early copies of the book (the official release date is Tuesday, March 14th. As always, all book sales in relation to events held at the Norman Williams Public Library will benefit the library with a portion of our sales going straight to the authors.

Norman Williams Public Library is located at 10 The Green, Woodstock.

About the author

Gesine Bullock-Prado is a renowned pastry chef, cookbook author, baking instructor and television personality. She is the author of five well-received baking books and a baking memoir. Her confections have been featured in publications from Better Homes and Gardens to People magazine and she’s a regular food presenter on the Today Show. She is the owner and baking instructor at Sugar Glider Kitchen in Hartford.

About the interviewer

Mary King is a writer and former restaurant manager living in Quechee, Vermont. She spent more than a decade working in some of the most celebrated restaurants in the country. Her writing has appeared in The Rumpus and Toast; her restaurant expertise has been featured in the Huffington Post, Modern Restaurant Management, and the Food Institute. She is currently the senior restaurant writer for FitSmallBusiness.com.



Submitted

Gesine Bullock-Prado



Submitted

Mary King

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Rutland's Cobra Gymnastics Teams compete, win against New England rivals

The Cobra Gymnastics Team of Rutland was on fire this past weekend in North Adams, Massachusetts, at the Hip Hop Classic. The Xcel Bronze, Silver and Gold teams all showed their strengths by capturing first place team wins over a large populated field of New England gymnasts.

Cobra is in its 11th year of hosting competitive gymnastics through the Xcel Program of USA Gymnastics under the coaching staff of Shelby Barsalou, Topsy King, Kymi Fahoury

and Francky Joseph.

"The teams have shown growth and success this season as they also captured top honors at the Green Mountain Cup in February," wrote Cobra Gymnastics & Dance owner Shelby Barsalou in a news release. "The girls demonstrated great focus and radiant energy in their passion for the sport of gymnastics."

The Hip Hop Classic was the last traditional meet before the state championships in mid-March.

"At this point in the season, the

girls truly understand the details and small nuances that competitive gymnastics demands. As they develop these awareness, they begin to support the parts of themselves that need nurturing, grace and inner strength. In the end, it's a performance sport; self-confidence and positivity always prevail. Gymnastics truly provides life lessons and these girls are soaking them up!" Coach Barsalou continued.

Charli Fahoury, a 7-year-old from Wallingford, captured

Cobra's first perfect 10.0 on Bars in the Xcel Bronze Level.

"Fahoury began gymnastics at just 18 months old, and is now a blossoming second year Bronze at Cobra. She is a diligent and fun gymnast; often seen smiling around the gym and laughing with her teammates," Barsalou noted.

Another outstanding performance came from Karena, a junior at Rutland High School. Kuehl has been on the Cobra team for 10 years and just com-

pleted the high school circuit where she competed as an independent for Rutland High School while traveling with the Burr & Burton Gymnastics team. She tallied one of her highest AA scores (37.3) for the overall win in the Diamond level and led her team to a second place finish.

"The Cobra teams have had great success this season and look ahead with anticipation toward the Vermont State Championships in Bellows Falls on March 18-19," said Barsalou.

Xcel Bronze Team Individual first place honors:

- Lorelei Shackett of Cornwall, AA(38.0), V(9.6), UB(9.75), BB(9.65), FX(9.0)
- Charli Fahoury of Wallingford, AA(36.9), V(9.7), UB(10.0)
- Lucie Goelz of Rutland, AA(38.0), V(9.6)
- Beatrix Hagge of Plymouth, BB(9.75)
- Erin Taylor of Castleton, UB(9.7)
- Maddison Larson of West Rutland, AA(37.9)
- Bailey Wilbur of Whiting, FX(9.3)
- Avalon Rheume of Salisbury, V(9.7), BB(9.8)
- Emilia Ribeiro of Poultney, BB(9.2)

Xcel Silver Team Individual first place honors:

- Karsyn Koontz of Jamaica, V(9.6), BB(9.6), FX(9.6), AA(38.05)

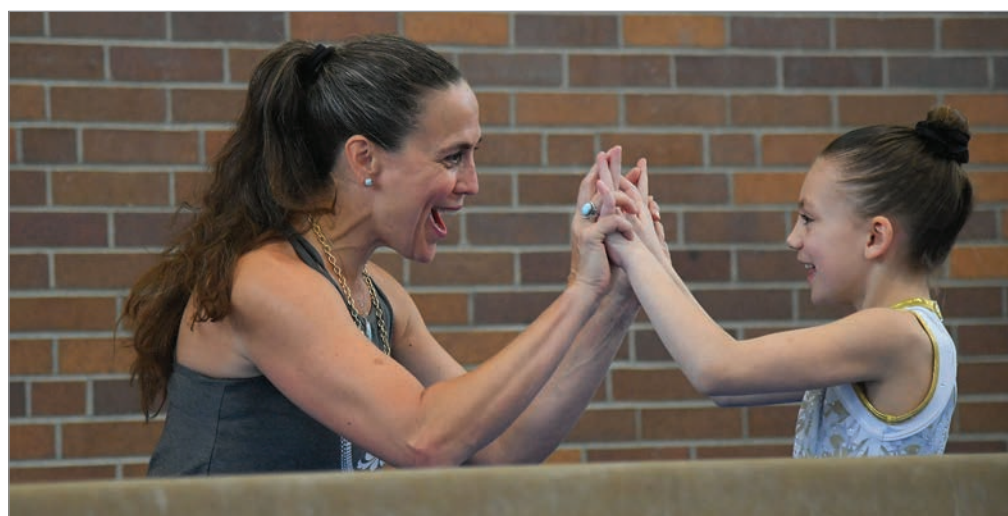
- Hazel Mabey of Wallingford, V(9.65), UB(9.7), BB(9.75), FX(9.55), AA(38.65)
- Bay Sparks of Castleton, V(9.7), UB(9.65), BB(9.4), AA(38.0)
- Eliza Myrick of Bridport, UB(9.6)
- Freyja Borgia of Winhall, FX(9.35)
- Xcel Gold Team Individual first place honors:
- Amelia Gibbs of Brandon, UB(9.4)
- Romi Buckley of Manchester UB(9.55)

Xcel Platinum Team Individual first place honors:

- Phoebe Tashjian of Manchester, V (8.6)

Xcel Diamond Team Individual first place honors:

- Karena Kuehl of Rutland, AA (37.3), Beam (9.55)



Courtesy Cobra Gymnastics

Clockwise from left, Emilio Ribeiro wins first place at the beam and gets a high five; the Cobra gymnastics bronze team wins first place; Karena Kuehl wins the all around title with a score of 37.30; Kuehl gets a high five from Coach Shelby Barsalou.

Devil's Bowl Speedway announces 2023 schedule

Devil's Bowl Speedway is primed and ready for its 57th season of stock car racing, and the family-friendly Vermont dirt track is offering a robust 20-event schedule full of can't-miss races. Opening night is set for Saturday, April 29 – marking the earliest planned start at the facility since 1990 – and a wave of major special events will highlight one of the most action-packed weekly racing programs in the Northeast.

The weekly Saturday night championship divisional lineup features the headline Sportsman Modifieds and the supporting Limited Sportsman and Novice Sportsman classes; all three levels utilize the same technical rulebook and equipment, and driver eligibility is based on experience. An average of nearly 70 total Sportsman cars was the weekly norm at Devil's Bowl in 2022, and all indications point to similar numbers in 2023.

The weekly card also has the wildly popular, four-cylinder Mini Stock division, the winged, open-wheel 500cc Mini Sprints, and – on a mostly bi-weekly basis – the brand-new, entry-level “Crown Vic” division featuring Ford Crown Victorias and similar models, many of them former police cars taking on a new life.

Special attractions throughout the summer will bring in high-horsepower, ground-pounding Modifieds, the winged-and-wicked-fast Sprint Cars, vintage racecars, the wild-and-crazy Enduro Series, and the open-cockpit cars of the USAC Dirt Midget Association tour.

The season opens on Saturday, April 29 with a big payday, as the 30-lap Sportsman Modified feature is worth a whopping \$3,000 to win. That race and the season's second event on Saturday, May 6, will encourage teams from around the Northeast to test the Devil's Bowl waters with a no-handicap “draw” format that gives visitors an even-keel chance in qualifying rounds. The SCoNE Sprint Cars visit for the first time at the “Mother's Day Weekend Special” on Saturday, May 13, and the season's first 50-lap Enduro will highlight the program on Saturday, May 20.

The first major race will be the 14th annual “Northeast Crate Nationals 100” on Memorial Day Weekend, May 27-28, paying \$5,000 to win. Local division qualifying and features will be held on Saturday, May 27, along with Mechanic Races and a special Sportsman Modified “Dash for Cash.” All Sportsman qualifying and the 100-lap main event will be held on Sunday, May 28, along with the SCoNE Sprint Cars and Devil's Bowl's Limited Sportsman and Mini Stock divisions.

Father's Day weekend brings in the stars and cars of the Short Track Super Series (STSS) on Sunday, June 18, for the annual “Slate Valley 50” paying \$10,000 to win. The 800-horsepower STSS Modifieds made their Vermont debut at Devil's Bowl in 2022, with “Superman” Matt Sheppard picking up the victory during his historic 42-win season. There will be no competition on Saturday, June 17, but all racers, regardless of home track, division, or experience, are welcome to take part in an open practice session.

Devil's Bowl celebrates the Independence Day holiday on Saturday, July 1, like no one else can, hosting Central Vermont's largest fireworks show and a jam-packed racing event. The Sportsman Modified “Firecracker 44” will pay \$2,000 to win, and the card also features the Enduro Series and racing for weekly divisions. The annual mid-season championships will be held on Saturday, July 8, with a new double-feature format instead of double points. The SCoNE Sprint Cars also make their third stop of the season at that event, and the annual driver autograph session will be a popular attraction at intermission.

Devil's Bowl will throw it back to the early years on Saturday, July 15, with “Legends Night.” Champions and top drivers from the past will come home for a night of fun and nostalgia, the Mohawk Valley Vintage Dirt Modified Series will add some retro flair with its old-school racecars, and grandstand admission prices will roll back about 50 years to just \$5 for adults. The following week, Saturday, July 22, the annual “Hometown Heroes” event will offer free admission for all nurses, first responders, law enforcement, and military members.

The “Battle at the Bowl” returns on August 5-6 for a weekend overflowing with action. The Saturday, August 5 show marks the first-ever appearance for the USAC Dirt Midget Association, featuring the racy, open-wheel, open-cockpit cars in their first visit to the West Haven, Vt., half-mile. On Sunday, August 6, the ground-pounders are back as Big Block and Small Block Modifieds race for \$10,000 to win in the 67-lap “C.J. Richards Classic.” Saturday features a full card of weekly divisions, and Sunday will have specials for the Sportsman, Limited, and Mini Stock classes.

The crown jewel for Devil's Bowl Speedway continues to be the Vermont 200 on Labor Day weekend, September 2-3. The longest and richest Sportsman Modified race in North America will pay a minimum of \$10,000 to the winner, plus bonuses; the race drew 87 entries for 34 starting positions in 2022, and legendary driver Kenny Tremont Jr. took home \$11,055 in total winnings. Promoter Mike Bruno has announced that if a weekly

Devil's Bowl competitor can win the Vermont 200 in 2023, they will earn an additional \$2,000 bonus.

All Sportsman Modified qualifying and the Vermont 200 main event will be held on Sunday, September 3, along with SCoNE Sprint Cars and the weekly 500cc Mini Sprint division. Saturday's program features qualifying and features for weekly divisions including a Limited Sportsman “Win & You're In!” qualifying race, an optional Sportsman Modified Non-Winners Shootout, and the annual BBQ & Bonfire Party. The Sportsman Modified division will also have a “Win & You're In!” qualifier on August 26.

The USAC Dirt Midget Association makes a return trip on Saturday, September 9 at the annual Heritage Family Credit Union “Member Night” event with free grandstand admission for all HFCU members. The season wraps up with Championship Night on Saturday, September 16, with all weekly divisions, a 50-lap Sportsman special, Mechanic Races, and the final Enduro Series race of the year.

Kids are placed front-and-center with many special attractions throughout the season including the annual Poster Contest on May 20, Racecar Rides on June 24 and August 19, the “Back to School Night” backpack giveaway on July 29, and Bicycle Races on September 9. Grown-up kids get to have some fun, too, with Street-Legal Spectator Races on May 6 and July 22.

Weekly general admission pricing will increase for the first time in 10 years in 2023. Regular pricing will be \$15 for adults and free for children aged 12 and under. The Infield will remain at \$20 with children aged 12 and under free. Pit passes will also increase slightly to \$28 for members and \$38 for non-members. Special events will have different pricing. Competitor registration forms, membership licenses and season passes are available now.

Devil's Bowl Speedway is located on Route 22A in West Haven, Vt., 4 miles north of U.S. Route 4, Exit 2, and just 20 minutes from Rutland. For more information, visit www.DevilsBowlSpeedwayVT.com or call 802-265-3112. Devil's Bowl Speedway is on Facebook at facebook.com/DevilsBowlSpeedway, and on Twitter, Instagram, and Snapchat at @DevilsBowlSpeed; follow the action using the #DevilsBowl hashtag.

2023 SCHEDULE OF EVENTS (subject to change)

Sat., April 29 – 57th Season Opener – Sportsman Modified “Draw Race” – 30 Laps – \$3,000 to win!
 Sat., May 6 – Sportsman Modified “Draw Race” & Mini Stock Special – \$500 to win! + Street-Legal Spectator Races!
 Sat., May 13 – Mother's Day Weekend Special – Sprint Cars of New England
 Sat., May 20 – 500cc Mini Sprint Special – \$250 to win! + Kids Poster Contest & Enduro
 Sat., May 27 – Northeast Crate Nationals – Weekly Division Qualifying & Features
 Sun., May 28 – Northeast Crate Nationals – Sportsman 100 – \$5,000 to win + SCoNE Sprint Cars
 Sat., June 3 – Limited Sportsman 50-Lap Special – \$500 to win!
 Sat., June 10 – “Topless Night” + Enduro
 Sat., June 17 – NO RACING – Practice & Hauler Parking
 Sun., June 18 – Short Track Super Series Modifieds – “Slate Valley 50” – \$10,000 to win!
 Sat., June 24 – Novice Sportsman Special – \$300 to win! + Kids Racecar Rides!
 Sat., July 1 – Independence Day Spectacular – HUGE Fireworks Show + Enduro
 Sat., July 8 – Mid-Season Championships – Double Features All Divisions + SCoNE Sprint Cars & Driver Autographs!
 Sat., July 15 – Legends Night + Mohawk Valley Vintage Dirt Modified Series – Only \$5 Admission!
 Sat., July 22 – Hometown Heroes Night – Limited Sportsman Twin 20s + Street-Legal Spectator Races!
 Sat., July 29 – “Back to School Night” Backpack Giveaway + Enduro
 Sat., Aug 5 – “Battle at the Bowl” – USAC Dirt Midget Association + Weekly Division Qualifying & Features
 Sun., Aug. 6 – “Battle at the Bowl” Big Block/Small Block Modified 67 Laps – \$10,000 To Win!
 Sat., Aug. 12 – NO RACING – Summer Break
 Sat., Aug. 19 – Double Feature Night – All Divisions + Kids Racecar Rides!
 Sat., Aug. 26 – Sportsman Modified “Win & You're In!” + Enduro
 Sat., Sept. 2 – Vermont 200 – Weekly Divisions & Sportsman Non-Winners Shootout + BBQ & Bonfire Party!
 Sun., Sept. 3 – Vermont 200 – Sportsman Qualifying & Main Event - \$10,000 to win! + SCoNE Sprint Cars
 Sat., Sept. 11 – Heritage Family Credit Union “Member Night” + USAC Dirt Midget Association
 Sat., Sept. 18 – Championship Night – Sportsman Modified 50 Laps + Enduro



The Devil's Bowl Speedway starts up again with its 57th season opener on Saturday, April 29.

Submitted



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Dream Maker Bakers

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

killington market

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



Inn at Long Trail

Looking for something a little different? Hit up McGrath's Irish Pub for a perfectly poured pint of Guinness, live music on the weekends and delicious food. Guinness not your favorite? They also have Vermont's largest Irish Whiskey selection. Visit innatlongtrail.com, 802-775-7181.



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.



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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.



Mountain Top Inn

Whether staying overnight or visiting for the day, Mountain Top's Dining Room & Tavern serve delicious cuisine amidst one of Vermont's best views. A mix of locally inspired and International cuisine – including salads, seafood, poultry and a new steakhouse menu - your taste buds are sure to be satisfied. Choose from 12 Vermont craft brews on tap. Warm up by the terrace fire pit after dinner! A short drive from Killington. mountaintopin.com, 802-483-2311.



Sugar and Spice

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



Sushi Yoshi

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



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HIBACHI | SUSHI | ASIAN

Chittenden snowmobile club hosts gala

A sold-out crowd filled the barn at The Mountain Top Inn & Resort March 3 for the annual gala titled A Dam Good Time, hosted by the Chittenden Dammers snowmobile club. A gourmet buffet dinner was enjoyed by all while live music by talented local musician Ryan Fuller played throughout the evening.

The beauty of the spectacular Vermont winters was brought inside with a snow scene built complete with snow-covered pine trees, trail signs and a vintage 1970 Cari-

bou snowmobile. Attendees enjoyed door prize giveaways and the chance at raffle prizes including a handmade Vermont cutting board, Tucker Sno Cat swag, ski apparel and artwork. An amazing silent auction allowed guests to place their best bid on items ranging from a whiskey selection to hotel stays, gym memberships and lift tickets. The highlight of the evening was a grand prize drawing showered by money guns for \$5,000, a second prize of \$750 and third prize of \$250.



A vintage 1970 Caribou snowmobile was auctioned at the Chittenden Dammers snowmobile club gala on March 3. Submitted

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← PUZZLES page 15

CROSSWORD PUZZLE

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SUDOKU

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Secret Image Solution: Van Halen, 1984

Rutland County Humane Society



ZEMMA

Princess Zemma is a 1-year-old love-bug of a dog. She adores people and other dogs, no cats please. Zemma is heartworm positive and has to stay in Vermont. We cover her treatments. We all love Zemma and know you will too! For more information call 802-885-3997. On March 28 1 p.m. there will be a Zoom session on separation anxiety in dogs. For more information check out our Facebook page, Springfield Humane Society VT.

This pet is available for adoption at

Springfield Humane Society

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

*Open by appointment only. spfldhumane.org



PHEE

I'm a 13-year-old spayed female who found myself here in this strange, but welcoming place after I had to move on from my previous home through no fault of my own - such is life! It's a bit of a change here, though I'm OK because I'm around other cats, as well as dogs, so that does make it easier! I'm quite reserved, but no less loving. And, I'd love to find a home that really suits my unique personality! Anyway, I'd love to meet the family I'm meant to be with, and I really can't wait.

This pet is available for adoption at

Lucy Mackenzie Humane Society

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

*(By appointment only at this time.) Tues. - Sat. 12-4 p.m.

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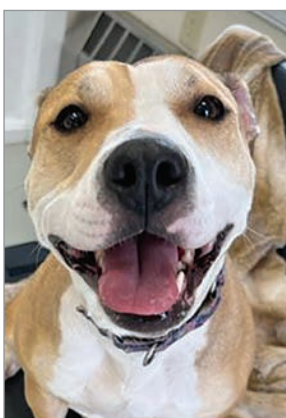
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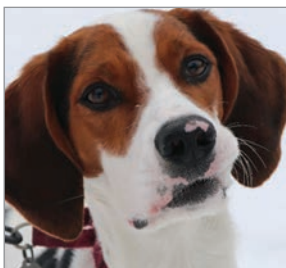
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MON. - FRI. 10am - 6:30pm & SAT. 10am - 5pm

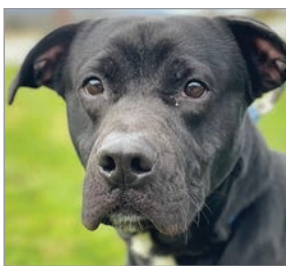
Grooming by appointment | 802-773-7636



Meet Foxy—3-year-old. Female. Pit bull mix. Tan and white. Foxy is a happy and charming pup! She will greet you with butt wiggles! She does like to door dash, so proper training to work on that.



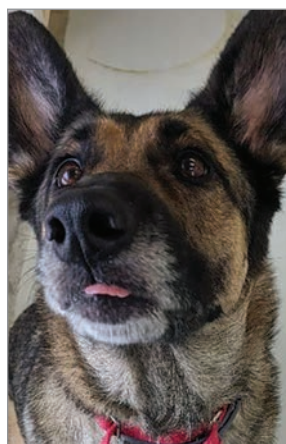
Meet Bucky—18-month-old. Male. Treeing walker coonhound. Tri-color. He needs plenty of daily exercise. He is very sweet and affectionate He does need a cat-free home.



Meet Nitro—1-year-old. Male. Lab/pit mix. Black. Nitro is a sweet and goofy boy who loves to learn. Nitro can become reactive to other dogs and people.



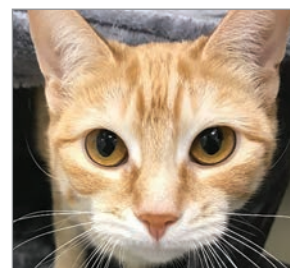
Meet Kuma—4-year-old. Neutered male. Lab mix. Black/red. Kuma has lived with a cat before but seemed too interested in chasing, so we feel it would be best in a home without cats.



Meet Naya—6-year-old. Spayed female. German Shepherd. Black and tan. Naya loves everyone she meets. a She prefers larger dogs over smaller ones, and little kids are too much for her.



Meet Deebo—3-year-old. Spayed female. Domestic shorthair. Brown tiger. Deebo is a sweet old soul. She is one of the first to run over to greet you, and will give you a welcoming "Meow."



Meet Cream (bonded pair)—2-year-old. Spayed female. Domestic shorthair. Orange and White. Cream needs a home with her sister Pearl.



Meet Pearl (bonded pair)—2-year-old. Spayed female. Domestic shorthair. Orange and white. needs a home with her sister Cream.



Meet Zoey—5-year-old. Spayed female. Domestic medium hair. Brown torbie w/ white. Zoey enjoys rubbing up against your leg and purring on your lap.



Meet Diesel—2-year-old. Neutered male. Domestic shorthair. Brown tabby. Diesel is a bashful guy who would prefer a quiet home. He will open up quickly.



Meet Jasper **FELV + —1.5-year-old. Neutered male. Domestic shorthair. Gray tiger. Jasper is a sweet boy. He's FELV positive so he needs to be the only cat or with other FELV positive cats.



PRINCE

Meet Prince—4-year-old. Neutered male. Pit mix. Chocolate. If you are looking for a stoic, smart, and sweet pup, please consider Prince! He lives up to his name and is very regal. Prince was brought to us as an owner surrender because his previous owner no longer wanted him. He did come in with a large mass hanging from his belly, which we have removed and it is no longer an issue.

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

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Closed Sun. & Mon. • www.rchsvt.org

RCHS is now on Venmo

You can now support The Rutland County Humane Society (RCHS) by donating with Venmo! Please consider making a gift to RCHS directly in the app to support the work we do for homeless animals. Visit the following link to see how easy it is: account.venmo.com/u/rchsvt Please share with your family, friends, and neighbors how simple the Venmo app is to use so they can help also. If you have questions, please contact Barb at 483-9171 ext. 207 or visit rchsvt.org. The animals certainly appreciate your continued support!

Cosmic Catalogue

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Aries

March 21 - April 20

When you reflect on this time in early 2026, you'll be amazed by how far you have actually come. Any of the monsters in your mind or addictions you grapple with can be worked with and put to rest. One way or another, this is a profound era of healing for you, even if this just means making time for more rest, meditation or taking holidays. The time spent getting your proverbial house in order will be worth it.



Leo

July 21 - August 20

You're entering a phase of financial maturity. Perhaps you've got that all sorted out and you're sitting pretty now. Maybe you've realized you haven't "adulted" enough in that area and now you have to make up for lost time. Regardless of your situation, there's a consolidating influence over the next few years. How can you do more with less, but it feels like you've never had more? It could be time to rearrange what abundance and security actually looks like for you.



Sagittarius

November 21 - December 20

For the next three years, the phrase "home is where the heart is" may mean more to you than it ever has. It may be less about having a place to sleep at night, but more about inhabiting a place that brings increasing joy and meaning into your life. Family may become more important or living in a location that soothes a restless spirit. If you feel it's the right choice to make some kind of domestic commitment, the sky supports it.



Taurus

April 21 - May 20

You're about to discover the real meaning of true friendship. And no, I'm not referring to your Facebook friends. Those soulful, true bosom buddies are what I'm referring to. As Saturn puts pressure on your friendship zone, you'll be less available for your extended circle, preferring to commit your time and energy into deepening the more soulful connections. By the end of this cycle, you may have fewer in your circle but the bonds you'll share will be unbreakable.



Virgo

August 21 - September 20

New commitments in relationships – personal, professional or both, are possible over the next few years. A new cycle of maturity will help you figure out what works and what doesn't in your pairings with other people. Old relationships may see the end of the road, especially if you've been papering over the cracks for a while. With work, existing partnerships can also be fortified and strengthened. New relationships are possible which, with an open heart, can blossom over time.



Capricorn

December 21 - January 20

Life may be less about airports and passports over the next three years as you opt to stay closer to home. You might dedicate yourself to being a tourist in your own city or travel domestically. If you've ever dreamed of a more nomadic lifestyle, it could start to emerge as a reality. One way or another, your daily rituals, routines and habits are about to change in a direction that's more soul-centered, even if it doesn't make practical sense.



Gemini

May 21 - June 20

Some soul-searching may be required from you when it comes to your career and your overall life direction. You've been marking time a while now so you probably realize it's time to commit to something, one way or another. Eliminate distractions or what you think you "should" do in order to achieve success or to realize your ambitions. Let your emotion dictate the direction to go in. How do you want to feel in two years? Reverse engineer from there.



Libra

September 21 - October 20

You might feel the need to go back to the books or get back on the tools, so to speak, over the next few years. Maybe you'd like to boost your skill set or you simply need to take on more work to gain experience or to make ends meet. There are no shortcuts to any place worth going. Your challenge is to ensure there is a destination worth going to, otherwise you could be stuck in a rut for longer than you'd otherwise like.



Aquarius

January 21 - February 20

When it comes to your cash flow, you're undergoing a "short term pain for long term gain" cycle. This doesn't have to mean there is less money available to you, it could be you're opting to spend on things that are important or hold more meaning for you. Maybe you're willing to commit to learning more about the energy and flow of money into your life. Abundance, in all of its forms, will be a learning cycle. Spend wisely and give generously.



Cancer

June 21 - July 20

Whether you want to finish a course of study, publish a book or make travel and adventure a higher priority, you've got the next almost three years to commit to it. For some Cancerians, leading a more spiritual or religious life might be something you want to dedicate yourself to. Maybe it's all of the above. The world is your oyster now. It will take some dedication, but the magic you're looking for is in the work you've been avoiding.



Scorpio

October 21 - November 20

Making memories that last aren't things that just happen. Sometimes they do, to be sure, but more often than not, they are things that require time, planning and execution. That is your mission for the next three years – to put effort into making happy memories. This will be less about making money or climbing corporate career ladders, but more about filling your heart with joy. Spend more time doing what you love. If you can do so with whom you love, that's even better!



Pisces

February 21 - March 20

It's time to seal up any leaks in your life and take on a more responsible outlook. You could call the next three years "adulting." Sounds a bit boring, I know, so perhaps CEO sounds better? Either way, you're going to discover that you're entirely responsible for your own life and now you live it. It's daunting and exciting in equal measure. The freedom you want comes from the discipline you've been reluctant to embrace. Make some choices and commit to them.



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

Connection is in the stars

It's not easy to explain the significance of this week in around two hundred words. What will be significant though is the fact that Saturn's arrival in Pisces is an event not seen since 1993. Thus, the collective energies are set to shift in a noticeable way as the planet of rules, regulations and boundaries moves into the softer, more compassionate waters of Pisces. This small pocket of time will also open the floodgates into a renaissance of sorts, where the meaning and magic of being human will become explored and embodied. The songs will stir the soul. The art will inspire. The kisses will



Cosmic Catalogue
By Cassandra Tyndall

taste sweeter. The connection and healing available may mend the most broken of hearts and the most fractured communities. Rather than being focused on otherworldly achievement, it will be life's intangibles that cannot be quantified or measured, even by the most sophisticated AI technology, that will determine your joy and abundance now. To delve into the magical, the mystical, to commune with the spirits, to dance around the trees, to spend more time with those you love, to get to know the souls of your neighbors more deeply rather than being strangers to you is the cosmic task now. Ignore it at your peril.

From paper to paperless

The role that paper plays in our lives has changed so much compared to its role "back in the day!"

Several years ago I was researching information about WWII and its effect locally. I visited the Rutland Historical Society and found a letter written during that war. It was correspondence between a local woman and her boyfriend who was away fighting. The ink had faded somewhat but it made the trip back in time seem so real compared to viewing a scanned copy.

It also made me wonder how diligent we will be in modern times about saving digital correspondence that will have historical significance later on. And if we do save it, will it be a technical challenge to access it many years down the road?

I heard a guest on a TV show say that the only time he uses cursive writing is to sign his name. He added that he has to stop and think what he is doing as writing with a pen on paper seems foreign to him.

In my elementary school days we were offered an opportunity to have a pen pal in a foreign country. To keep in touch we wrote letters, put them in a mailbox and waited to get a letter back. No instant communication in those days! But what fun it was to look in the mailbox and see if you had a letter.

We have gotten the Rutland Herald delivered to our house since 1944. That was the year when my parents bought the house that I still live in. I will continue to have it delivered for as long as it's an option. The Herald subscription offers a free digital edition to subscribers but it's rare that I choose to view it that way. Sipping a cup of coffee as I hold the paper in my hand is the perfect way to start my day. Old habits are hard to break!

Back in the 50s one of my father's Sunday pleasures was getting the Boston



Looking Back
By Mary Ellen Shaw

As soon as I opened the book at home to begin reading a wonderful "new book scent" wafted my way.

Globe and reading it from the first page to the last. He would get the paper at Louras' store after Mass.

I would go in with him to pick out a comic book, which served as my own "Sunday pleasure." Turning those pages was the best part of my day!

There is nothing like the aroma of a book store and a new book. The Hartford Book Shop on Center Street was my favorite place to go. There was always a cat curled up in the front win-

dow on a small circular rug. My mother would browse through the books with me as I made my selection. As soon as I opened the book at home to begin reading a wonderful "new book scent" wafted my way.

The need for paper in the business world was the reason that Moore Business Forms in Rutland existed. My husband, Peter, worked there for almost 30 years. They made many different types of forms. Continuous forms were popular with businesses. I remember using a large printer at City Hall to print quarterly water bills and annual tax bills on continuous forms. Moore's closed its doors by 2000. Individual printers became popular with businesses and single sheets of paper stacked in a tray replaced many of the continuous forms.

Even banks want to go paperless today. They encourage customers to get their statements online. One of the banks I use requires customers to go to the drive-through, instead of inside, if they are dealing with cash. After all dollar bills are "paper" and their aim is to be paperless. So I sit in my car and get cash handed to me through the window. I realize that most of the world prefers the ease of a drive-through but I liked going inside the bank as a "brick and mortar" customer.

"The times they are a-changing'" and a world that no longer wants to deal with paper is a strange world to me!

Winter survival: Keeping the heat

To survive the cold of winter, some animals take advantage of protected habitats, such as wooded areas or under a blanket of insulating snow.

Ruffed grouse, for example, fly into piles of loose snow and create roosting cavities to rest in when not foraging. Mice and other small mammals remain active in tunnels under the snow. Foxes, coyotes, and deer often bed down in snow, sometimes with additional shelter from overhanging trees. Birds and mammals also develop thicker layers of insulation such as feathers or fur in preparation for winter, and muscles in the skin can elevate the hair or feathers to further increase insulation. (This is the reason we get "goose bumps" when cold.)

An animal's circulatory system, which includes the heart and blood vessels, can also help reduce heat loss and thus contribute to winter survival. Blood flow to extremities such as limbs, ears, and skin changes in response to body temperature. More blood flowing to the surface results in more heat loss. This is why our faces get redder when we exercise: our bodies are moving more of our warm blood to the surface, where it can dissipate heat.

In winter, birds and mammals living outdoors need to retain body heat, and they do so by reducing blood flow to the extremities, thus keeping more warm blood in the body core to maintain the function of vital organs.

If an animal's body temperature gets a bit high due to activity, such as chasing prey or being pursued by a predator, the circulatory system adjusts by sending more blood to the skin and extremities, thereby shedding heat. Rabbits, for example, limit blood flow to their ears to prevent heat loss in winter, but can increase blood flow to the ears to release heat when needed.

To further aid heat retention, some blood vessels act as heat exchangers. This is especially important in extremities, whose relatively large surface areas can dissipate more heat. Blood vessels carrying warm blood away from the body core run alongside vessels carrying cooler blood flowing back to the core. This allows the outgoing blood to warm the incoming blood so that the body core stays warm, while the extremities – such as paws, feet, or hooves of animals standing in snow or on ice – remain relatively cold. Blood flows through the extremities quickly enough to prevent too much heat loss, while enough warm blood gets to the limbs and extremities to prevent them from freezing. This is critical, because if the fluid within the cells freezes, the ice crystals can tear through cell membranes and kill the cells, resulting in frostbite.

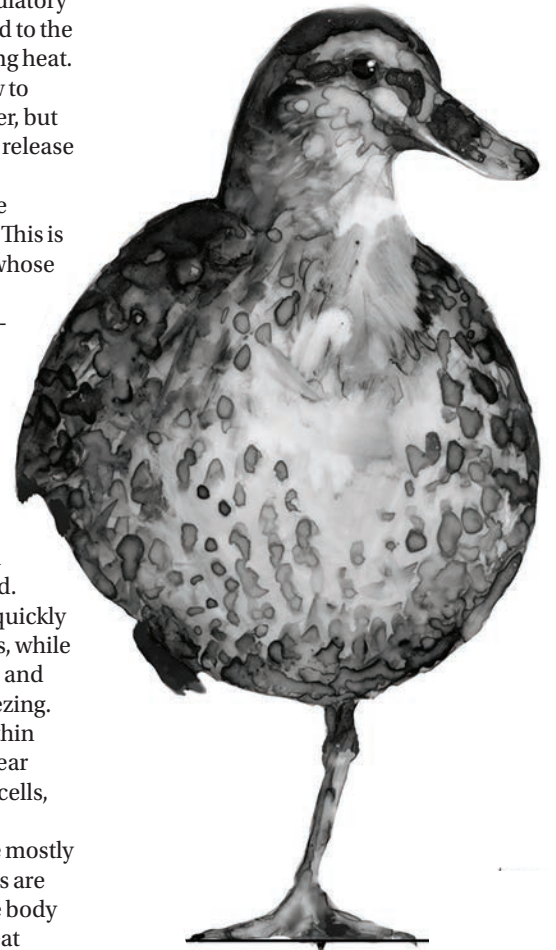
The lower legs and feet of birds are mostly bone, tendons, and skin – the muscles are in the upper part of the limb, near the body core. This allows birds to maintain heat

close to their core, while the lower legs and feet remain relatively cold. There is, however, some blood flow through the legs and feet, and heat exchange between outgoing and returning blood limits additional heat loss. In addition, roosting birds can hunker down, covering their legs and feet with their feathers. Temperature receptors in birds are also less sensitive to cold than similar receptors in mammals. These adaptations allow birds to withstand the cold when perched at a feeder or on a tree branch.

The hooves of deer and moose are composed of keratin and are, essentially, like very thick toenails, which means they keep the blood supply of the lower legs away from contact with the frozen ground. The paws of foxes, coyotes, and wolves contain fatty pads which don't freeze easily. The fatty pads also have blood vessel heat exchangers, so heat is transferred from blood reaching the pads to blood returning to the body core. This is particularly well developed in those members of the dog family adapted to the cold, such as the Arctic fox, and is also present in breeds of domestic dogs that are closely related to their cold-climate cousins.

The next time you see ducks or geese standing on ice or paddling about in very cold water, or if you catch a glimpse of a coyote on the prowl or deer foraging while standing in snow, consider how their circulatory systems are reducing heat loss so that these animals can survive our New England winters.

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



Driving into the sunset

My son just purchased his first used vehicle. He was excited and proud and ready to conquer the world when the car finally arrived. However, before I allowed him to drive off into the sunset, I was compelled to have a talk with him about the realities of car ownership.



The Movie Diary
By Dom Cioffi

This talk covered subjects like auto insurance, maintenance schedules, registrations, and inspections. When I was finished, he

looked overwhelmed and concerned that owning a car was more costly than he first imagined. He hinted at me possibly covering those extraneous costs, but I quickly set him straight.

One of his first acts as a car owner was to visit the Department of Motor Vehicles to get his new plates. I did him a favor by going online to figure out exactly what forms he needed and then got everything prepared.

I told my son to take the paperwork and drive to the DMV as soon as he got out of school, which he did. However, once he got there, he realized things were not going to progress smoothly. He called and explained that they closed in an hour and there was a line out the door.

I realized that he was never going to get this task completed without missing school, so, like a good dad, I agreed to do it for him.

I looked up the hours of the DMV and made a plan to arrive as soon as they opened. The next morning, when I pulled up and parked, there were at least 30 people in line. I got in line and waited. Forty-five minutes later, I was finally called forward.

I handed the woman all my paperwork. She flipped through them in seconds and then slid them back, explaining that I was missing a critical form that needed to be notarized.

I was furious. I had scoured the online information and never saw any mention of this form. Not surprisingly, the woman was unsympathetic.

I left the DMV and drove straight to my bank where the teller kindly filled out the form and had her manager notarize it. I then got back in my truck and returned to the DMV, only to find the line almost twice as long.

I sighed and took my place and then quickly calculated how long I would likely be

there, which by my estimate, was going to be well over an hour.

I looked around the room and took note of how many people were staring at their phones to pass the time. It was at that moment that I wished I had brought my headphones just so I could listen to some music and drown out the ambient noise of people shuffling about in misery.

After a few minutes, the guy in front of me started up a conversation. I wasn't in the mood to talk, but the young guy seemed genuine so I happily engaged. I soon learned that he was a college student studying to be

an applied physicist (an applied physicist uses physics to develop new technologies or solve engineering problems).

It's far from a touchdown, but it does pass the time pleasantly.

At 22 years old, I was impressed by his passion for his chosen path and his already burgeoning knowledge on the subject matter. I was also impressed that he was working two jobs to pay his way through school. He was, by all accounts, an impressive young man.

Later in the conversation, I learned that he had never known his father and was raised by a single mother until she passed away when he was only 3 years old. He

was then raised by his grandparents.

At that point, I was fully intrigued with this kid. We continued to talk about our lives and found that we shared several interests. But the most shocking moment came when he asked my name. When I replied, "Dom," his jaw dropped as he admitted that was his name as well.

We had a good laugh and then found ourselves at the front of the line. Just before I approached the counter, the young guy looked at his watch and said, "Thanks! That was the fastest hour and 45 minutes I've ever experienced."

This week's feature, "80 for Brady," clocks in at just about the same time, but it wasn't nearly as entertaining as my DMV conversation with my young friend.

"80 for Brady" stars Jane Fonda, Sally Field, Rita Moreno, and Lily Tomlin as four aging fiends who've bonded over their shared love of Tom Brady. The group decides that they need one final excursion in life, so they plan to attend Super Bowl LI to see their hero in person.

This one is obviously geared toward the senior crowd, but it's got enough *chutzpah* to entertain a broad spectrum of viewers, especially those with a penchant for football. Check this one out if you're appreciative of the allure of TB. It's far from a touchdown, but it does pass the time pleasantly.

A spiraling "C+" for "80 for Brady," now playing in theaters everywhere.

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



Submitted

A veteran returns from a tour and gives his two daughters a big hug and a smile.

Tax-free pensions: Letter-writer urges support for H.255 exempting veterans from page 24

holdout states where military pensions are taxed. Don't Vermont's veterans deserve to have the same retirement benefits already awarded to retirees in 43 other states?

The answer is an unequivocal yes. It's long past time. We urge lawmakers to do right by our guard members and pass H.597, an act relating to exempting military retirement and military survivor benefit income.

Let's put their service in perspective. Guard members swear an oath and sign a contract for service as volunteers, agreeing to aid their states during crises and serve their country in times of war. Guard members are often asked to deploy to austere, challenging environments for anywhere from six months (Air Guard) to a year (Army Guard). Recent deployments have sent Guard members to the Balkans, the Horn of Africa, and Southwest Asia. They leave their families behind, missing first steps and first words, birthdays, and holidays, to face danger in foreign lands. Their service is not the same: unlike any other profession, members of the armed forces and their family members must shoulder the unrelenting weight and worry that comes with a separation of months and miles.

On these deployments, there is no guarantee of returning home the same, or at all. For over 20 years, Vermont Guard members

were deployed to fight in Afghanistan and Iraq. They faced IED, mortar, and rocket attacks. Sixteen members of the Vermont Army Guard were killed in action. The memories of their "Angel Flights" – caskets draped with the American flag – remain painfully fresh and never forgotten.

The majority of Guard members are traditional drilling members, which means they are working a dual career track, either in civilian employment or students. Every Guard member is required to complete military education courses in conjunction with drill weekends and annual training throughout their career. They must stand ready to respond to emergencies on short notice. They do this while simultaneously preparing, training, and deploying in support of their federal mission across the globe. The work of our Guard never ceases.

As Honorary Commanders for the Vermont National Guard, we are paired with local units in the Air Guard and Army Guard to support their mission in the community. From our front-row seats, we witness the extraordinary dedication, ability, and professionalism of the women and men of the Green Mountain Boys.

With its inherent risk and personal sacrifice, service in our nation's military has

no equal. After a career defending our nation, military retirees and their survivors have earned the benefit of a tax-free retirement.

If their service and sacrifice alone does not convince you, there's an economic argument: Vermont is losing out on the many military retirees who are still of working age. They often make a financial decision to spend their post-military years in another state, where their retirement is not subject to taxes. As Vermont continues to face a workforce shortage, the help of these well-trained retirees would be a boost for the state. The tax loss is a pittance compared to the benefit of a thriving economy and vibrant communities.

As a state, we must express our gratitude for the women and men of the military with more than words. Let's join the rest of the nation and pass H.255 to exempt military retirement and military survivor benefit income.

Heidi Tringe and Neale Lunderville

Editor's note: Tringe is a partner and multi-state practice lead at MMR, LLC, serves on several volunteer boards and commissions, and is an honorary commander in the Vermont Army Guard. Lunderville is president and CEO of VGS (Vermont Gas), serves on several volunteer boards and commissions, and is an honorary commander in the Vermont Air Guard.



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Moose hunt proposed to improve moose health

The Vermont Fish and Wildlife Dept. has proposed issuing 180 moose hunting permits in Vermont's Wildlife Management Unit (WMU) E in the northeastern corner of the state in a continued effort to reduce the impact of winter ticks on moose in that area.

No permits are recommended for the rest of the state.

The proposal was given initial approval by the Vermont Fish and Wildlife Board at its Feb. 15 meeting and is now available for public comment.

The goal of the department's 2023 moose harvest recommendation is to improve the health of moose in WMU-E by reducing the number of moose and thereby reducing the abundance and impact of winter ticks.

“Moose are abundant in WMU E with significantly higher population density than in any other part of the state,” said Nick Fortin, Vermont Fish and Wildlife's moose project leader. “Winter ticks only thrive on moose, and higher moose densities support high numbers of winter ticks which

negatively impact moose health and survival.”

The Fish and Wildlife Dept. partnered with University of Vermont researchers to conduct a study of moose health and survival in WMU

E. The results of this study, in which 126 moose (36 cows, 90 calves) were fitted with GPS tracking collars, showed that chronic high winter tick loads caused the health of moose in that part of the state to be very poor. Survival of adult moose remained relatively good, but birth rates were very low and less than half of the calves survived their first winter.

“Research has shown that lower moose densities support relatively few winter ticks that do not impact moose populations,” said Fortin. “Reducing moose density decreases the number of available hosts which in turn decreases the number of winter ticks on the landscape.”

The department would issue 80 either-sex moose hunting permits and 100 antlerless moose permits in WMU-E for the moose seasons this October. This is expected to result in a harvest of about 100 moose, or about 10% of the moose

Moose → 38

“Reducing moose density decreases the number of available hosts which in turn decreases the number of winter ticks on the landscape,” said Fortin.

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Real estate advice: Is there a disconnect in today's market?

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Editor's note: The following Real Estate Advice was provided by Amy Ryan of IPJ in Middlebury. The statistics are derived from data from New England Real Estate Network (NEREN), which is Vermont's primary Multiple Listing Service.

Is there a disconnect in today's market? The answer lies somewhere between the seller's motivation, the buyer's desperation to find a house in a tight market and both parties' willingness to negotiate. The available inventory in the entire state of Vermont (as of Feb. 7) for all classes (single family, multi-family, land, commercial, etc.) is 2,038. As a comparison, that inventory number in February 2017 was 12,902. That

number dropped to 9,346 in February 2019 and by February 2021 it was listed as 2,655.

In any industry, when demand outweighs supply you have an imbalance in the market — that is precisely what's

The available inventory in the entire state of Vermont ... is 2,038. As a comparison, that inventory number in February 2017 was 12,902.

been happening in Vermont.

In most cases, when properties come on the market and are priced appropriately, there are multiple showings over several days, multiple offers with a wide variety of conditions (or none at all!) and the seller is making a decision on which offer to negotiate with or accept within 7-10 days of the property hitting the market.

There are strategies to employ, whether you're a buyer or a seller, to get the most out of this market.

As a seller, you're likely looking to maximize the value of your property.

As a buyer, your goal might simply

be getting the contract. The nuances are vast and having the help of a professional is certainly recommended.

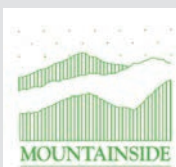
We've noticed a shift in the market recently and there seem to be a few more houses coming on the market at a slightly faster pace, but most of them are selling quickly, too.

If you're in the market be sure you're getting the information you need as it becomes available — this is the only way to be competitive in today's market!

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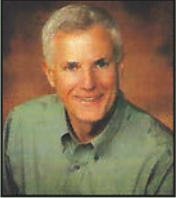
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MOUNTAIN GREEN - BLDG 1 & 2




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Bldg #2
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Bldg # 3 (Main Building)
2BR/ 2BA, **\$279K**




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NEW CONSTRUCTION

CUSTOM TRAILSIDE DREAM HOME



GREAT EASTERN TRAIL

Rare opportunity to own a luxury
Ski-On Ski-Off property in Killington
123 Trailside Drive \$3,499,000

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Architect rendering.
Completion date
June 1, 2023



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Courtesy VTF&W

The high number of moose in the northeastern corner of Vermont has stimulated a dramatic increase in winter ticks, causing moose health to severely decline. As many as 90,000 winter ticks have been found on one moose. More than half of moose calves have died in some winters due to blood loss caused by the winter ticks. VTF&W explains that reducing the number of moose will reduce the number of parasitic ticks and improve moose health.

← Moose: Vermont Fish and Wildlife Dept. is proposing to increase moose hunting permits by 180 to help control the large population of moose (and ticks) in the Northeast Kingdom from page 35

population in WMU-E.

“This permit recommendation represents a continued attempt to address winter tick impacts on moose in WMU-E,” added Fortin. “Given the poor health of the moose population in that area and a clearly identified cause, we need to take action to address this issue. Without intervention to reduce the moose population, high tick loads will continue to impact the health of moose in that region for many years.”

“Department staff, including lead moose biologist Nick Fortin and Research Manager Katherina Gieder, brought incredible scientific expertise to this recommendation,” said Commissioner of Fish and Wildlife Christopher Herrick. “The proposal our board vetted and approved was informed by years of field research and sophisticated statistical analyses that have been featured in peer reviewed publications alongside results from sister efforts in Maine and New Hampshire.”

The 2023 Moose Harvest Recommendation and information about the moose study are available on Vermont Fish and Wildlife’s website. From the Home page, click on Hunt and then Moose.

Comments may be provided until March 31 by emailing ANR.FWPUBLICCOMMENT@vermont.gov.

K SkiOnSkiOff.com

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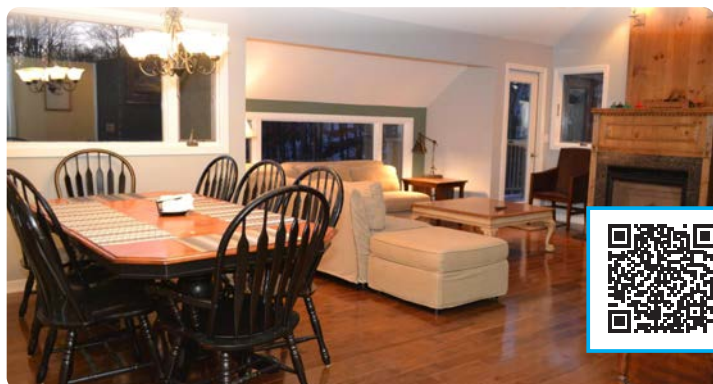


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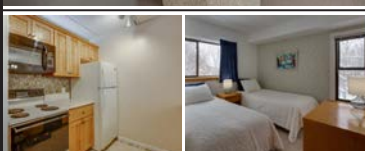
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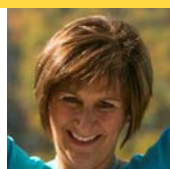
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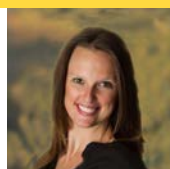


Please call for details regarding the reservation process.

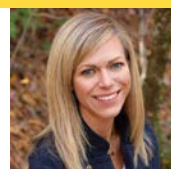
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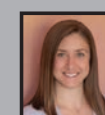
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