

# MOUNTAIN TIMES

Vol. 51, No. 4

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

Jan. 25-31, 2023



## BALD EAGLE SHOT

Game wardens are investigating a bald eagle that was shot and killed on Lake Rescue in Ludlow.

"All I can tell you right now is that it is an active investigation," said Sgt. Carey Timothy on Jan. 24, declining to say more.

A conviction results in \$1,222 in fines and restitution, along with a three-year loss of hunting, fishing and trapping licenses under state law.



## K-1 CELEBRATION

Killington Resort is hosting a grand opening celebration of the new K-1 Base Lodge on Thursday, Jan. 26 from 6-8 p.m. All are invited.

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Courtesy U.S. Ski & Snowboard

## SHIFFRIN BREAKS ANOTHER RECORD

Mikaela Shiffrin became the most decorated women's alpine skier on Tuesday, Jan. 24 when she won her 83rd World Cup race. She broke Lindsey Vonn's record of 82 wins set in 2019.



By Brooke Geery, Killington Resort

## Powder alert: three storms restore winter

*Snowfall last Thursday and Sunday made for perfect powder conditions for skiing and riding — and students got to enjoy an extra long weekend as snow days extended the fun! Killington Resort reported 21 new inches over the past week; Okemo got 18 inches. And another storm — maybe the biggest yet — is forecast to arrive Wednesday afternoon/evening. Both Okemo and Killington have over 100 trails open with more opening daily. Killington's Peace Park opens Jan. 28.*

## Luce Farm opens CBD store with view into extraction process

By Katy Savage

Luce Farm, the certified organic CBD company, has a new store in Killington.

After about a year of renovations to the building on Route 4, Luce Farm is open and selling everything from CBD-infused honey, to gumdrops, to dog treats. All the products are made on location and it's one of the only stores in the northeast that allows customers to see how CBD is made.

A large glass window in the store allows customers to sit on a couch and see the extraction process.

"It's the same exact plant grown for cannabis," co-owner Joe Pimentel said. "It's the same exact extraction process, same exact manufacturing process. We want people to be able to come in and see the whole process. There are all sorts of methods for it. We want to show why we think that this method is sort of the healthiest."

In the next couple weeks they are planning to launch a grab-n-go menu of CBD-infused smoothies, juices, almond milk puddings, energy bars and salads.

"I realized how hard it is for us to prepare food on a regular basis and everybody's feeling the same; like a constant grind," Pimentel's wife and co-owner Rebecca Pimentel said.

The Pimentels, who live in Stockbridge,

started Luce Farm in 2017 in Bethel. They currently have 400 plants in Bethel and work with three other certified organic growers. They became organic in 2019 — a label they're proud of.

Extraction → 2



By Katy Savage

*Joe and Rebecca Pimentel have opened a new retail store in Killington.*

## Public hearing for Killington's new water system outlines scope, mitigation requirements

By Polly Mikula

On Monday, Jan. 23, the town of Killington hosted an environmental review public hearing for its proposed public water system as part of its regular Select Board meeting.

"It's a brand new public drinking water system for the town and includes all the elements of source, transmission, pumping, storage and distribution," explained Wayne Elliot of Aldrich and Elliot Consultants, who is managing the system planning for the town and made a powerpoint presentation at the hearing.

"It is very difficult to find a good reliable source, especially with this quantity of water and the proximity to the surface area, which is why that area along Route 4 to the East is really great," he said. "The other thing is that the water down there is non-detect for PFAS — the water quality is excellent, which is what you're looking for the long term for the town."

However, in order for that water source to serve the needs of the new Six Peaks Village then continue down Killington Road, "there's a lot of piping and pumping... pretty high pressures to get it up to the storage reservoir," Elliot said, adding, "One thing that's really unique about this water system is that once you get into the storage reservoir, it's gravity-fed in the northerly direction [down Killington Road] ... So once we get it to storage reservoirs, it's really very simple to operate: we're able to work with topography and the elevation... that makes it much less cost effective to operate in the long term."

Water system → 4



OBITUARY

# Karen Bowles, 85

Karen Bowles (Riggs) 85, of Killington passed away on December 12, 2022. She was predeceased by her husband, George. She is survived by her brother Peter, sisters-in-law Margaret Powers and Lucy Bowles, brother-in-law Raymond Bowles and many nieces, nephews, grandnieces and grandnephews. Karen was born in 1937 to Irene Manning Riggs and Oliver Riggs and grew up in Westfield and Wayland, Massachusetts. She graduated from Syracuse University and began her career as an elementary school teacher.

It was then that Karen took up skiing (thanks to her mother allowing Karen to delay repayment of a car loan so she could afford to ski). Karen met George through the Westchester Skiers Club and they were married in 1963. They were Killington season pass holders beginning in 1969. In 1975, they built their first ski house in Killington and the home they would eventually retire to in 1984. After 25 years of commuting to Vermont on weekends from Putnam Valley, NY, they moved to Killington after retiring from teaching in 1993.

Karen was a beloved family icon who, with George, shared a deep and abiding love of the natural and artistic world and who cultivated an adoring network of family and friends. She lived a fun, intentional, and fulfilling life. Their home in Killington was a warm and inviting gathering place: full of laughter, conversation, and bonding.

Karen was very involved in mountain life; skiing, biking, birding, snowshoeing, golf, and hiking were favorite pastimes. She was quite proud of earning her official 80-plus skier sticker and enjoyed riding the first chair at Pico with family and friends when conditions were favorable. Always active, Karen participated in fitness, aquacise, and yoga classes at the Pico Fitness Center until her 80s. As she would joke, “Not bad for someone who failed gym in college”. Her care for the environment and love of nature was a big part of her life - as the well-fed birds on her property can attest.

Karen was also involved in the arts and regularly attended the Metropolitan Opera broadcasts at the Paramount in Rutland, the Vermont Symphony Orchestra concerts and often took along family members to those cultural events. An avid and talented quilter, Karen was a member of the Maple Leaf Quilters; she was very dedicated to selling tickets to their Festival of Quilts annual raffle, including to this April’s event. She will be missed by her bridge club.

Never without a book or two going and a member of several book clubs, Karen was always ready with a recommended “good read” in a host of genres. Her reading often complemented her travel plans: she enjoyed adventures throughout her life - camping across the US with George, and trips to most continents curated by VPR and Road Scholar. Always a teacher, she was a lifelong learner whose curiosity involved her in the Osher Lifelong Learning Institute at UVM; she enjoyed their local programming and attending lectures from UVM faculty.

Karen was very involved in supporting natural, artistic, and intellectual organizations in Vermont and would be happy knowing that family and friends are supporting Vermont Public Radio, Vermont Public Television, Audubon Vermont, Vermont Institute for Natural Science, Vermont Symphony Orchestra, and the Osher Lifelong Learning Institute at UVM.



# Pittsfield discovers 2021 tax rate error

By Brett Yates

As Pittsfield officials prepare the annual budget for Town Meeting Day, they expect to use surplus monies – labeled “undesignated funds” — to pay for various capital expenditures, including a new grader for the highway department and improvements to the Town Hall, instead of raising additional taxes to cover them.

“We have almost \$200,000 that we’re sitting

on, and I have a problem having all that money and then going to ask the taxpayers to pay for this stuff,” Select Board chair Ann Kuendig said on Jan. 19.

A portion of this abundance appears to owe to a budgetary error that overtaxed Pittsfield residents in 2021, according to Kuendig.

“I’m horrified by what I think I’ve discovered,” Kuendig said.

In 2021, at Town Meeting, Pittsfield voters passed a budget that required \$331,551.10 to be raised in municipal taxes. Five additional articles asked permission for the town to shift a total of \$192,000 from “general fund surplus” into a set of reserve funds for various designated purposes, such as equipment for Pittsfield Volunteer Fire & Rescue.

These articles, which

also passed, were meant to be revenue-neutral, using tax dollars that had already been collected, but the town ended up attaching a tax increase to each one. The select board didn’t notice at the time.

The 2021 town report confirms that Pittsfield raised \$523,551.10 in municipal taxes that year.

“We’re going to be really careful not to do that again,” Selectman A.J. Ruben said.



By Katy Savage

Joe Pimentel, the co-owner of Luce Farm, demonstrates the CBD extraction method at his new retail store in Killington.

## Extraction: Luce Farm Wellness on Route 4 in Killington offers a glimpse into CBD production from page 1

“Certifying companies are really, really strict,” Rebecca said. “Our gumdrops, for example, are super close to getting certified, but we still have to change an ingredient.”

The gumdrops are 94.5% organic. Certifying companies require products to be at least 95% organic.

“And they round down,” Joe said.

The Pimentels’ process starts with hemp, which is harvested in September and October and stored in the basement of their Killington store. It’s then ground up and frozen at 170 degrees below zero overnight to separate wastes and chlorophyll from the cannabinoids. It’s filtered, then goes through an evaporator to reclaim the ethanol to be reused. Just the cannabinoid is left, which is then heated.

Joe compared his process to squeezing orange juice out of an orange. Some try to get as much juice as they can, diluting the taste. Luce Farm extracts only the flower of the plant to preserve the taste.

“The flower carries all the beneficial properties and plant cannabinoids and the terpenes,” he said. “When you harvest for biomass, basically you’re cut-

ting down the whole plant and grinding it up. You’re diluting those flowers with stems or leaves.”

Luce Farm products are sold in retail stores in all 50 states as well as online. They’ve collaborated with numerous companies to make CBD-infused beer, coffee and chocolate. This is their first retail store.

While there is vast focus on cannabis retail since its legalization in 2022, the Pimentels said CBD still has a place.

They view their products as medicine. Rebecca gives her kids CBD rather than Tylenol or Ibuprofen for pain, for example, “I want my children to have pain medicine that I grow in my garden and it actually just takes the edge off,” she said.

The Pimentels have been partners for over 25 years. Both admit they use cannabis. Joe has regularly used cannabis for anti-anxiety and to help with sleep, aches and pains, while Rebecca regularly mico-doses.

“We see the power of this plant,” Rebecca said. “I think it’s important

to say that we think cannabis THC in a recreational place is actually awesome. We’re foolish as a country to say, ‘no big deal if you drink one to three bottles of wine a night, but if you use joints... that’s our culture.’”

Rebecca said many dispensaries attempt to sell the most potent cannabis products, which doesn’t fit with their wellness mission.

“When we started our goal was to make medicine with it and not necessarily get into the recreational

market,” she said.

The Pimentels, however, do also sell their existing products to cannabis dispensaries. Dispensaries in some of the more established states where cannabis is legal, such as California and Colorado, sell one-to-one products that use CBD and THC equally, Joe said.

“They need a quality CBD extract that they can add to their THC. And that’s something that we’ve been talking to people about and selling our product,” Joe said. The retail store is open Monday-Saturday 10 a.m. to 4 p.m.

“We see the power of this plant,”  
Rebecca said.





Plymouth Cheese owner Jesse Werner, left, and his wife Sarit have a new pop-up shop at the Bridgewater Mill.

Submitted

# Plymouth Cheese prepares expansion plans in Bridgewater

By Katy Savage

Plymouth Artisan Cheese has a new pop-up shop in the Bridgewater Mill Mall in an effort to restore new life into the old building.

Plymouth Cheese owners Jesse and Sarit Werner became majority owners of the building in March 2022 after a multi-year legal battle with previous owners Andrea Curutchet and Jireh Billings.

Sarit Werner said the pop-up shop is temporary as Plymouth Cheese prepares to expand and open a second retail store in the former Bridgewater Mill Mall — now called Bridgewater Mill.

“Things are slow-moving in this economy,” said Werner, explaining her family is obtaining permits. “That’s why we wanted to maximize momen-

tum and build this pop up.”

The pop-up shop opened at the beginning of December. The Werners plan to turn the Bridgewater Mill into a maker space for artists and performers in addition to a food hub.

“We’re open to all ideas,” Werner said. “Bring your paintbrush.”

“We’re in the food space,” Werner said. “We’re trying to gather like-minded businesses.”

The Werners bought Billings’ and Curutchet’s 69,000 square foot portion of the Bridgewater Mill, totaling 75% for \$563,000 last March. Furniture and pottery maker Shackleton Thomas owns the other 25% of the building.

The Werners’ pursuit of the building started six years ago, when they purchased a storage shed in the Bridgewater Mill for Plymouth Cheese.

The owners disagreed over association fees, taxes and sewer payments to the town. The town put the Bridgewater Mill up for tax sale in 2019 due to a delinquent sewer bill.

“We really fought for this,” Werner said. “We could have walked away easily. We really persevered.”

Werner said there are 10 tenants in the building, including a hair studio, a post office, Ramuntos Pizza and an art gallery.

“Everybody’s here,” she said. “Everybody’s happy. We’ve started a new chapter. We’re in it for the long-haul. This is just the beginning.”

The cheese shop is open from 11 a.m to 4 p.m. Thursday-Sunday.

The owners are looking for new tenants.

“We’re open to all ideas,” Werner said. “Bring your paintbrush.”

## Hartland intersection debated

By Curt Peterson

Vocal resistance to the proposed reconfiguration of the Three Corners intersection in Hartland dominated the local listserv since Select Board member Jim Reilley responded to public comment to make a motion to delay sending out requests for proposals to contractors regarding the project.

It was a last minute opportunity for the democratic process to stop a major construction effort that had been moving slowly but relentlessly forward since a 2014 Town Meeting vote approving the idea.

Although four on the Select Board voiced doubts about sending the RFPs in early January, not one was willing to second Reilley’s motion, and the bid requests were sent on Jan. 4. Bids are due on or before Feb. 10.

A near-accident 30 years ago involving a small child crossing the intersection, inspired local concern about safety issues, leading to the 2014 Town Meeting discussion.

Besides the 2014 approval by 150-plus Town Meeting attendees, voters had an opportunity to disapprove or approve the project in 2020, when an Australian Ballot article proposed borrowing \$1,062,000 using a municipal bond. The cost had grown from about a half million dollars to that amount reflecting a more professional estimate and bury-

ing utility lines at the intersection was included for aesthetic reasons.

Voters approved the 2020 article by a margin of two-to-one.

Delays due to Covid and negotiations with the Agency of Transportation delayed action, bringing the latest estimate to \$400,000 more than the 2020 proposal. Ormiston said the town has discretionary funds to make up the difference already in the budget.

Robert Foote testified that the entire project would have a miniscule influence on the municipal tax rate.

Once Reilley’s motion failed, reality favored the project going forward. When the bids are opened, Town Manager David Ormiston said, if one or more is below or near the latest cost estimate, the Select Board will have the final decision to make. If they reject the bids and return the grant provided by the state, bridges with grantors and the contractors will be burned.

Select Board chair Phil Hobbie said Hartland has some significant housing projects on the drawing board, and aborting the intersection may jeopardize chances for state help with those.

Intersection → 10

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# Audit of Burlington Waterfront TIF District: A lesson, a warning

Administrative complexity, staff turnover, and poor recordkeeping contributed to millions of dollars in mistakes

State Auditor Doug Hoffer released a new audit Jan. 23 of Burlington's Waterfront TIF district. TIF districts allow municipalities to designate an area for public infrastructure improvements, incur debt to pay for the work, and use a portion of the area's property tax revenue growth, which would normally pay for education, to pay back the debt. During the last decade, the city has issued nearly \$16 million of bonds for public improvements in the Waterfront TIF such as the Moran Frame, Waterfront Access North, Bike Path, and Waterfront Park projects.

"This was one of the most difficult audits my office has ever conducted," said Hoffer. "Managing the complexities of this TIF district proved challenging for even the largest municipality in Vermont. A number of factors explain the problems we found – poor record-keeping, key staff turnover, and slow adoption of strategies recommended by the City's own auditors. In a way, each factor compounded the others."

Key findings of the audit include: The city struggled to produce accounting records that showed how

they paid for various improvements, resulting in the city needing to revise its records as issues were uncovered during the audit.

The city did not provide adequate

"We estimate Burlington will pay more than \$11 million in interest for \$32.6 million borrowed to pay for improvements," Hoffer wrote.

evidence to substantiate that \$173,056 of bike path rehabilitation costs was for work inside the TIF district boundaries, making those costs ineligible to be funded with TIF.

The city underpaid the state Education Fund and owes an additional \$197,510.

The city spent \$1 million more for certain project costs than was authorized by voters. Disarray in records and a lack of documented procedures for accounting for TIF improvement projects were the main causes of this mistake.

The city's errors were so numerous

and of so many different types, it is clear a new process is required to reduce the risk of significant errors in the future.

"Advocates for the TIF program frequently suggest it is a straightforward and effective tool for municipalities to fund public projects, this audit paints a much different picture," Hoffer wrote. "Despite the best efforts of city staff, millions in errors were made, and the city has had to hire two different consulting firms to help clean things up. And it isn't a cheap way to pay for infrastructure. We estimate Burlington will pay more than \$11 million in interest for \$32.6 million borrowed to pay for improvements.

"With unprecedented levels of federal infrastructure money and massive amounts of unexpected state general fund money at Vermont's disposal, the question is not whether we should support municipal infrastructure investments, but rather how to do it at the best cost, with the least unnecessary complexity, and resulting in the broadest benefit to communities across Vermont," he added.

Audit lessons → 10

## Solimano named to Vermont Futures Project board

Mike Solimano of Killington Resort & Pico Mountain, and Bill Cahill of Vermont Mutual Insurance Group have been named to the The Vermont Futures Project board of directors.

The Vermont Futures Project board of directors is dedicated to positioning the economy in the center of a statewide discussion about Vermont's future, enriching that discussion with data, benchmarks, and research – demonstrating how a healthy economy provides opportunities for people and contributes to Vermont's unique quality of life.

"I am so excited to join the VT Futures Project to help with their mission to provide data to support the evolution of Vermont's economy. Killington Resort is located in Rutland County, where the population continues to decline, and I want to work with the VT Futures Project to help our county as well as the entire state to have a thriving

economy," said Mike Solimano, president and general manager of Killington Resort & Pico Mountain. "I believe the outdoor recreation industry can have a major impact in helping to attract people to Vermont and I look forward to helping achieve this in the coming years."

Bill Cahill is the vice president, general counsel and secretary at Vermont Mutual Insurance Group.

"As an active member of the Montpelier and Vermont business community since 1828, Vermont Mutual recognizes the importance and enthusiastically supports the mission of the Vermont Futures Project," Cahill said.

Vermont Futures Project Executive Director Kevin Chu said, "Mike and Bill add critical industry and geographical perspectives to our team. The collective expertise of our board of directors represents our commitment to developing a holistic vision for Vermont's economic future."

**Water system:** Town of Killington hosts environmental review public hearing for its proposed new municipal water system; mitigation measures likely needed, not yet specified from page 1

Elliot noted that the project "is larger in scope than normal public water system projects" because it's a brand new public drinking water system and because it requires pumping and piping water a long distance.

Because of the project size and diversity of skills required for various components, construction will be segmented into several contracts and extend over multiple years, Elliot explained.

In Contract No. 1, water will be conveyed from the Valley Wells located along Route 4 through a 20-inch pipe to a new Well House located adjacent to the wells, then connected to the high service pump station, he explained.

Contracts 2, 3A and 3B will be focused on transmission, with three main segments: conveying water from the valley wells and well house on Route 4 to the high service pump station on Route 4, then to the 750,000 gallon Shagback Mountain storage tank (above ground), and then from the storage tank to the start of the distribution system near the Grand Hotel.

"From the high service pump station on the westerly side of Route 4, there's going to be almost 10,000 feet of 16-inch water line is going to run south and west up to the new 750,000 gallon storage reservoir — this is Shagback Mountain," Elliot explained.

He later explained that while the piping would all be underground, the well house, pump house and reservoir would be "at grade."

The reservoir, he estimated, would be "about 24-30 feet high," and be "made of compressed concrete with a concrete cover," he said, adding that the reservoir is located in a densely wooded area and clearing will be kept to a minimum.

"Then there's a separate ancillary piece, which we're calling contract 6B, that is part of the town reconstruction at Killington Road from the intersection of Route 4 and 100 South," up the road to Anthony Way. "There's about 1,000 feet of 8-inch water line pipe that's going to be installed as

part of that... that's going to be a dry pipe [prepped] for final development."

### Mitigation

All projects that receive federal funds are required to comply with the National Environmental Policy Act (NEPA). That includes both the state's Clean Water State Revolving Fund and its Drinking Water State Revolving Fund.

To comply, the state's environmental review process considers nine categories:

1. Environmental justice
2. Cultural, historic and archaeological resources
3. Land use
4. Intergovernmental review of federal programs
5. Wetlands, floodplains, coastal zones, wild and scenic rivers
6. Fish and wildlife, and endangered species
7. Drinking water and groundwater protection
8. Air quality, noise, and emissions
9. NEPA related considerations

"We're having to address issues or concerns about bass, migratory birds, butterflies, drinking water, groundwater protection," explained Elliot. The state is also "concerned about impacts to existing water supplies, subsurface contamination, air quality and noise emissions," Elliot added.

Among the main environmental concerns is the 2,150 linear feet of new watermain installed in the Class II wetland that runs along the Ottauquechee River and Route 4.

"It crosses the river at the narrowest point," Elliot said. "Much of this is going to be installed by directional boring — that's a method of construction (versus open trenching) that's really going to minimize any kind of impacts... which is pretty standard for any river crossing."

More specifically, directional boring is a minimal impact trenchless method of installing underground utilities

such as pipe in a relatively shallow arc or radius underground using a surface-launched drilling rig, according to Pipeline Research Council International (PRCI). The technique is routinely used when minimal surface disturbance is required, according to PRCI.

"We're not digging up the river," Selectman Jim Haff summarized.

The general conclusion from a previously issued wetland permit for the area was that the "proposed project will not result in an undue adverse impact to this function," Elliot summarized at the hearing.

### Timeline

Emily Hackett, from the state's Watershed Investment Division, explained that after the hearing Elliot will finalize the environment information document (EID) then submit it to town to sign, then submit that to her department, which will in turn fill out paperwork.

"Our paperwork will have mitigation measures in place that need to occur during construction," Hackett said at the hearing.

Likely strategies could include the use of a wildlife biologist to determine safety of tree removal and the consideration of nesting and migration seasons, Elliot said.

The Watershed Investment Division will also prepare a "responsiveness summary" to comments that need to be addressed after the 30-day comment period. "Once that's complete we can issue the Finding Of No Significant Impact (FONSI)," Hackett said.

FONSI is the final determination the town needs to proceed with its water system plan.

Public comment or questions can be submitted directly to Aldrich and Elliot Consultants: welliott@aeengineers.com, the town manager: manager@killingtontown.com or Hackett at the state's Watershed Investment Division: Emily.hackett@vermont.gov.



# Town Times

## KILLINGTON FORWARD

On Tuesday, March 7, Town Meeting Day, Killington residents have the opportunity to bring Killington Forward by voting on Article #5.

Bring your interest, enthusiasm, and questions to a Public Information session on Monday, January 30 at 6 p.m. at the Public Information Building.

**Killington Forward is a comprehensive plan to develop:**

- Municipal water infrastructure
- Newly designed & rebuilt Killington Road
- Six Peaks Village at Killington Resort
- Workforce housing

Prefer to log in and participate from home? Find the zoom link on the Town of Killington website or scan the QR code here:



ARTIST RENDITION OF THE SIX PEAKS DEVELOPMENT

### JOHNSON RECREATION ICE RINK INFO

This winter, The Town of Killington Parks & Recreation has added a brand new outdoor ice skating rink facility. Programs to be featured will be adult ice hockey, open skate, and more.

Please visit the Killington Recreation Department website for official opening and resurfacing information before you arrive.

**TIMES OF OPERATION:** 1pm to 8:30pm

**VOLUNTEERS:** Email Griffin Van Niel at [recadmin@killingtontown.com](mailto:recadmin@killingtontown.com) to volunteer to help with the ice rink.

### ANNOUNCEMENTS

#### NOTICE

The Town of Killington now has one call in number:

**802-422-3241**

All other Town Office numbers will be discontinued. Please follow the prompts to reach the Department of choice.

**Volunteers for Appointed Positions Due 2.28.23**

The Killington Select Board invites applications for the following appointed positions:

- Planning Commission
- Development Review Board
- Recreation Commission
- Town Service Officer
- Regional Ambulance Service
- Rutland Regional Planning Commission
- Rutland County Solid Waste District Representative
- Rutland Region Transportation Council
- Energy Coordinator

- Fence Viewers
- Inspector of Lumber Shingles & Wood
- Tree Warden
- Weighers of the Coal

**Looking to enjoy a romantic night without the kids this Valentine's Day weekend?** On Friday, February 10, drop your children off at Killington Elementary School where they'll enjoy arts and crafts, gymnasium time, Ipie Pizza, a movie, and more!

**For children ages 4 to 12 years old.**

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## MOUNTAIN TIMES

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

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# Rutland South Rotary Club: Camaraderie and collaboration that supports educators and students

After a two-year pause, Rutland South Rotary Club's fundraising raffle has returned, with the grand prize winner getting to choose between \$8,500 in cash or a brand-new 18' Bushwhacker Plus Teardrop Travel Trailer from Dan Kearney's RV Center, valued at \$17,000. Only a limited number of tickets will be sold, so the odds of winning are infinitely better than purchasing Powerball tickets.

More details on that in a bit, but first some important information about the organizations that Rutland South Rotary funds through the raffle.

While all Rotary clubs share a common philanthropic mission of "service above self," Rutland South Rotary takes that promise several steps further: The bulk of its fundraising activities are focused solely on supporting charitable and educational organizations that serve our region's youth — which is the primary reason I joined this particular club. In addition, Rutland South Rotary's members span a breadth of professions and trades, with most members actively engaged in other social service organizations as well.

"The Rutland community has always come through to support our fundraising events, in large part because of the connection to youth programs," said David Correll, who has been a Rotarian for 28 years and is Rutland South Rotary's current president.

"Because of the unparalleled generosity of those who purchase raffle tickets, we have been able to expand opportunities for the youth in our community, to help make their dreams of 'what I want to be when I grow up' come true," Correll added.

The need to support local students — and those who love, and take good care of, them — has never been greater. Rutland South Rotary has contributed this support for more than four decades, first with its scholarship program, which has donated nearly a half million dollars directly to local students, and now through its grants to teachers and other

educators.

Given that focus, the funding requests that come to this Rotary club from educators and others who work at youth-based non-profits are typical: books, of course, and various other classroom supplies, furnishings, and technology enhancements.

Typical, that is, until one Thursday morning a few weeks ago, when Ken Nelson, chair of Rutland South Rotary's grants committee, read off recent funding requests from four local educators.

Nelson is a retired insurance executive whose jolly demeanor, and droll "dad-jokes," endear him

to all his fellow Rotarians. As he recited the first three requests, members voted their resounding approval and continued to guzzle coffee, munch muffins, and compare weekend plans. But when Nelson proceeded to read the fourth and final request, all chummy chat ceased, for what seemed like several long minutes.

In his best radio-host voice, Nelson announced, "And, last but certainly not least, a request from [name withheld for privacy], for \$2,000 for a 'Care Closet,' to provide clean clothes, socks, shoes, winter gear and snacks." The request was from the principal of a local primary-school; her poignant appeal was to help students at her school who do not have access to basic provisions most of us consider essential, especially for children.

Of course, the Rotary members enthusiastically approved the funding request for the "Care Closet," and the club's agenda proceeded.

But I, for one, couldn't stop thinking about that primary-school principal, the hardships she witnesses day in and day out, and the Herculean devotion that propels her to persevere and conquer the obstacles.

Turns out, she assumed her post less than a year ago, after a decade as principal of another elementary school. Her bio indicates that her experience and expertise, going on 25 years, are in "special education, positive behavior



Submitted  
Rutland South Rotary Club is raffling this travel trailer from Dan Kearney's RV Center, valued at \$17,000, as part of a fundraising effort. The grand prize winner can choose between the trailer or get \$8,500 in cash.

intervention and supports, social-emotional learning and multi-tiered systems of support."

In practical terms, all are extraordinary strengths for nurturing students from all socioeconomic groups; but they are crucial for children who have daunting challenges. Not every educator is proficient at dealing with such challenges, regardless of how much formal education they possess. By all accounts, the primary-school principal who requested funds for her "Care Closet" is all that and more.

That principal's "care closet" is, figuratively, in her very heart and soul — as it is with other educators who persevere beyond the obstacles. They persevere because they must. They ask not for themselves but for the children they love and care for, day in and day out.

As for details I promised regarding the prizes for this year's fundraising raffle: the trailer weighs 2,300 pounds and is light enough to be towed by just about any vehicle. It is fully self-contained, sleeps 2-4, and contains a bathroom/shower, microwave, stove,

refrigerator, and stereo. (That's more practical equipment than most studio apartments in Manhattan could ever fit!)

There are also more cash prizes to win, with second prize: \$1000, third prize: \$500, fourth prize: \$400, fifth prize: \$300, sixth prize: \$200, and seventh prize: \$100. Tickets are \$100 each, two for \$150, or three for \$200, and can be purchased from a Rutland South Rotarian or online at: [RutlandSouthRotary.org](http://RutlandSouthRotary.org). Drawing is March 17, 2023.

Again, a limited number of tickets will be sold; so the odds of winning are pretty good!

Vermont's youths are our most valuable resource and our best hope for Vermont's future. Your contribution could help so many local students believe that "what I want to be when I grow up..." is not just a dream but well within their reach.

Liz DiMarco Weinmann, MBA, is principal and owner of Liz DiMarco Weinmann Consulting, LLC, based in Rutland, serving charitable and educational institutions.

## Rotary Club of Rutland supports literacy programs at Rutland elementary schools

The Rotary Club of Rutland's yearly Santa Raffle raised \$500 for the benefit of school literacy programs. Club members Will Gormly and Chuck Rose delivered \$250 checks to both Northwest Elementary School and Northeast Elementary School in Rutland recently.

January is Rotary Awareness Month and basic education and literacy is one of Rotary's seven areas of focus. Rotarians understand the critical importance of literacy. The ability to read and write is an essential skill necessary for our ability to

participate and contribute to society. Literacy empowers people, expands our opportunity to lead a productive and meaningful life. Rotarians all around the world continue to address these challenges and open doors for children to be confident readers and learners.

The Rotary Club of Rutland is one of over 60 local clubs in District 7870 in Vermont and New Hampshire.

For more info visit: [rutlandcityrotary.org/](http://rutlandcityrotary.org/) or contact the club by email at [rutlandcityrotary@gmail.com](mailto:rutlandcityrotary@gmail.com).



Submitted  
Susanne Engels and students from Northeast Elementary School in Rutland accept the \$250 check to support literacy at their school from rotarians Will Gormly and Chuck Rose.



## Senate takes lead on housing crisis

Our 2023 legislative session is off to a fast start. Only two and a half weeks into the session, we've already passed our first bill (H.42 which extends remote options for Town Meeting and the Open Meeting Law). Committees are meeting and being brought up to speed on the reports they

have requested and the issues in their jurisdictions. New legislators are settling in and beginning to feel at home. All the committees are meeting with our executive branch partners, those running Vermont's agencies and departments and who are responsible for turning our work into reality. And, after a two-and-a-half-year hiatus, our first Farmer's Night performance took place on Wednesday Jan. 18. The Statehouse is humming with productive energy.

It is always surprising to realize

how short our legislative session is and always impressive to see how much we get accomplished in a relatively short time. We only meet for about four and a half months, January through mid-May. As a result, there is a huge amount of pressure to make the most of every moment.

We go into each session with a fairly clear notion of our priorities. This year the Senate Democrats identified climate change, housing, workforce, family care (childcare, paid family leave and further protection of reproductive rights), and health care (mental health and substance abuse) as our top priorities for new action. These priorities help guide us through our work and keep us on track. Inevitably, other priorities surface as committees address the challenges we face. House and Senate leadership work together to identify which chamber is taking the lead on an issue, as time is short and duplicating effort is unproductive. One of my jobs as majority leader is to help deliver on the priorities identified by our constituents and by our Senate Democratic caucus.

The first year of this biennium holds policy opportunities that the second year doesn't. Any changes to election law must be made this year as they can't be enacted in an election year. As a result, we'll probably see several bills on election subjects ranging from rank choice voting to campaign finance to party related issues. Also, while a constitutional amendment can be introduced any time during this biennium, it is wise to get most of the work on it done in the first year. Once the Senate has passed an amendment, its wording cannot be changed in the House. So, it is important that anything the Senate passes has House support and that each chamber has time to consider something so consequential.

This session, the Senate will be taking the lead on housing. As a result, in one of my committees, Senate economic development, housing and general affairs, we are already at work on a housing bill. Having allocated about \$400 million in the last biennium on a wide range of housing needs, this year we hope to continue our work reducing barriers to housing development in our downtowns and village centers. We want to continue to invest significant sums to incentivize bringing more housing units back into use through the VHIP/VT Housing Improvement Program. This program, along with the incentive to develop accessory dwelling units and to expand our home share options, are considered the low hanging fruit of housing. These are opportunities which are already getting more housing on the market faster and more easily than major new housing projects.

I appreciate hearing from you. I can be reached by email: [aclarkson@leg.state.vt.us](mailto: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](http://legislature.vermont.gov)



By Sen. Alison Clarkson

## Money doesn't grow on trees...or does it?

The semi-annual revenue update from state economists was presented and adopted last Tuesday, Jan. 17. Both the administration's and legislature's outside experts agreed that the unprecedented influx of federal dollars to the state and individuals (a total of \$10 billion over the past few years), has definitely helped state coffers. The updated

General Fund forecast for next year, while down 7.2% from the current year, is still higher than expected and better than pre-pandemic.

The additional revenue has allowed the state to make investments that it would be hard pressed to do in normal times, even if many are one-time expenditures in areas like broadband buildout, housing, IT upgrades and more.

However, the decline in ongoing revenue from the current year, may be a sign of things to come. And

just like individual consumers, inflation pressures have increased the cost of many government services. Higher revenue also comes with higher expenses. And the forecasts assume there will be a slowdown in the economy, but maybe not a full-blown recession, which may or may not be accurate.

The updated forecast was followed by the release of a study by the RAND group on a major new childcare initiative that would increase wages and benefits of childcare providers and increase subsidies to limit costs to families to no more than 10% of their income. The additional cost to the state would range between \$179 million to \$279 million. The study indicated several tax increases could support the needed funding, such as a 2-point increase in the sales tax, adding a tax on services or a new payroll tax on wages.

More details will be available after a legislative proposal is introduced in the coming weeks.

On Friday afternoon, Governor Scott addressed a Joint Assembly of legislators with his annual budget address. The total budget proposal for the next fiscal year beginning July 1, was a record \$8.4 billion. The governor was quick to point out that it included a number of one-time investments, that wouldn't require ongoing appropriations.

Scott's focus throughout his budget was to invest strategically with the current bump in state revenues and not in favor of "flashy new initiatives to grab headlines."

### A few highlights of the budget proposal include:

\$56 million (\$120 million total in annual ongoing support) to expand access to childcare, using existing revenue growth. The governor said his childcare plan will increase equity, expand access to after school programs, and expand childcare subsidies to 400% of the Federal Poverty Level (\$111,000 for family of four.)

Invests an additional \$45 million in housing development and rehabilitation, and another \$26 million in emergency housing.

Reduces taxes by exempting military pensions from Vermont income taxes; exempting more retirees from Vermont income taxes on their social security benefits; increasing the earned income credit to lower income working Vermonters and removing the provider tax on home health care providers.

Sets aside over \$150 million to meet future, anticipated state share of new federal funding streams, like the infrastructure bill approved by Congress last year.

Fully funds all state retirement and debt service obligations and maintains statutory reserve requirements.

\$9.2 million to fund a two-year pilot that helps primary care doctors better address substance abuse and mental health.

\$5 million for a Clean Heat Homes program.

\$9 million in bridge funding for Vermont State University

\$10 million for a two-year pilot program to cut Community College of Vermont tuition by 50%.



By Rep. Jim Harrison

Harrison → 28

## Economists report stellar state revenues

Warn downturn, inflation will bite in 2024

By Riley Robinson/VTdigger

Vermont's revenues are in boom times, state economists announced Tuesday, Jan. 17, as public coffers are buoyed by what economic adviser Jeff Carr called "epic, unprecedented, off-

Appropriations Chair Diane Lanpher, D-Vergennes — "artificially high" even, due to the windfall of federal money during the Covid-19 pandemic. The downturn during the Great Reces-

Federal Covid relief money over the past couple of years has delivered about \$10 billion to Vermont, roughly \$16,200 per Vermonter.

the-charts" federal money — for now.

Those same economists predicted the state's general fund revenues will drop nearly 9% in the fiscal year that begins July 1, a drop that would outpace even the 2009 downturn during the Great Recession.

The 9% decrease, which excludes health care revenues, is "without the assumption of a full-blown recession," and assumes the Federal Reserve can achieve a "soft landing" for the national economy, Tom Kavet, the Legislature's economist, told the panel of officials who typically meet twice a year to receive the state's fiscal forecasts. The group, known as the Vermont Emergency Board, is composed of Gov. Phil Scott and the four legislators who chair the Vermont House and Senate budget and tax committees.

While the projected decrease is striking, it's also expected, board members noted. Any reduction in revenues is a decrease "from a very high point," said House

sion was different, Lanpher noted, as it was a reduction from normal, base-level spending.

Federal Covid relief money over the past couple of years has delivered about \$10 billion to Vermont, roughly \$16,200 per Vermonter, according to the Joint Fiscal Office.

Even with a 9% drop in revenue in 2024, the general fund would still rake in far more than past projections in net dollars, Kavet said. Economists have dialed up the FY24 prediction by \$37 million since their last forecast, published in July 2022.

The state's general fund, its largest pool of state tax dollars, is expected to bring in \$120 million more this fiscal year than last projected. Economists expect the education fund will bring in an additional \$29 million more this fiscal year, compared to July's prediction.

But inflation complicates the good news, Kavet warned, especially in the

Revenues → 28



By Glenn Russell/VTdigger  
Economists Jeffrey Carr, left, and Tom Kavet brief the Emergency Board at the Statehouse in Montpelier in 2021.



## GUEST EDITORIAL

# Turn off the gas, bring on the magnets

By Bill McKibben

*Editor's note: Bill McKibben is an internationally known climate activist and writer who lives in Ripton.*

I have been arguing for some time now that we've reached the point in human history where we should stop setting stuff on fire: coal, oil, biomass, or in this case the "natural gas" that's burned on cook stoves across the country and around the world. The most important reason is because all that combustion is cooking the planet — but a new study published recently reminded us all of another huge virtue of turning off the gas. It found that 13% of childhood asthma in the country can be attributed to kids living in houses with gas stoves. That's 650,000 kids — 20 Fenway Parks worth of wheezing young people.

"It's like having car exhaust in a home," Brady Seals, a co-author of the research, told the Washington Post. "And we know that children are some of the people spending the most time at home, along with the elderly."

This isn't the first study to come up with similar findings. Earlier efforts found that children in households with gas stoves were 42% more likely to come down with asthma. And the effect is magnified in poorer households, which are smaller and less likely to be equipped with adequate ventilation.

It would be cruel to report this news if there weren't easy ways to fix the problem — after all, smoking cigarettes is optional, but cooking dinner isn't. Happily, we live at a moment when the problem is easily fixed. The magnetic induction cooktop, like the electric heat pump, is a miraculous piece of technology. It uses...magnets to heat up pots and pans and cook your food. (Don't ask me how). The cooktop doesn't get hot, but the food does, that is, the cooktop only gets hot where it is in contact with an appropriate pot (see below). Ever been scorched by a gas flame leaping up around a pot?

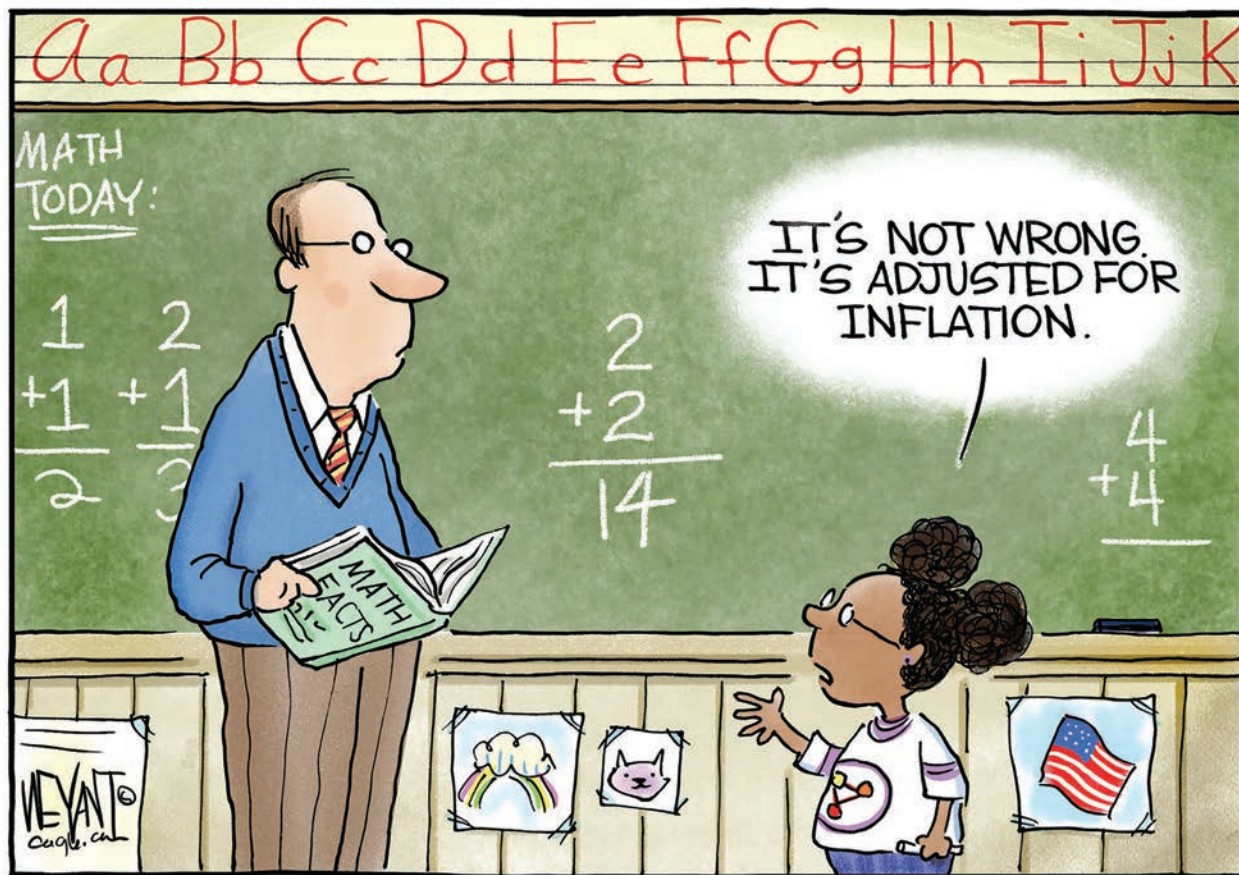
And it's cheap. A single-burner induction cooktop can be found for less than \$60. I used such a model quite happily for years until we broke down and installed a full, three-burner induction cooktop. You do need a pan made of an alloy that attracts magnets — I wager that if you take one off your fridge and try sticking it to your pots you'll likely find a few. (Cast iron works, and stainless steel. Your good stuff — the All-Clad, the Le Creuset — will work).

And it cooks just fine. If you want to boil water, it's much faster than a gas burner. You can control the heat very accurately; I like to use a wok, and it works for that. It works for everything. And it maintains very low temps much better than gas.

The natural gas industry hates this technology, just like they hate heat pumps; their entire business model is, "we dig stuff up and set it on fire." One of the classic pieces of recent environmental journalism came from Rebecca Leber in Mother Jones when she showed how the gas lobby was paying social media influencers to insist that somehow cooking over a blue flame produced better food. "#cookingwithgas makes food taste better," says Camille, an LA-based foodie who poses artfully with her spatula, to her 16,700 followers. This is not true. What is true, as Leber reported, is the following:

Shelly Miller, a University of Colorado, Boulder, environmental engineer who has studied indoor air quality for decades, explains that when a stove burns natural gas — just as when a car burns gasoline — that combustion reaction oxidizes molecules in the air to create nitrogen oxides, which can make us sick. "Cooking," she says, "is the No. 1 way you're

Magnets → 10



New Inflation Math by Christopher Weyant, CagleCartoons.com

## LETTERS

## Proposed Affordable Heat Act contains hidden tax

Dear Editor,

Vermont Senate bill S.5, the Affordable Heat Act, is an attempt to lower Green House Gas (GHG) emissions from heating buildings in Vermont. A laudable objective.

However, the bill goes about this reduction in an extremely complicated and expensive way. It requires fossil fuel dealers to pay for their customers to invest in energy saving technologies, heat pumps, weatherization and other means, to reduce GHG. The only way fuel dealers can pay for this is to charge their customers more for the fuel purchased. Thus, increasing heating costs for Vermont families, businesses, and farms.

To be succinct about this; this is a sneaky tax on fossil fuel consumers. While the bill says nothing about a tax, there is only one way the fuel dealers can raise the money they will need to help their customers achieve GHG reductions. That is to charge their customers more. In essence a tax.

The name of the bill is very misleading, because the whole point of the bill is to increase the cost of heating by fossil fuels so as to force people, consumers,

to switch to electricity, heat pumps etc.

The bill will require fossil fuel dealers to either establish a way to directly help their customers reduce fossil fuel use or set up a "Default Delivery Agent," a third party organization of some kind to deliver the GHG reductions required to be delivered by the fossil fuel dealers who are required by the bill to do this work.

In essence the bill is requiring fossil fuel dealers to pay for their customers to reduce GHG emissions. This will reduce the amount of fuel needed for a customer to heat their home, meaning they'll buy less from the fossil fuel dealer, meaning the dealer will have less income, less profit and eventually be put out of business. And that's the point of the bill.

Now I'm not a fossil fuel dealer, but rather a rather large consumer of fuels. But I should think the fossil fuel dealers wouldn't be really happy about putting themselves out of business. I am a Vermont family farmer selling farm products and not too in love with the idea of paying my customers to eat something else besides

Hidden tax → 18

## No public relief?

Dear Editor,

Where is one expected to go and what is one supposed to do, particularly when there is no place located either centrally downtown or elsewhere within easy strolling distance, to go, most especially at night, on the weekend or on an official holiday when one urgently needs to relieve themselves and there is no accessible public restroom available?

That is the question that plagues those whose bladder or other internal plumbing system is filled to overflowing.

Is there no public relief in sight?

Unfortunately, governments often do what they seem to do best when attempting to avoid doing something real about one matter or another, absolutely nothing: i.e., exercising the rather cynical and deliberately indifferent bureaucratic mindset as well as the general political principle of ignoring it, long enough, until it eventually goes away.

If the municipal and state government as well as other partners were to vigorously

exercise the political will and make having accessible public restroom facilities available on a 24 hour, seven day a week basis a high enough priority, develop an

That is the question that plagues those whose bladder or other internal plumbing system is filled to overflowing.

actual action plan and come up with adequate funding, it could actually get done.

If members of the public were to demand as much by making their voices heard, sooner rather than later, it just might happen and everyone would be better off as a result.

Otherwise, let us ask ourselves as well as each other about whether or not this is indeed a civilized, compassionate, fair and just society (rhetorically posed)?

If it is, then what is necessary to be done on behalf of the collective public good concerning these and related regards shall become clearly obvious and much more difficult to continue ignoring.

Morgan W. Brown,  
Montpelier



## CAPITAL QUOTES

FBI investigators found additional classified material while conducting a search of President Joe Biden's Wilmington, Delaware, home on Friday, Jan. 20.

**"I don't think ... any classified document should be at somebody's house,"**

Sen. **Mark Kelly** (D-Ariz.) told Politico.

**"He has done well by cooperating every step of the way, unlike Trump, but he still has documents that I don't understand why he'd have in his personal possession,"**

Senate Judiciary Chair **Dick Durbin** (D-Ill.) said.

**"They're trying to attack former President Trump. Biden was chair of the Foreign Relations Committee. He should have known better. And they were trying to claim the high ground on this issue when the shoe was on the other foot. And I think it's a very tough issue for them to have to navigate right now,"**

Senate Minority Whip **John Thune** (R-S.D.) said.

**"You have to get the answers to the questions before you reach a judgment. If it's a handful of documents and they're not very serious, and maybe they were once classified but they're not anymore, and there's a good explanation for why he had them — but you don't know the answer to those questions,"**

said Sen. **Tim Kaine** (D-Va.).

## COMMENTARY

### Rally to find lost dog shows Killington's resilience, power of community

By Victoria Gaither

How do you define a community?

Webster's Dictionary defines a community as a group with shared values, interests, and goals.

While that is true, the story of Arlo, the missing 1-year-old dog, and how the Killington community came together to bring him home to his owner, Joseph "Joe" Ceccacci, who was recovering in the hospital after being involved in a motor vehicle crash on Jan. 13, can rewrite a new definition.

First off, add the word fighters. When Arlo got scared and ran off into the woods near Winterberry Road on Route 4, Killington jumped in action. Arlo was missing, and he needed to come home.

The Killington Locals' Facebook page lit up with posts telling people to look out for the missing pitbull mix dog. The news media in Burlington was contacted and reported the story. An off-duty police officer hiked into the woods to find Arlo.

Plus, motorists parked their cars that night and started walking the woods looking for Arlo, calling out for Arlo, and searching for the dog.

At that point, Arlo became Killington's dog, and they would fight to find him.

Killington was focused, determined, and never gave up on Arlo because to give up on Arlo was giving up on themselves, and quitting isn't in this definition.

To give up wasn't an option because, as locals will tell you, "This is Killington," we stop at nothing to help our friends, family and Arlo.

Ceccacci's crash happened due to black ice on the road that night, and while he was being rushed to the hospital, Arlo was alone in the woods, probably scared, hungry, and frightened.

It was cold that night and people on social media and around town that evening said Arlo is tough. He will make it through the night and probably hunker down next to a tree.

Killington saw the bravery in Arlo because it was in them as a community. So we can add that word to the new definition.

But to be brave is to be fearless, and Killington saw no fear in this situation and only a gut feeling that Arlo would return to them. During those two days, volunteers walked near the accident site and Gifford Woods State Park searching the woods for Arlo.

Some with dog treats, slim jims and water hoping to find him safe and well.

Never losing hope on Sunday, a detailed plan was posted on the Killington's Local Facebook page — a game plan to find Arlo by a dedicated group of 30 people, including the Killington community.

Meanwhile, Ceccacci was awake and alert at Rutland Regional Medical Center, but still injured and in pain. He was asking for Arlo — his missing buddy, his boy.

Ceccacci and Killington didn't know that Arlo was just as determined as they are to come home.

He could never stay away too long from Joe. Arlo → 10

### What a difference a rest makes

By Ruth Farmer

*Editor's note: Ruth Farmer is a published essayist and poet. She is sole owner of Farmer Writing and Editing ([ruthfarmer.com](http://ruthfarmer.com)).*

A few weeks ago, I was in the midst of a busy fall semester — too many student papers, meetings and emails — when a friend sent me a link to the podcast "We Can Do Hard Things," during which Glennon Doyle interviewed artist and theologian Tricia Hersey. Hersey founded the Nap Ministry, an organization that examines the liberating power of naps. The focus of the conversation was Hersey's aptly titled book, "Rest is Resistance: A Manifesto."

Hersey's ministry seeks to disrupt the insidious pressure to produce that many of us (perhaps most of us) are faced with on a daily basis. She suggests many intentional actions, starting with the simple act of resting. As someone who finds it hard to nap, resting as a practice is a revolutionary and challenging act, but during the holiday season and inspired by Hersey's words, I gave myself that gift.

I was extremely busy most of 2022, including completing and publishing a book of poems, teaching a summer course instead of taking time off, teaching three classes during the fall semester and sitting on two college committees as well as a

board. I had unconsciously drifted back into patterns that I had been pushing against, productivity and workaholicism, driven by the belief that I needed to produce in order to be taken seriously.

Every January, lots of people make resolutions that they end up abandoning. A study published by *The Journal of Clinical Psychology* noted that around 46% of people successfully met their New Year's resolution goals. I wonder if this applies to resolutions made during other times of the year. I rarely make New Year's resolutions. However, I frequently decide to modify my behaviors, usually in the spring, a time of burgeoning possibilities. Last year, I'd resolved to resist the pressure of productivity. If I'd made this resolution in January, I would have become one of the more than 50% of folks who had not met their goals.

Hersey's interview and book (which I'm reading) reinforce my belief about what she calls the "grind culture." Even as a child, I was called to task because I wasn't doing housework or schoolwork, or anything that my family or others saw as worthwhile and, yes, productive. This happened often when I was reading. To me, reading is doing something worthwhile, though I understand why

Rest → 10



## 2023 tax filing season opens Jan. 23

The 2023 tax season officially opens Jan. 23, at both the federal and state levels. This is the date that the IRS and Vermont begin accepting personal income tax returns for tax year 2022.

The department offers the following tips to make filing and getting your refund easier and faster:

- Wait to receive all W-2 forms, 1099 forms, or any other necessary tax documents before filing. Filing too early without all your documentation is one of the most common reasons a tax refund is delayed.
- File electronically through a commercial software vendor. Filing electronically reduces the risk of errors and significantly speeds up refund processing time. Last year, taxpayers who e-filed their returns saw their refunds on average in less than three weeks, while the average refund time for paper filers was over eight weeks.
- Many Vermonters are eligible for free online tax preparation software through the Free File Alliance but don't know it. Visit the list of provider links on the department's website at [tax.vermont.gov/free-file](http://tax.vermont.gov/free-file) to see if you qualify.
- After you have filed, you can check online at [myvtax.vermont.gov](http://myvtax.vermont.gov) for the status of your tax refund, home-  
stead declaration, property tax credit, and renter credit. This year there are new and expanded tax credits available to a wide variety of Vermont filers including:
  1. A new Vermont Child Tax Credit offers filers with children age five or younger a \$1,000 per child refundable tax credit. Filers with less than \$125,000 of income are eligible for the full credit, and filers with income up to \$175,000 are eligible for a partial credit.
  2. The Vermont Child and Dependent Care Credit has increased to 72% of the federal credit and is fully refundable for all qualifying Vermont filers.
  3. The Vermont percentage of the Earned Income Tax Credit has increased to 38% of the federal credit.

Even Vermonters who are not required to file a tax return because their income is below the filing requirement may want to consider filing if they qualify for these credits. There are also new and expanded deductions and exemptions available for those paying student loan interest and for a variety of retirees. Visit [tax.vermont.gov](http://tax.vermont.gov) to learn more about the details and eligibility requirements of these credits and deductions.

The 2023 filing deadline for personal and corporate income tax returns, Homestead Declarations and Property Tax Credit claims, and fiduciary income taxes is April 18.

### Intersection: Harland redesign contentious from page 3

The horse obviously out of the barn, a few of the 1,000-plus members of the Hartland listserv demanded a revote on the project, suggesting major changes in the planned reconfiguration, denying safety issues at the complicated interchange, wrongly claiming a major effect on municipal tax rates, claiming inevitable cost overruns, and attempting to rally an email campaign to select persons and the town manager demanding a stop to the project.

Hobbie told the Mountain Times there were "too many (emails) to count. Many were inaccurate or not clear what change they wanted. And positive emails were interspersed among the negative rants."

Ormiston said it would be impossible to count how many emails each board member and he received as a result of the effort. The "cons" came to him in a flutter at first, and were followed by quite a few "pros" as well.

Closing the Jan. 17 public discussion, Hobbie pointed out there 2,000-plus registered voters in Hartland, and, while the Select Board welcomes everyone who attends their meetings and expresses their opinions, the 10 who testified that evening should not necessarily be considered representatives of the majority of voters.

### Arlo: Reunited from page 9

To find his Joe was to help bring healing to a guy that people cried over and sent well wishes, even as far away as Canada.

That's also the thing about the Killington community. It's like an octopus with long tentacles, people hearing the story of Joe and Arlo near and far.

On Sunday night, while new fliers of Arlo were being distributed and donations picked up, Arlo was spotted at Killington Deli on Route 4.

A good samaritan recognized Arlo and called the flier's phone number; it was true Arlo was safe.

Immediately Joe was called to give him the best news; his boy was coming home!

A three-day ordeal changed the definition of community all through a dog named Arlo, the love of a community, and Joe's strength.

This is Killington.



Submitted

Arlo, a 1-year-old pit bull mix who was lost in the woods after a car crash, was reunited with his owner Joe Ceccacci at Rutland Regional Medical Center.

### Rest: Taking a break from the "grind culture" to read and relax is sometimes a necessity to feel alert and calm from page 9

some people think it is an idle pursuit. Still, like so many people who equate their worth with what they can visibly produce (usually for someone else), the criticism bothered me. While I continued to read, I also made sure that I was active in ways that people valued. I joined after-school activities, volunteered, hung out with friends, did my chores and schoolwork. Often, I was enjoying myself, but I was also successfully indoctrinated into the grind culture.

During one of the busiest times of the year, the stretch from Thanksgiving through New Year's, I determined that I would rest as much as I could. When I wasn't in bed asleep or simply closing my

eyes while sitting on the couch, my activities flowed organically. I read, wrote, cooked, went for drives, did yoga and other movement, connected with friends and family. It might seem as though I was on the productivity wheel. However, these were restful undertakings for me because they were done when my brain and body needed to do them, rather than on a schedule or as a result of meeting other people's expectations.

In "Rest is Resistance," Hersey describes the first gathering of the Nap Ministry, 40 people coming together for rest and education. I imagine folks lying on the floor covered in blankets ensconced in respite from doing. I am

becoming comfortable with dwelling in similar moments.

This is not merely leisure; this is necessity. The body needs to slow down, to breathe at its own pace.

Many people take naps so that they can recharge and get back into the grind. However, Hersey's primary point is that "We are not resting to be productive. We are resting simply because it is our divine right to do so." That is an important distinction. Having embraced this perspective, at the beginning of 2023, I feel alert and calm. I'm looking forward to teaching my spring courses and writing a collection of essays. What a difference rest makes.

### Magnets: Gas stoves have been linked to asthma from page 8

polluting your home. It is causing respiratory and cardiovascular health problems; it can exacerbate flu and asthma and chronic obstructive pulmonary disease in children."

Some environmental problems are hard to solve. But this one needn't be. The EPA is considering new regulations, and many communities are banning gas hookups for new buildings. Last month, Commissioner Richard Trumka Jr. of the Consumer Products Safety Commission announced that the agency would issue a request for public comments by March on possible regulations on gas stoves, which he said "could be on the books" by the end of this year. An outright ban on new gas stoves was a "real possibility," he said.

Which would be great. But there are tens of millions of existing homes, and stoves tend to last a long time. We should make sure that these induction cooktops are available to everyone, including those who can't afford the \$60 price tag; no one can afford to let their kids or grandkids get asthma. If you wouldn't smoke in your kitchen, then don't smoke in your kitchen!

### Audit lessons: Lessons in Burlington's TIF from page 4

In 2013, the Legislature required the Auditor's Office to conduct a series of audits of each TIF district in Vermont to prevent errors and mismanagement, which could negatively impact the state's Education Fund.

Burlington has two TIF districts. This audit focused only on the Waterfront TIF, which despite its name also includes portions of downtown including the former mall property. An audit of the City's other TIF district will commence in the next 8 to 12 months.

Hoffer said: "Policymakers established laws and rules governing municipalities who've been given the privilege of withholding funds from the Education Fund in favor of funding local capital projects. One of the added challenges of the TIF program is that from time to time, communities seek specialized rules for their towns or law changes to excuse them from regulatory or auditing findings. Each time this happens the program becomes more complex and less accountable. I hope policymakers let the rules be the rules, and that they consider simpler, cheaper strategies for the future."



WORDPLAY

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

SUDOKU

Solutions → 27

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

- ALLELE

ANTIBODY

ANTIGEN

ASSURANCE

BANK

BLOOD
- CELLS

CODOMINANT

COMPATIBLE

DONOR

DOSE

ENZYMES
- GENE

GROUPING

MANAGEMENT

MATCH

PHERESIS

PLASMA
- RED

TESTING

THERAPY

TRANSFUSION

TYPE

VIAL

CROSSWORD PUZZLE

Solutions → 27

CLUES ACROSS

1. Tax collector

4. Fishes without the line touching water

8. Brooklyn hoopsters

10. Actress Lathan

11. A metric for athletes

12. Food storage location

13. Colossus

15. Desolations

16. Accustom to something unpleasant

17. \_\_\_ Kubrick, filmmaker

18. You might ask this at Thanksgiving

21. Arkansas city

22. Gave food to

23. Request

24. V-shaped open trough

25. Make lively

26. It accompanies feather

27. Blonde bombshell

34. One who revolves

35. Bluish greens

36. Charity

37. Having the shape of a cube

38. Unwind

39. Believed by some to be the supreme being

40. Checks or guides

41. Leak slowly through

42. Top-quality

43. Midway between south and southeast

CLUES DOWN

1. Part of your foot

2. It's at the back of the eyeball

3. Where things stand

4. Offered

5. Contains pollen

6. Boisterous get-together

7. Asserts out loud

9. They're in the sky

10. Canonized

12. A politician's official stances

14. It can catch fish

15. British thermal unit

17. Helps little firms

19. Where patients go for treatment

20. Large red deer

23. Pokes holes in

24. "Star Wars" hero Solo

25. One in a hospital

26. Scandinavian god of battle

27. Famous cat

28. \_\_\_ Angeles: City of Angels

29. Type of drug (abbr.)

30. City along the Rhine

31. Animal disease

32. Martini ingredients

33. Get away

34. Rare species of rodent

36. Suppress

How to Play

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

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

Level: Intermediate

Eat, Drink, Shop *Locally*

MOUNTAIN TIMES

Guess Who?

I am a chef and TV personality born in Ohio on January 22, 1968. I worked as a food product developer before making it big on the Food Network. I'm known for my gregarious personality and bleached hair.

Answer: Guy Fieri

KILLINGTON FOOD SHELF

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

Sherburne UCC "Little White Church," Killington, VT



## WEDNESDAY JAN. 25

### Storytime!

10:30-11 a.m. Kimball Library, 67 N Main St, Randolph. Free. Join Kimball Library for songs, books, and crafts during storytime. Recommended for ages 2-6 but all are welcome. The event will be held outside, weather permitting. For more info visit kimballlibrary.org.

### Winter Story Time

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

### Movers and Shakers

11 a.m. Godnick Center, 1 Deer Street in Rutland. Free. This free program of low-impact exercise is designed for people with Parkinson's, or anyone else who wishes to maintain or improve flexibility, strength, and balance in a supportive and relaxing environment. Start your week off right and work out with us. Call 802-773-1853 to reserve your spot.

### Reading with dogs

4:30-6 p.m. Sherburne Memorial Library, 2998 River Road, Killington. Free. Yep, four-legged friends will be at the library! Join them by signing up at the front desk or calling the library at 802-422-9765. Each slot is 20 minutes. First come, first served. This program is open to all ages. For more info visit: sherburnelibrary.org.

### Green Mountain Fly Tyers meet

7:30 p.m. The Godnick Center at 1 Deer St. Rutland. Free. Presenting for the evening will be Michael Roussel leading a presentation on fishing the Upper Delaware River system followed by a demonstration on how to tie a couple of early season dry flies – A Blue Quill / Male Hendrickson convertible emerger and the female Hendrickson also known as the “Pink Lady.” For more information call 802-236-2543 or email: mroussel01@comcast.net.

## THURSDAY JAN. 26

### Bone Builders Mendon Seniors

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

### Circle of Parents

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

### Storytime: Snowy Days!

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.

### Drive-up pick-up meals

12 p.m. Godnick Center, 1 Deer Street, 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.

### 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.

### K-1 Lodge Grand Opening Celebration

6-8 p.m. K-1 Base Lodge, Killington Resort, Killington. Free. Join in a community celebration for K-1 Lodge to toast the past, present and future of Killington Resort. Everyone is cordially invited to the grand opening celebration and ribbon cutting of the new, state-of-the-art base lodge. Nearly three years in the making, this new lodge is almost twice the size of its predecessor, with three floors, 900 seats, 45 restrooms and the first escalator in Rutland County! RSVP for the event at Killington.com/rsvp.

### Sip n Dip

6-8 p.m. Chaffee Art Center, 16 South Main Street, Rutland. \$35 per person includes all supplies. Instructor Heather Wilson hosts a perfect event for a date night or just out with friends! Attendees follow along with an instructor and leave with a finished painting. Must RSVP to reserve your spot. A minimum of five attendees is required. Sip n Dips are offered monthly. For more info Contact: info@chaffeeartcenter.org or call 802-775-0356.

### Book Art

6:30-7:30 p.m. Kimball Library in Randolph. Free. Create art with discarded books. Supplies available at the Library. Bring your ideas. For more info visit kimballlibrary.org.

### Are you smarter than a bird nerd?

6:30-8 p.m. Public House Brewery, 5813 Woodstock Road in Quechee. Free. No registration required. Compete head to head against a team of VINS educators in a good old fashioned game of trivia! VINS is teaming up with Questionable Co. at The Public House Pub to present a night of nature-themed trivia. Test out your knowledge of natural history and challenge your identification skills while also competing in classic trivia categories such as music, history, and sports to answer the question “Are you smarter than a bird nerd?” For more info, call 802-359-5000 or email mmuratori@vinsweb.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 JAN. 27

### All about the arts for ages 3-5

11 a.m.-12 p.m. Chaffee Art Center, 16 South Main Street, Rutland. Free. Students will have fun creating and doing activities with art, music, literature, and more with instructor Lori Sullivan. One free book per student will be given weekly (while supplies last) thanks to our partners at Rutland Free Library. Adult must accompany children under age 4 and must pre-register by Wednesday each week. The class requires a minimum of three students. For more info visit chaffeeartcenter.org.

### Lego Play

2-5 p.m. Kimball Library, 67 N Main St, Randolph. Free. Come to the Kimball library on Friday afternoons for free play and creative building. For more info visit kimballlibrary.org.

### Explore drawing animals, age 6-12

3:45-5 p.m. Chaffee Art Center, 16 South Main Street, Rutland. \$100 per participant. All supplies included. Students will learn about the principals of drawing with instructor Helvi Abatiell. The four-week course will focus on drawing animals. Course dates are: Jan. 20, Jan. 27, Feb. 3 and Feb. 10. Attendees will receive their own sketchbook. A minimum of five students are required. All must pre-register. For more info visit chaffeeartcenter.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.



### Prowl for owls at VINS

5:30 p.m. VINS, 149 Natures Way, Quechee. Tickets for general public are \$13.50; for VINS members it's \$11.50 for adults (event is 18+ only). Explore the natural world as we hike the beautiful trails at the VINS Nature Center and prowl for owls. Find out “Hooo’s” out there making raucous noises in the nighttime forest and discover the secret life of New England’s nocturnal residents. For more information, call 802-359-5000 or email info@vinsweb.org.

### Magic Rocks: Illusionish Leon Etienne

7:30 p.m. The Paramount Theatre, 30 Center Street, Rutland. Tickets: \$19, \$29, \$39 + tax/fees. You’ve seen him on America’s Got Talent, Jimmy Fallon, and Penn & Teller: Fool Us! Illusionist Leon Etienne rocks venues around the world with his jaw-dropping, critically acclaimed hit show, Magic Rocks! Witness this family friendly illusion spectacular featuring the world’s best grand illusions, award-winning sleight of hand, and hilarious comedy, in an immersive experience that brings joy, laughter, and wonder when the world needs it most! For more information visit: paramountvt.org.

## SATURDAY JAN. 28

### 14th annual yoga sampler

9 a.m. Yoga Prana Shakti Studio, 155 Woodstock Avenue in Rutland. \$40 by cash, check or PayPal. Yoga Teacher Lina Cloffe Hanson (Parvati), E-RYT 500 is holding an in-person workshop entitled: “Moving into Meditation & Prana Expansion” Sunday from 9-11:15 a.m. Participants need to be at least an intermediate experienced yogi. The workshop is most likely a moderate energy output. It will contain both Vinyasa and holding postures, guided meditation and Yoga Nidra and pranayama. It should be an experience for tuning into deeper self and letting go. Bring water bottle and comfortable clothes. RSVP by Jan. 25 to: Lina Hanson at: linacloffe@hotmail.com or call/text 917-301-7150. For more information visit: yogapranashakti.com.

### 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 farmers market bring together as many as 60 vendors. With a seasonal variety of produce, local grass-fed meat, eggs, artisan cheeses, freshly baked breads, jellies and jams, maple products, honey, CBD Products, delicious hot foods, wine and spirits, artisan crafts and more, the Winter Market is a great place to shop, eat and visit. For more info visit: vtfarmersmarket.org.

### Audition preparation workshop for youth

10 a.m.-12 p.m. Chaffee Art Center, 16 South Main Street, Rutland. Free, must pre-register. Join actor and director Marisa Valent-Altlund for a free audition preparation workshop! Eliminate pre-audition nerves with a masterclass on all the skills needed to perfect your auditioning experience. Participants should bring a monologue, either classic or contemporary, or workshop with the group. Memorization is encouraged but not required. For ages 8-14. A minimum of five registrants is required. For more info visit chaffeeartcenter.org.



**Calendar:** Email events@mountaintimes.info  
from page 12

### 15th Annual Mentor Bowl

10 a.m.-5 p.m.; Three sessions to bowl; 10:30 a.m., 12:30 p.m. and 2:30 p.m. Rutland Bowlerama, 158 S Main St #2, Rutland. \$300 per team, a benefit for Mentor Connector. Teams of four bowl two games, received free t-shirt, enjoy lots of refreshments, participate in raffles and auction, listen to a DJ and have fun while supporting a worthy cause. The funds from event will support community-based mentoring program where 54 youth await a mentor. For more info visit: MentorConnector.com/bowling.

### 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.

### Free Ice Fishing Day, festival

11 a.m.-3 p.m. Silver Lake State Park, Barnard. Free. Free Ice Fishing Day is held annually on the last Saturday in January. The day is geared toward giving new ice anglers an opportunity to try ice fishing before purchasing equipment, but any angler may ice fish on any waterbody open to ice fishing statewide without a fishing license on Free Ice Fishing Day. To celebrate, the Vermont Fish and Wildlife Dept. (VTF&W) is holding an Ice Fishing Festival at Silver Lake State Park in Barnard—its first since the start of the pandemic. For more information, visit: Vtfishandwildlife.com. Registration can be completed online in advance at: Register-ed.com/events/view/189542 or people may register upon arrival.

### Party in the Peace Park

11 a.m.-2 p.m. Peace Park, Killington Resort. Free. Help kick off another great season of Killington's Peace Park in style! Come for the smooth transitions, stay for the live music, swag giveaways, and free food courtesy of Mountain Dew. Find us on rider's left of Peace Park and grab a free meal and some Mountain Dew merchandise while supplies last. For more info visit: killington.com.

### Woodstock Film Series screens "Art & Crimes by Krimes"

3 p.m. Billings Farm and Museum, 69 Old River Road in Woodstock. Tickets are \$15 for all regular screenings, and \$12 for Billings Farm & Museum members. While locked-up for six years in federal prison, artist Jesse Krimes secretly creates monumental works of art—including an astonishing 40-foot mural made with prison bed sheets, hair gel, and newspaper. He smuggles out each panel piece-by-piece with the help of fellow artists, only seeing the mural in totality upon coming home. Jesse's work captures the art world's attention, with realms of press coverage, shows in New York, Paris and Tokyo and fellowships and commissions from The Ford Foundation, Amnesty International, The Rauschenberg Foundation, Open Philanthropy and others. Not unexpectedly, he also struggles to adjust to life outside, living with the threat that any misstep will trigger a life sentence. Leaning into his own identity as a convicted felon and celebrated artist, Jesse turns the spotlight on people still in prison, asking us to question surface representations, recognize overlooked beauty, and celebrate the transcendent power of art to connect us and elevate the human spirit. For more info visit: billingsfarm.org.

## PARTY IN THE PEACE PARK

SATURDAY @ 11 A.M.

### Stop dreaming, start heli skiing

5-6:30 p.m. First Stop Board Barn, 8474 U.S. Route 4 in Killington. Free. Last Frontier Heli Ski will present an informational meeting and movie night at First Stop Board Barn this Saturday at 5 p.m. Whether heli skiing or boarding is on your bucket list, or you've tried to explain the unmatched experience of taking ascending to the top of a handpicked alpine peak with limitless powder lines to friends and family, Last Frontier Heliskiing is worthy of moving to the top of your list. Come learn more! For more information visit: bit.ly/StartHeli.

### 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. To purchase tickets visit vinsweb.org. For more info or to purchase tickets visit vinsweb.org.

### Elvis performance artist to perform in Castleton

7 p.m. American Legion Post #50, 378 Main Street (Route 4A) in Castleton. \$25 in advance. Direct from Branson, Missouri, Matthew Boyce and his Suspicious Minds band will be performing in concert. Boyce is a Saratoga, New York, native. Since he was 13, he has been doing Elvis Tribute performances. Since the onset, he consistently received top awards at the Lake George Elvis Competition. He is currently the featured artist in Elvis-Story of a King at the American Theater in Branson. Tickets may be purchased at the Castleton Legion and Fair Haven Legion or by calling Jay Brown at (802) 265-3843 or (802) 236-1071.

## SUNDAY JAN. 29

### Castleton Fire Association's pancake breakfast

8-11 a.m. Castleton American Legion, 378 Route 4A, Castleton. \$8 adults; \$4 children 10 & under. Come on down to the Castleton Legion and meet the volunteer firefighters and association members for all you can eat pancakes: plain, chocolate chip and blueberry; scrambled eggs, sausage, coffee and juice. For more info: Castletonvermont.org/castleton-volunteer-fire-department.

### 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.

### Woodstock Film Series screens "Art & Crimes by Krimes"

3 p.m. Billings Farm and Museum, 69 Old River Road in Woodstock. Tickets are \$15 for all regular screenings, and \$12 for Billings Farm & Museum members. While locked-up for six years in federal prison, artist Jesse Krimes secretly creates monumental works of art—including an astonishing 40-foot mural made with prison bed sheets, hair gel, and newspaper. He smuggles out each panel piece-by-piece with the help of fellow artists, only seeing the mural in totality upon coming home. Jesse's work captures the art world's attention, with realms of press coverage, shows in New York, Paris and Tokyo and fellowships and commissions from The Ford Foundation, Amnesty International, The Rauschenberg Foundation, Open Philanthropy and others. Not unexpectedly, he also struggles to adjust to life outside, living with the threat that any misstep will trigger a life sentence. Leaning into his own identity as a convicted felon and celebrated artist, Jesse turns the spotlight on people still in prison, asking us to question surface representations, recognize overlooked beauty, and celebrate the transcendent power of art to connect us and elevate the human spirit. For more info visit: billingsfarm.org.

## MONDAY JAN. 30

### CEDRR Legislative Breakfast

7:30 a.m. Southside Steakhouse, 170 S Main St, Rutland. Tickets are \$20 per person and include a breakfast buffet. The Chamber & Economic Development of the Rutland Region (CEDRR) Legislative Breakfast gives you an opportunity to connect with your elected officials on Monday at 7:30 a.m. Learn about upcoming legislative issues that may affect your business and community during the 2023 Legislative Session. Anyone can attend. For more info visit: rutlandvermont.com.

### Babies and Toddlers Rock

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

### A Community of Parents

10 a.m. Wonderfeet Kids' Museum, 11 Center Street, 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.

### 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.

### Innkeepers ski and snowboard weekly race

10 a.m. - 12 p.m. Wardance Trail at Okemo Resort. Free. For over 20 years, Okemo has staged a weekly locals ski and snowboard race called Innkeepers on the Wardance trail. Competitor categories: skiers / snowboarders, male / female, and the appropriate age category ranging from 18 - 70+. This season there will be eight weekly races on Mondays, starting Jan. 2, from 10 a.m. - 12-noon. Following the race, the tradition is to be hosted by a local bar for an après-ski get-together from 5-7 p.m. For more information contact okemoracing@gmail.com.

### Drive-up pick-up meals

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

### Knit Night

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

### Open gym: indoor soccer

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

### NAMI Connection peer support group

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

## TUESDAY JAN. 31

### Bone Builders Mendon Seniors

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

### Stories on a string

10 a.m. Fox Room Rutland Free Library, 10 Court St, Rutland. Free. Join Ms. Helen, of Green Mountain Music, for interactive storytelling, folk tales, and songs for all ages! No registration required, free and open to all. Geared for ages 2 and up. For more info visit: rutlandfree.org.

### 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.

### 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.



# Rockin the Region with Houston Bernard



Houston Bernard is bringing his solo acoustic show to Rivershed in Killington, for the first time. He'll be playing this Friday and Saturday at 6 p.m. and Sunday brunch at noon.

I saw Bernard perform back in September, in a private show that was part of a singer/songwriter festival. He sang a song about his dad called, "In My Blood." It was touching. It stood out for me; I really liked it. Bernard said, "It's a heavy, personal song." Bernard described his show, saying, "I'll be playing a lot of original music. There's a good variety of up tempo, some ballads but mostly original work. I'll probably throw in some covers that I enjoy. If people want to hear covers and throw me a nice tip, I could be easily convinced to play 'Wagon Wheel' if they really want me to. I'm going there to have a good time, meet some new people and share my music. I'm there to entertain, so I'm pretty flexible."

## Artists

Houston Bernard likes to cover include: Dwight Yoakam, Willie Nelson and Brothers Osborne.

He said, "I lean towards classic covers but I don't mind throwing in some modern ones as well."

He didn't grow up listening to country music, he was more of 'a rock guy.' He added, "There's so many artists I've been affected by over the years. I grew up listening to Bruce Springsteen and artists like that are forever changing and forever improving. Some burn out like Billy Joel who just stopped creating but Bruce keeps creating and he's creating good stuff. What I learned from reading his book and watching him is there's a good way to go about things. He talks in his book about longevity, focus and discipline."

Bernard said he felt like Springsteen was more of a mentor than an influence.

During Covid, Bernard used his time wisely. "I just went haywire with songwriting," he said. "Now I've got a good system with my writing process. I've been churning out some tunes and I'm recording my fifth album. It's definitely

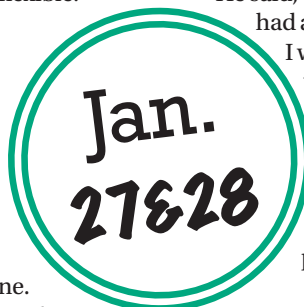
going to be my strongest by far and most personal."

They've all been personal but for this one he dug a little deeper.



## Rockin' the Region

By DJ Dave Hoffenberg



His mother gave him his first guitar when he was 7 and he's been playing professionally since he was 12. Houston grew up in Oklahoma. His father, a bass player and a singer, met his mother while touring. His dad is from Oklahoma and his mom from Massachusetts.

Before his uncle died, Reba McEntire had recorded one of his songs. His dad rejoined the army, and they ended up in Alaska. When his parents split up, he ended up in Massachusetts where he currently resides.

He said, "I didn't really know my father. I didn't meet him again until I was 19. I always had a drive towards music so when I found out he played music, I knew this is what I was supposed to do. I spent my teen years in Worcester and country music wasn't really popular but everyone told me I should be playing country music because my name is Houston. People think Houston Bernard is my stage name but it's a family name. I was named after my uncle who d on a farm when he was 2 years old."

At first he thought country music was sad and boring. He didn't want to play it. In 2012, after touring Europe and the states, he thought he was done playing music. Then he decided he would try country.

"I couldn't stand country music so maybe I'll try outlaw country, so I started an outlaw country band," he said. "By 2013 I was writing and released my first album. My booking agent said he could get me more gigs if I played modern country so I started doing that and figured I could stomach these songs. Then the second album, third album, opening up for national acts and more traveling. I was just trying to improve everything. Now it's 11 years later and I still have the fire and I'm happy I do. I'm still getting booked. It's a struggle because the money is not always there but the pride is, and the fulfillment is."

A couple of months ago, he opened for The Outlaws.

Bernard mostly plays with a band. They've been playing some ticketed shows and just did one at The Press Room in Portsmouth, New Hampshire, which holds 150 people, and they sold 100 tickets.

He said, "We were pleasantly surprised."

He's looking forward to these solo shows at the Rivershed because he said the more solo shows he does, the better. He said these shows will "Really encompass what I'm trying to do as an artist."

Houston loves the connections he makes with people while playing live. He said, "It's really a mixture of things depending on the vibe of the room and what we're doing there. Whether it be getting people dancing and having a good time or telling my stories and basically having a therapy session. I just have a drive to want to connect with people and entertain them."



Submitted

*Houston Bernard, a solo acoustic artist, will be playing at the Rivershed in Killington for the first time this Friday and Saturday, Jan. 27-28.*



[MUSIC Scene]

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

WED.  
1/25

KILLINGTON

2 p.m. K1 Base Lodge – Silas McPrior  
6 p.m. Rivershed – April Cushman  
6 p.m. The Foundry – James Joel  
8 p.m. Jax Food & Games – King Arthur Jr

LUDLOW

7 p.m. Off The Rails – Zach Yakaitis

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 host Silas McPrior

RUTLAND

5:30 p.m. Strangefellows – Ryan Fuller

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

WOODSTOCK

5 p.m. Sante – Jim Yeager

THURS.  
1/26

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 and Silas McPrior  
2 p.m. Snowshed's Long Trail Pub – Nick Bredice  
5 p.m. Moguls Sports Pub – Duane Carleton  
5 p.m. The Foundry – Ryan Fuller  
6 p.m. K1 Base Lodge – Grand Opening Party with Nord Peak 5  
6 p.m. Liquid Art – Open Mic hosted by Tee Boneicus Jones  
6 p.m. Still on the Mountain – Red Daisy Revival  
7 p.m. Rivershed – Chris Pallutto

8 p.m. Pickle Barrel – Crooked Coast

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

LUDLOW

8 p.m. Off The Rails – Live Music

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. Southside Steakhouse – Sammy B  
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.  
1/27

BOMOSEEN

5:30 p.m. Bomoseen Lodge and Taproom – Ryan Fuller

KILLINGTON

1 p.m. Bear Mountain Base Lodge – Duane Carleton  
2 p.m. K1 Base Lodge – Daniel Brown  
2 p.m. Pico's Last Run Lounge – Rhys Chalmers  
2 p.m. Snowshed's Long Trail Pub – Prior and Pallutto  
4 p.m. The Foundry – Just Jamie  
6 p.m. Rivershed – Houston Bernard  
6 p.m. Still on the Mountain – King Arthur Jr  
6 p.m. The Summit Lodge – Duane Carleton  
7 p.m. The Foundry – Aaron Audet  
7:30 p.m. McGrath's Irish Pub – Craic Agus Ceol  
8 p.m. Pickle Barrel – The Zoo  
8 p.m. Pickle Barrel Crow's Nest – The Idiots  
8 p.m. Wobbly Barn – Lifespeed  
9 p.m. Jax Food & Games – Just Jamie  
9 p.m. Moguls Sports Pub – Josh 'n' Silas  
LUDLOW  
9 p.m. Off The Rails – Jenny and Krishna

PITTSFIELD

8 p.m. Clear River Tavern – Gully Boys

POULTNEY

7 p.m. The Poultney Pub – On Tone Music

QUECHEE

5:30 p.m. The Public House – John Lackard Blues Band

RANDOLPH

7:30 p.m. The Underground Listening Room – Kristian Montgomery and the Winterkill Band with A Day Without Love

STOCKBRIDGE

7 p.m. Wild Fern – Bow Thayer

SAT.  
1/28

KILLINGTON

11 a.m. Killington Resort – Party in the Peace Park with music by Nick Bredice  
1 p.m. Bear Mountain Base Lodge – Acoustik Ruckus  
2 p.m. K1 Base Lodge – Chris P Trio  
2 p.m. Pico's Last Run Lounge – King Margo  
2 p.m. Snowshed's Long Trail Pub – Normand, Burgess and Brown  
4 p.m. Pickle Barrel – Happy Hour with Jamie's Junk Show and special guest opener Jenny & Liz  
5 p.m. Mary Lou's – All Request Apres Ski with DJ Dave

6 p.m. O'Dwyers Pub – County Down  
6 p.m. Preston's at the Grand Hotel – Silas McPrior  
6 p.m. Rivershed – Houston Bernard  
6 p.m. Still on the Mountain – James Joel  
6 p.m. The Foundry – Jenny Porter  
6 p.m. Wobbly Barn – Krishna Guthrie Band  
7:30 p.m. McGrath's Irish Pub – Craic Agus Ceol  
8 p.m. Moguls Sports Pub – Duane Carleton  
9 p.m. Jax Food & Games – Aaron Audet Duo  
9 p.m. Pickle Barrel – The Zoo  
9:30 p.m. Wobbly Barn – Lifespeed

LUDLOW

8 a.m. Okemo's Six Pack Bubble Lift – Music by DJ Dave  
2 p.m. Jackson Gore Courtyard – Apres Afternoon with White Steer  
6 p.m. Calcuttas – Sammy B  
8:30 p.m. Off The Rails – Tony Lee Thomas Trio

QUECHEE

5:30 p.m. The Public House – FROGZ

SUN.  
1/29

BRIDGEWATER

6 p.m. Ramuntos Brick and Brew Pizza – Woodstock Boys Varsity Hockey Fundraiser with Acoustik Ruckus

KILLINGTON

12 p.m. Rivershed – Brunch with Houston Bernard  
1 p.m. Pico's Last Run Lounge – Duane Carleton  
2 p.m. K1 Base Lodge – Chris Pallutto  
2 p.m. Snowshed's Long Trail Pub – Acoustik Ruckus  
5 p.m. The Foundry – Summit Pond Jazz  
6 p.m. Liquid Art – Tee Boneicus Jones  
6 p.m. Rivershed – Trivia  
7 p.m. Pickle Barrel – Eggy  
9 p.m. Jax Food & Games – Jenny Porter

MON.  
1/30

KILLINGTON

2 p.m. K1 Base Lodge – Duane Carleton  
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 hosted by Silas McPrior

WOODSTOCK

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

TUES.  
1/31

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

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# Killington hosts K-1 Lodge grand opening celebration

Thursday, Jan. 26 at 6 p.m.—KILLINGTON—The New K-1 Lodge is open! The public is cordially invited to a grand opening celebration and ribbon cutting of the brand new, state-of-the-art K-1 Base Lodge. Nearly three years in the making, this new lodge is almost twice the size of its predecessor, with three floors, 900 seats, 45 restrooms and the first escalator in Rutland County. Join us from 6-8 p.m. on Thursday, Jan. 26 inside the K-1 Lodge to toast the past, present and future of Killington Resort. Killington President and General Manager Mike Solimano will give a brief update on the lodge and resort. Hors d'oeuvres and cocktails will be served, and attendees will be invited to explore the lodge's many amenities, enjoy live music, and mingle with the local community members that made the building possible.



Killington Resort is celebrating its new state-of-the-art K-1 Lodge with a party scheduled for Thursday, Jan. 26 from 6-8 p.m.

By Polly Mikula

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11am-2:30

## Are you smarter than a bird nerd?

Thursday, Jan. 26 at 6:30 p.m.—QUECHEE—Compete head to head against a team of VINS educators in a good old fashioned game of trivia! VINS is teaming up with Questionable Co. at The Public House Pub to present a night of nature-themed trivia. Test out your knowledge of natural history and challenge your identification skills while also competing in classic trivia categories such as music, history, and sports to answer the question “Are you smarter than a bird nerd”?

Public House Brewery is located at 5813 Woodstock Road in Quechee. Event will run from 6:30-8 p.m. No registration required.

For more information on programming, call 802-359-5000 or email [mmura-tori@vinsweb.org](mailto:mmura-tori@vinsweb.org).



## ‘Right to Harm’ explores public health impact of factory farming

Free virtual screening available this week

Monday-Friday, Jan. 23-27—VIRTUAL—Through the riveting stories of five rural communities, Right to Harm exposes the devastating public health impact factory farming has on many disadvantaged citizens throughout the U.S.

Filmed across the country, the documentary chronicles the failures of state agencies to regulate industrial animal agriculture. Known formally as Concentrated Animal Feeding Operations — or CAFOs — these facilities produce millions of gallons of untreated waste that destroys the quality of life for nearby neighbors. Fed up with the lack of regulation, these disenfranchised citizens band together to demand justice from their legislators.

Run time is 1 hour 15 minutes. This free virtual screening of Right to Harm is part of

the Sustainable Woodstock Climate Change and Sustainability Film Series.

Register for Right to Harm at: [righttoharm.eventbrite.com](http://righttoharm.eventbrite.com).

For more information visit: [pentanglearts.org](http://pentanglearts.org) or [sustainablewoodstock.org](http://sustainablewoodstock.org).



Submitted

Factory farming harms the environment.

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## Prowl for owls at VINS

Friday, Jan. 27 at 5:30 p.m. — QUECHEE—Celebrate winter in Vermont! Explore the natural world as we hike the beautiful trails at the VINS Nature Center and prowl for owls. Find out “Hoo’s” out there making raucous noises in the nighttime forest and discover the secret life of New England’s nocturnal residents.

Weather permitting, we will explore this

wintery world on snowshoes at the VINS Nature Center. We encourage participants to bring a flashlight/headlamp and dress in layers. The prowl is from 5:30-7 p.m.

Reservations and pre-payment required as space is limited. Tickets for general public are \$13.50; for VINS members it’s \$11.50 for adults (event is 18+ only).

Complimentary snowshoes available, reserve your size at checkout.

Future owl

prowls will be held Friday, Feb. 10 and March 3.

VINS Nature Center is located at 149 Natures Way, Quechee. For more information, call 802-359-5000 or email [info@vinsweb.org](mailto:info@vinsweb.org).



## Vermont's Free Ice Fishing Day is Jan. 28

Ice Fishing Festival to be held at Silver Lake State park

Saturday, Jan. 28 at 11 a.m.—BARNARD—Vermont’s state-wide Free Ice Fishing Day is Saturday, Jan. 28. Free Ice Fishing Day is held annually on the last Saturday in January. The day is geared toward giving new ice anglers an opportunity to try ice fishing before purchasing equipment, but any angler may ice fish on any waterbody open to ice fishing statewide without a fishing license on Free Ice Fishing Day. To celebrate, the Vermont Fish and Wildlife Dept. (VTF&W) is holding an Ice Fishing Festival at Silver Lake State Park in Barnard—its first since the start of the pandemic.

The festival will be held from 11 a.m. to 3 p.m. The event is free and open to all ages as well as families with kids.

“The Ice Fishing Festival typically draws between 500-700 participants for a day of fishing, skill-building, and community,” said Education Specialist Corey Hart. “Everyone at the department is excited to be bringing this favorite winter celebration back after a two-year hiatus.”

Vermont Fish and Wildlife staff, as well as instructors from Vermont’s Let’s Go Fishing Program, will be on-hand to teach ice fishing skills. These include knot tying, baiting and using an ice fishing rod, and most importantly, how to



Submitted

Setting up for the catch-of-the-day.

stay safe on the ice. They will also discuss fishing regulations and fish identification.

Fish and Wildlife staff will operate a fish fry station to cook up participants’ catch, and there will be plenty of cocoa on hand. Participants are encouraged to dress appropriately for the weather, and ice cleats are strongly recommended.

“Ice fishing is one of the most accessible forms of fishing and can be a great way to introduce people to how much fun fishing can be,” said Fish and Wildlife Commissioner Christopher Herrick. “This festival will demonstrate that ice fishing isn’t just about catching fish. It’s also a great way to spend some time outdoors with friends and family. You can skate, sled, make a snow fort, and have a cookout — all while waiting for the flags on your tip-ups to signal when you’ve caught a fish.”

Fishing equipment will be loaned for this fun day on the ice, or participants may bring their own.

For more information, visit: [Vtfishandwildlife.com](http://Vtfishandwildlife.com). Registration can be completed online in advance at: [Registered.com/events/view/189542](https://Registered.com/events/view/189542) or people may register when they arrive, although registering in advance will enable participants to get on the ice faster.



Submitted

The Vermont Fish and Wildlife Department is hosting an ice fishing festival to coincide with free ice fishing day on Jan. 28.

Have a big (or small) event coming up? Let us know!

Email: [events@mountaintimes.info](mailto:events@mountaintimes.info)

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## Elvis performance artist to perform in Castleton



Submitted  
Matthew Boyce will play Elvis in Castleton this Saturday, Jan. 28.

Saturday, Jan. 28 at 7 p.m.—CASTLETON—The Sons of the American Legion (SAL) of Castleton American Legion Post 50 is sponsoring a fundraiser on Saturday at 7 p.m. at 378 Route 4A in Castleton.

Direct from Branson, Missouri, Matthew Boyce and his Suspicious Minds band will be performing in concert. Boyce is a Saratoga, New York, native. Since he was 13, he has been doing Elvis Tribute performances. Since the beginning, he consistently received top awards at the Lake George Elvis Competition. He is currently the featured artist in "Elvis-Story of a King" at the American Theater in Branson.

Purchasing tickets in advance (\$25) is recommended as there is limited seating. Tickets may be purchased at the Castleton Legion and Fair Haven Legion or by calling Jay Brown at (802) 265-3843.

**Hidden Tax:** Regulatory systems should be less complicated; less costly to implement from page 8

what I'm already selling them, should the Vermont Legislature think that a good idea. I suppose fossil fuel dealers might have a similar inkling.

To accomplish its objectives, S.5 sets up a complicated system to regulate all this and make it work, a large bureaucracy with a number of new state employee positions, costing, per the bill, \$1.2 million in the beginning, and most likely more later. It also requires many existing state agencies to increase their workload without appropriating more funds for that purpose. A typical Vermont legislative trick promoted by those who want to hide the real costs of state government.

It seems to me that if we're going to tax fossil fuels, let's just tax them. Vermonters won't particularly be happy with this, but it's the honest way. We should support moving away from fossil fuels because we know climate change, caused by our high emissions of Green House Gases, is polluting the world and causing undue harm to our environment.

Just look at the climate change here in Vermont over the past 50 years I've been living here. Our growing season starts two weeks earlier and extends up to three weeks later than back in the 1970s,

when we starting farming in Orwell. Things are changing rapidly. I sit here typing without a particle of snow on the ground. What more evidence do we need to know that our climate is going wacky? My new seeding of a hay field is now exposed to damaging cold extremes, as are my tulips.

We have in Vermont a number of organizations that are in the business of helping reduce heating costs of homes

programs.

Last year we built an extremely efficient all-electric labor house on the farm, following to the letter Efficiency Vermont recommendations. We're extremely pleased with the results.



Let's tax fossil fuels and put that money toward Efficiency Vermont, an existing and functioning organization, rather than requiring fossil fuel dealers to start something new, untested and inexperienced, that will be duplicating existing programs.

and buildings and thus reduce GHG emissions, such as Efficiency Vermont, financed by a tax on electricity that all Vermonters pay. Our farm pays more than \$3,000 in Efficiency Vermont taxes yearly, but we're willing to do so to do our part for the environment.

Let's tax fossil fuels and put that money toward Efficiency Vermont, an existing and functioning organization, rather than requiring fossil fuel dealers to start something new, untested and inexperienced, that will be duplicating existing

Plus we got a nice rebate from Efficiency Vermont. And the residents in that house are tickled pink.

It's time to be honest about how we achieve our goals and ambitions in Vermont, to be proactive to reduce GHG emissions. Let's do it in the least complicated, least bureaucratic way we can. I know there's been a lot of hard work on S.5 over the past year, but now is the time to have meetings all over the state about how we reduce GHG emissions. Let's hear from the public.

**Paul Stone,  
Orwell**



### TOWN OF KILLINGTON VERMONT

## NOTICE OF PUBLIC HEARING Monday, January 30, 2023 at 6:00 PM

The Selectboard of the Town of Killington will hold a public informational hearing to consider approval of a ballot item for Town Meeting Day (March 7, 2023) on a bond vote for the Killington Tax Financing District (TIF), to be serviced by tax increment financing. At this hearing, information will be provided to the voters on the amount of TIF District debt proposed to be incurred, the expected improvements to be financed to serve the TIF District, the estimated amount and type(s) of financing, the estimated related costs to be paid from TIF incremental revenues, whether interfund loans or interim financing will be used, and the anticipated development expected from the financing for the TIF District.

**The public hearing will take place on Monday, January 30, 2023 at 6:00 P.M. at the Killington Public Safety Building at 800 Killington Road.**

**The Public Hearing will precede a Selectboard Meeting which is expected to begin at 7:00 P.M. at the Public Safety Building at which the Selectboard will consider the ballot item.**





Snowboarder gets air off a jump on a sunny day. Killington readies it's next park this weekend, come out and play!

Submitted

## Party in the Peace Park

Saturday, Jan. 28 — KILLINGTON—Help kick off another great season of Killington's Peace Park in style! Come for the smooth transitions, stay for the live music, swag giveaways, and free food courtesy of Mountain Dew. Find us on rider's left of Peace Park and grab a free meal and some Mountain Dew merchandise while supplies last.

### Schedule:

- 11 a.m.-12 p.m. — Park laps w/ Woodward Parks crew
- 12 p.m.— Free lunch, while supplies last.
- 12-2 p.m. — Live music from Nick Bredice.

Woodward Peace Park is a collaborative partnership between Woodward and Danny Davis—a Grand Prix Winner, X Games Gold Medalist, Dew Tour Champion, and a U.S. Olympic Snowboard athlete. Danny Davis founded Peace Park in 2011 with the hopes of breaking traditional terrain park formulas and reinventing freestyle terrain with a focus on transition, creativity, flow and fun. Today's Woodward Peace Park expands on Danny's original vision and scales access by making Peace Park open to the public to ride and enjoy at Woodward Mountain Park locations across the country.



The Woodward Peace Park will feature a party on Jan. 28.

Submitted

## Stop dreaming, start heli skiing

Saturday, Jan. 28 at 5 p.m.—KILLINGTON—First Stop Board Barn, 8474 U.S. Route 4 in Killington. Free. Last Frontier Heli Ski will present an informational meeting and movie night at First Stop Board Barn this Saturday at 5 p.m. Whether heli skiing or boarding is on your bucket list, or you've tried to explain the unmatched experience of taking ascending to the top of a handpicked alpine peak with limitless powder lines to friends and family, Last Frontier Heliskiing is worthy of moving to the top of your list. Come learn more!

### Schedule:

- 5-5:30 p.m. après ski meet and greet
- 5:30-6 p.m. last frontier presentation and film showing
- 6-6:30 p.m. Salomon ski demo setup

Ski demo requirements: Your own boots, signed waiver, credit card, ID, some restrictions may apply. First come, first served. For more information visit: [bit.ly/StartHeli](http://bit.ly/StartHeli).



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An informational meeting and movie on heliskiing will be shown at First Stop Board Barn in Killington on Jan. 28.

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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.

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

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*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.

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# Rutland County Humane Society



## KELLY & LYNN

Kelly and Lynn are 5-month-old spayed lop mixes looking for an indoor home together. They are friendly girls that love their veggies and if adopted before Christmas promise to share their carrots with Rudolph. We have reduced their adoption fee to \$75 for the pair. These sweet girls deserve a loving home to grow up in. To adopt them go to our website [spfldhumane.org](http://spfldhumane.org) and fill out an application or call 802-885-3997 for more information.

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



## JESSICA

My name's Jessica and I'm an 8-year-old spayed female. My life took an unexpected turn, due to no fault of my own, which is why I am at Lucy Mackenzie. Sometimes I sleep so soundly that I get a bit startled when I hear my cage door open. The kind doctor and people here think that "hearing" may actually be a problem for me, which is a good reason I get such good slumber! The wonderful people here make sure to give me plenty of affection while I'm awaiting finding my very own forever home - a place where I can lovingly spend my golden years. It would be nice to have a warm, cozy fireplace to snuggle up near, or a chair that's my very own to cuddle up in. I just know that my new family and I will have so much love to give each other - it'll be a perfect way to spend the next chapters of my life.

This pet is available for adoption at  
**Lucy Mackenzie Humane Society**  
 4832 VT-44, Windsor, VT • (802) 484-5829  
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Bucky—18-month-old. Male. Treeing Walker Coonhound. Tri-color. He is very sweet and affectionate, and his manners could use some fine-tuning.



Major—5-year-old. Neutered Male. German Shepherd. Brown/cream. He is a social butterfly. Great with kids, but seems very curious about cats, and sometimes chases them.



Grizzly—6-year-old. Male. Beagle mix. Tri-color. Beagle lovers; Grizzly! He is not only a total cutie, but he is the sweetest pup! He loves everyone and can easily entertain himself.



Prince—4-year-old. Neutered male. Pit mix. Chocolate. Prince is a handsome, loving boy who had some medical issues when he first arrived. They have been attended to and he is ready for a loving home.



Grace—2-year-old. Spayed Female. Pitbull mix. Black. Grace is a sweet girl, who needs someone to give her patience and time to settle in. Grace was adopted from RCHS earlier this year, but she ended up being too much and was brought back to us on Dec. 2. She has definitely come out of her shell, and is very exuberant, loves her toys and treats.



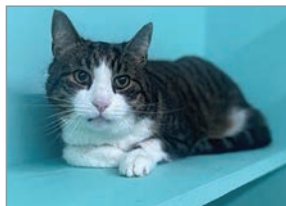
Radcliff—2.5-year-old. Neutered male. Arabian Village Dog. Tan. He thrives on consistency and strong leadership and would do best with someone who can work with him often and keep him engaged. Radcliff is currently being fostered by a local trainer and is doing incredibly well in a home environment, and with lots of socialization.



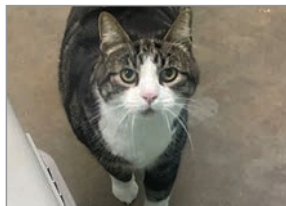
Pepper—1-year-old. Spayed female. Domestic shorthair. Brown Tabby with white. Pepper has so much love to give. She was brought to RCHS on Nov. 22



Dasher—1-year-old. Spayed female. Domestic shorthair. Torbie with white. This sweet little lady arrived at RCHS on Dec. 10 as a stray. She is lovely but pretty timid at first. She would do well in a home with other confident cats.



Mathews—10-year-old. Neutered Male. Domestic shorthair. Brown Tiger with white. Mathews may be 10 years old, but he has so much love left to give (and receive).



Ruger—10-year-old. Neutered Male. Domestic shorthair. Brown tiger with white. Ruger loves other cats and will make is a loving little guy.



Prancer—1-year-old. Neutered Male. Domestic shorthair. Brown tabby with white. Prancer is a sweet boy, but he does need some time to adjust to change.



## HARBOUR

Harbour—9-month-old. Male. Hound mix. Black and tan. He is very expressive and will entertain himself with toys for hours. He is vocal at times and will need to work on basic puppy manners such as not jumping on people and walking nicely on a leash. He is very playful and will happily greet you with a toy in his mouth. He is currently waiting for his neuter appointment but would love to get into a home before that as a foster-to-adopt.

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](http://www.rchsvt.org)

**February is Adopt-a-Rescued-Rabbit Month**  
 The Rutland County Humane Society (RCHS) would like to remind you that February is Adopt-a-Rescued-Rabbit month! Did you know that rabbits are the third most likely animals to find themselves looking for a new home? Rabbits make excellent companions. They can live eight to ten years and bond closely to their adopters. Quiet but inquisitive, rabbits can also be trained to use a litter box. To learn more about the rabbits at RCHS that are looking for new homes, call the Adoption Center at 802-483-6700 or visit [rchsvt.org](http://rchsvt.org).



# Cosmic Catalogue

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## Aries

March 21 - April 20

There's a sense that finally, after several months, you can get a move on with things. Your daily habits, rituals and routines are especially highlighted. While things are certainly moving onwards and upwards, be sure to still honor your need to rest when you need it. Not every shiny new things will be worth your effort, so taking a little bit of space for reflection and meditation can help you figure out what feels right before you launch yourself into the next new thing.



## Leo

July 21 - August 20

Events dating from May and November of last year may be back on the table again this week. You may have to make a choice about how to move forward or, keeping things how they are is also another possibility. With your guiding star, the Sun, in your relationship zone, these themes will likely pertain to the company you keep, in your personal and / or professional life. If you can stay focused on the future, you cannot go back to the past.



## Sagittarius

November 21 - December 20

When it comes to your personal life, it's a dynamic and exciting time for you. Any recent issues will be smoothed out and it will be easier for you once again to see the bright side of things. Sweet Venus moves into your Home Zone for the next month, suggesting that domestic bliss as well as adding a touch of beauty to your home is needed. More music, candles, flowers and art will make your life and those you share it with feel sublime.



## Taurus

April 21 - May 20

A few tough choices were made last week. New beginnings coupled with reaching a limit with something or someone was a key feature – especially within your career or major life plans. As your personal star moves into Pisces, life will take on a much easier tone, where it will feel as though the road is rising up to meet you. Your challenge now, if you choose to accept it, is to lean into help and support from your friends.



## Virgo

August 21 - September 20

Some of your most lovely moments may arrive this week, thanks to Venus making her annual presence in your relationship sector. This is your opportunity to see others in their best light, rather than what you think that light should be. Enjoy some fun with your nearest and dearest. Laugh more. Create memories. Lighten the mood between you. You can lean on these moments when the sky weather changes soon and things begin to feel harder or heavier.



## Capricorn

December 21 - January 20

You, your goals and direction should feel clearer and in focus now that Mercury is no longer retrograde in your sign. The choices you needed to make have most likely been made. Now that you've got better awareness of what you need and want, it's time to act on that. Allow yourself to lean into and enjoy whatever piques your interest now. Buy those books. Listen to that podcast. Embody those rituals that support your wellness especially if you've lost sight of them recently.



## Gemini

May 21 - June 20

Clarity, focus and intention are now yours to behold if you choose it. All systems are a go for you now and while things are still yet to pick up speed, it's about shifting in the right direction in the long term. There's still a certain kind of stillness that, while frustrating, can lead you to where you want to go if you combine both tactics and strategy. The forward march is still slow, but your patience will be rewarded.



## Libra

September 21 - October 20

Your guiding star, Venus, changes signs this week. And while you may not feel the direct result of this, chances are, the harder or mundane aspects of life will begin to feel so much lighter, brighter and easier, that will give you a sense of purpose or connection. Other sky alignments suggest an onwards and upwards feel in relationships and the aspirations and plans you have for the future. But first, there's some work that needs to be done!



## Aquarius

January 21 - February 20

A blessed money cycle arrives this week in the form of Venus in Pisces. She'll help you attract more abundance and all forms of wealth and happiness into your life. You might like to treat yourself to a trinket or experience you've long held off on. As the abundance flows, you may also like to give thought to how you can keep it. Do your best to embody even the smallest joys now so they become more permanent fixtures later.



## Cancer

June 21 - July 20

Everything that you behold, everything that you own, began with an aspiration or a seemingly far-flung vision in someone else's mind. Every great inventor or innovator at one point in their life, was told they were crazy. There may be something you'd like to embark upon now that feels a bit like that. Give yourself the room to dream a little this week. It's from there, what you're trying to bring to your reality can eventually arrive.



## Scorpio

October 21 - November 20

It's been longer than you're ready to admit, but when's the last time you really had some fun? Painted the town red? Enjoyed a romantic encounter? Or, simply spend more time with those you love most – including any children in your life? You've got a cosmic invitation to shake a little sugar on your life this week, and for the next few weeks after that. Enjoy yourself. Remind yourself of the simple pleasures. Then, find a way to make them a regular occurrence.



## Pisces

February 21 - March 20

Love, support, connection and attraction are yours to behold as Venus arrives in your sign. For the next four weeks, she'll bless you with her benevolent presence. Life may take on an easier or more joyful tone. Though it is only short-lived, it will also highlight the value of what is really important to you. This week and the next few after that will show you what the true meaning of life is, and it really is the sum of the little things.



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

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## Turning point

It's been a slow start to 2023, but that begins to change this week. Fresh from a New Moon, the upcoming days bring progress and potential, as well as insight into what's to come.

Mars finally makes a move from where he's been stagnant the past few weeks. You can expect a return to energy, mo-jo and motivation. Things that felt difficult, frustrating or lacked focus, may all of a sudden become clear. A bright idea, an innovative plan or the final piece of the puzzle may fall into place. The time to seek more information is over. It's time to execute on the information

you've already got.

The Sun activates Jupiter, the Nodes as well as Mars, bringing further turning points, action and progress. You might find value in looking back on what you've experienced and learned since November and what you might like to improve on until May.

Venus shifts into her most favorite sign on Thursday, making the next four weeks about pleasure, joy and connection. If you find yourself enjoying something more than usual now, consider

the ways in which you can commit to it on a more regular basis over the next couple of years.



**Cosmic Catalogue**  
By Cassandra Tyndall

## How to weather the Vermont winter blues

By Marin Howell

For some Vermonters, winter in New England is far from the most wonderful time of the year. The colder season, with its shorter days and dark nights, can have negative impacts on some individuals' mental health, causing them to feel unmotivated, overly tired and depressed throughout the winter months.

In some cases, these symptoms are a sign of seasonal affective disorder, a form of clinical depression in which individuals experience a pattern of depressive symptoms during certain seasons of the year. Additional symptoms of seasonal affective disorder (SAD) include changes in weight and appetite, a loss of interest in hobbies and social activities, difficulty focusing and low mood.

An estimated 9-10% of Vermonters suffer from seasonal affective disorder each year.

The disorder often affects people throughout the fall and winter seasons and appears to be more common in individuals living very far north or south of the equator, where there is an extreme decreased amount of sunlight during certain months of the year.

Research suggests that those with SAD have a lack of serotonin, a neurotransmitter that plays an important role in influencing happiness and regulating sleep and hunger. It's believed that sunlight helps maintain normal serotonin levels, and in people with SAD, that regulation does not function properly.

Sunlight is also believed to affect the body's internal clock and the production of the hormone melatonin, which helps manage the body's sleep cycle. Shifts in these bodily functions are likely what lead to the changes in mood, sleep levels and appetite that those with SAD experience.

"While the causes of SAD are not fully understood, it is believed that seasonal changes affect a person's bodily rhythms," said Tammy Austin, director of Counseling at Middlebury College. "A decrease in serotonin, a brain chemical that naturally helps with mood regulation, and an increase or over production of melatonin, a chemical that aids in the sleep-wake cycle, can cause increased sleepiness."

An estimated 9-10% of Vermonters suffer from seasonal affective disorder each year. Certain demographics are more likely to suffer from SAD, such as women, young adults in their 20s and 30s and individuals with a relative who has SAD.

"SAD is much more common in woman than men, and is often experienced by those living in colder, more northern areas as opposed to more southern warmer locations," Austin said. "Additionally, SAD is more common for individuals that have a pre-existing mental health challenge."

Mental health professionals say there are treatment and preventative measures available for Vermonters suffering from SAD and for anyone with a mild case of the winter blues — including light therapy, increased exposure to sunlight and psychotherapy. During light therapy, individuals sit a few feet from a special light box that mimics natural outdoor light. Research suggests light therapy generally starts working within a few days to a few weeks and has very few side effects.

Psychotherapy, or talk therapy, is also an option for individuals with seasonal affective disorder. A type of psychotherapy called cognitive behavioral therapy can help individuals learn healthy ways of coping with SAD, establish healthy behaviors and identify and change negative thoughts and behaviors that might be worsening how they feel.

Other lifestyle and home remedies can augment treatment plans for SAD.

Austin said preventative measures to decrease symptoms include engaging in outdoor activities that allow you to get fresh air and sunlight daily, as well as maintaining a regular schedule to support positive wellbeing.

"It's important to maintain positive social interactions whenever possible to help decrease feelings of isolation," she added. "Again, anyone who is experiencing symptoms of SAD that affect their mood or behaviors should speak with their medical provider."

## Hibernation: Winter survival by chilling out

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

Most active birds and mammals maintain relatively high and stable body temperatures — often around 100 degrees. But they also lose heat to the surrounding environment, especially during the cold winter months. The heat loss is greater for small endotherms because they have a large surface area compared to their size, and although fur and feathers certainly help retain heat, there is a limit to how much insulation a small animal can carry. So how do they manage to make it through the winter?

Many animals rely on various forms of torpor: a physiological state of lowered metabolism that decreases body temperature. Heat loss partly depends on the temperature difference between an animal's body and the surrounding environment — the bigger the difference, the more quickly heat is lost. Therefore, decreasing body temperature reduces heat loss and saves energy, similar to lowering the household thermostat at night.

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

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

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

heat lost by the chipmunk. Snow cover adds additional insulation from winter's frigid temperatures.

Throughout the winter, the hibernating chipmunk experiences somewhat regular



periods of arousal, during which it warms up and becomes active in its burrow. Warming is fueled by masses of specialized energy-rich cells often referred to as brown fat (or brown adipose tissue, BAT for short). BAT is often concentrated in the chest, and when activated it warms critical organs such as the heart. Warmed blood is then pumped around the body, gradually warming the

entire animal. Warming also relies partly on shivering, which generates heat through muscle contractions. Once the chipmunk has warmed, it can move around its burrow, eat some of its stored food, void its bladder, and defecate. The animal can then lower its metabolism and reenter its hibernation state. A chipmunk will go through numerous cycles of cooling and rewarming throughout the winter hibernation period.

Although periodic rewarming uses a lot of calories, fewer calories are used over the entire winter by hibernating than would be needed if the animal remained active. The duration of the hibernation period can depend on food availability, with shorter hibernation periods when food is abundant and longer hibernation when food is scarce. One remaining mystery of hibernation is how hibernating animals remain inactive for so long without dramatic weakening of their muscles (atrophy), such as we see in humans requiring extended periods of bed rest for medical reasons. Researchers continue to study this question — we have much to learn from our hibernating neighbors.

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



**The Outside Story**  
By Douglas Facey



## A teachable moment

It's common for my teenage son to call me and announce that he's having a few friends over to the house. I usually ask the number and then remind him that I expect his visitors to respect our home and rules. Minutes later, my space is generally overwhelmed with boys.

When my son was younger, he played the role of gang leader for the other kids in the neighborhood, so we got used to having children running in and out of our house. Given that we only had one child, the sound of happy kids playing was something we always appreciated.

I've always made sure to have the proper accouterments available for the kids to utilize. I put in a collegiate level adjustable basketball hoop in the driveway. I bought wiffle ball bats, balls, and bases. I purchased countless footballs and bought a set of flags for games. I even put in a professional badminton set.

Installing a pool would have really topped things off, but I don't think my nerves could have handled that day after day.

Last Saturday, several boys arrived at the house around 7 p.m. They immediately headed into the garage and began playing ping-pong. There was a lot of testosterone at work given the level of volume and number of vulgarities flying around. I let it slide because the garage doors were closed, creating a buffer between their obscene noise and my elderly neighbors.

At some point, they headed inside to go upstairs to our bonus room above the garage. I looked up from the football game I was watching to assess the boys as they walked by. The regular crew knows me well enough to engage me (there's nothing I can't stand more than a teenage kid who won't look me in the eye and show respect).

Several said, "Hey, Mr. Cioffi!" as they passed by. However, one kid I didn't recognize kept his head down and just meandered up the stairs. I took note.

Over the next hour, I could hear the boys yelling and laughing. Sometime later, they all came back down and went outside. That same kid I noticed earlier never looked at me and went straight for the door. I took note again.

I then refocused my attention on the game. I love the NFL playoffs and this year's contests have been particularly engaging. As I was glued to the action, my ears suddenly erupted with a loudly revving car engine followed by an intense screeching of tires as a vehicle tore away from my home.

I immediately jumped up and ran to my front door, swung it open, and saw three boys

standing at the end of my driveway. They all looked at me with blank stares. I'm guessing my body language spoke volumes, but what came out of my mouth next certainly reinforced the idea that I was not pleased.

I pointed my finger sternly and stated, "Call whoever just drove away and tell them I want them standing in my living room in three minutes." I then shut the door firmly to overstate my mood.

Three minutes later, a young man walked into my living room with his head down. It was the same kid from earlier that avoided making eye contact.

I pointed at a chair across from me and stated curtly, "Sit down and don't say a word!" He quickly slid into the chair and stared at me. He was visibly shaking.

I then launched into a story of a young boy who was run over by a car in my neighborhood when I was a kid. I punctuated my words with several gruesome details about the accident. I then followed with specifics on the demise of the teenaged boy who ran the child over. It wasn't a pretty life that followed.

I saw how distressed the kid was, so I began to soften. I asked him if he understood why I was so triggered by his actions. He stared at me deeply and said he did.

I wanted to end on a positive note, so I told him to stand up. I then walked over to him and put out my hand and

stated, "The fact that you walked into this house and faced me tells me a lot about your character. And for that reason, you're always welcome here." He gave me a curtailed smile, apologized for the third time, and sheepishly walked away.

I don't know if my story will amount to much, but I hope that it resides in that kid's head long enough to avoid a future tragedy.

This week's film, "The Whale," also features a tragedy, but in this case,

the main character is intent on righting his wrong.

I rarely state absolutes, but if Brendan Fraser fails to win the Best Actor Oscar for this portrayal, it will be an absolute travesty. Fraser is otherworldly in his depiction of a morbidly obese man trying to make amends for his past actions.

If you see one film in the coming weeks, make it "The Whale." I literally had tears streaming down my cheeks by the end, which speaks to the gravity and emotional depth of the story.

An enormous "A" for "The Whale," now playing in theaters everywhere.

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



**The Movie Diary**  
By Dom Cioffi



## Pompom hats make a fashion statement

When they were married, a woman told her husband that they could share anything and everything in their lives just so long as he promised never to look in one particular drawer. Of course, the man began to imagine all kinds of things being stored in this drawer: from notes from a lover to pieces of a dead body. As their marriage went on, he would ask her to just let him take a peek into this drawer but she never broke. It was her private space, she explained. And could he please give her this one thing? When she passed away, the first thing the man did was open the drawer to her secret life.

It was filled with pom-pom hats. So many different styles and sizes and colors popped out of the drawer, so stuffed in because of the collection she had amassed over the years. The husband was stunned and burst out laughing, recognizing so many of the hats from their life together. Each hat was almost a memory — she had worn this hat on their honeymoon, this one had been for a ski vacation to Europe. There was their life, a story told in pom-pom hats. And man, did he laugh. A full laugh, from his belly with the love for his wife pouring out with each shake of his body.

As far as I remember I got my first pom-pom hat when I was about 6 or 7 and we went on a family trip out West somewhere. It was a pale yellow with some pink horizontal flowery stripes very well spaced out and a pale pink pom-pom that was just about the size of my little head. It might have even been larger. It was the early '80s and pastels ruled the fashion world. My entire outfit was a bold statement of solid pale pink and I have no idea to this day how my mother kept it clean. For some insane reason, I had decided to collect pins from each ski area we visited and had attached them to this already ridiculous pom-pom hat. I loved it.

By the late '80s, my pompoms were neon with the most hideous knit patterns imaginable. In the '90s, my pompoms were bold, matching the blue and purple blocking of my super fashionable Descente

jackets. As I got faster and joined the Killington Ski Team, I switched to those tiny Swix nordic pompoms with complicated fair isle patterns in the knitting. My favorite was red and white. By the 2000s, I kept the complicated patterns but switched to green, which landed

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**Living the Dream**  
By Merisa Sherman

I'm known as Coach PomPom to my athletes and they can spot me half a trail away.

## All about dancing!

Although "Dancing with the Rutland Stars" is over for this season, I think that when we watched it the "dancer" in all of us came to life! I was talking to friends about how we were introduced to dancing.

The experiences varied. Some of us learned how to dance in elementary school and others didn't give it a try until high school. Once a person learns how to dance there is an opportunity to do that for the rest of our lives. What may have begun as an awkward attempt in elementary school gets better over time as we dance at social events such as weddings or while listening to music in lounges or night clubs.

If you went to Christ the King School in Rutland back in the 1950s you probably went to your first dance in 6th or 7th grade. It took place in the school auditorium, which was in the basement. The boys were seated on one side and the girls on the other. The music came from a record player... no band or DJs. There was anticipation as you watched a boy come across the room. Who was he going to ask to be his dance partner? Sometimes the boy who wanted to dance with you wasn't the one you hoped would ask. But courtesy prevailed and you

accepted. I have a feeling that the nuns told us that was the "proper" thing to do. Occasionally, while you were dancing there was a tap on the boy's shoulder as someone "cut in" to dance with you. The boy who had been replaced went back to his seat with a dejected look. The girl, on the other hand, looked quite pleased to have gotten that kind of attention.

Another kind of dancing was also offered at Christ the King School. Square dancing lessons, given by a personable couple, took place in the auditorium after school. We did an "allemande left," "do-so-do," "promenade" and danced to other calls as they were made. We also did "swing your partner" often to the point of getting dizzy!

Dancing with a partner went beyond the confines of our school building. Many of us took dancing lessons from "Miss Irene," who was actually Mrs. Irene Deforge. The lessons were held in the early evening on the second floor of 104 Merchants Row. Another dance instructor by the name of "Miss Violet" was also involved in our lessons. I believe that she really was a "Miss" and her last name was Amidon. It was fun to meet kids our own age from other schools. We learned many different dances from waltzes to polkas and the fox trot. For some of us the best part of the evening was going to Seward's Dairy for ice cream after our lessons.

By the time we got to high school in the '60s, dancing was totally different. Popular

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**Looking Back**  
By Mary Ellen Shaw



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For some of us the best part of the evening was going to Seward's Dairy for ice cream after lessons

dance moves such as the twist, mashed potato, hully gully and watusi found their way to little ol' Rutland. How did we learn them all? Since there were no digital devices or YouTube we watched a TV program called "American Bandstand." It was on after school and teens in the Philadelphia area danced as we watched and practiced in our living rooms. I vividly recall one of my high school dance partners saying, "Let's go down" as we did the twist. That move involved bending your knees into a squat position while still twisting your waist. Quite the move!

There were junior proms and senior balls in high school. They were the first occasion for a girl to wear a gown and receive a corsage from her date. The boys were given a boutonniere to wear in the lapel of their jacket. Those events were simple back then compared to today's formal dances. Ours were held in the school gym that the students decorated according to the theme selected by the students. There was no dinner at a restaurant prior to the dance as is the trend today. In fact many students didn't have a license or a car back in the '60s. Either your parents dropped you off or couples were crammed into the car of a

fellow student. There were no seatbelts back then so luck had to be on your side!

College dances at Trinity College in Burlington were usually held at the beginning of the school year. It was an all-girls' school and the guys from St. Michael's College were invited to a dance on our campus. They also held one later in the year and invited the Trinity girls. We had one formal dance that was part of weekend event that included a concert and a restaurant dinner.

As adults, dancing on a Saturday night was a fun thing to do. My husband, Peter, and I would meet friends at one of our favorite spots such as The Fairmont Restaurant, 19th Green or Holiday Inn. They all had dance floors and the music drew us out of our seats. I was always more ready to dance than Peter, but he always obliged. You know what they say, "Happy wife... happy life!"

So put on your dancing shoes and maybe you can take part in "Dancing with the Rutland Stars" some day. You may not be on national TV but the "locals" will enjoy your moves!

← **Living the Dream** from page 25

In the '80s my pompoms were neon with the most hideous knit patterns imaginable

me on the cover of the Pico Trail Map. To me, pompoms and skiing were intertwined. How could you do one without the other?

Freya, the Norse goddess of War, was seen wearing a pompom in the late 9th Century and French sailors were still using pompoms to protect their heads from the beams of the ship in the 15th. In fact, the original term is pompon, a French word for little bobble thing. The Scots have been wearing pompoms on their tammies (Tam O'Shanter) since the end of the 16th Century. Many people wear a pompon hat to navigate their smaller spaces, like their attics or basements. The pompom has been used by both military and religious organizations to designate rank and during the Great Depression, pompoms were the cheap and easy way to dress up any outfit.

Since the Vikings were already wearing pompoms on ships, it's no big stretch to imagine that they also

wore them while they were inventing skiing and worshipping Ullr, the god of snow. Perhaps they used those pompoms to protect themselves from tree branches as they skied around, just like they would have from big wooden beams in their homes and on ships. In my mind, the pompom could actually be the original ski hat.

I have a box of pompoms that is overflowing with love and memories, but I keep my three current favorites on pillar candles so they can dry out overnight. Because yes, I still wear a pompom hat when I ski. I've switched back to the big, bold poms of my childhood. I'm known as Coach PomPom to my athletes and they can



spot me half a trail away.

Right now, I'm obsessed with my light purple AllieCap with a big brown pom. It does exactly what it was designed to do 14 centuries ago — it protects me from low hanging branches when I ski in the woods and makes me feel like a ski princess. My pompom hats are a representation of me, from the knit work to the pom itself, each hat telling a story of my life. Put them together, you have the "Tales from a Female Ski Bum."

*Merisa Sherman is a long time Killington resident, KMS coach and local Realtor. She can be reached at femaleskibum@gmail.com.*

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← **Revenues:** State flush, but for how long?  
from page 7

years ahead. While there are more dollars, those dollars now buy “15 to 30% less,” he said.

“Every line item in the budget is going to be stressed in the coming years,” Kavet said.

Tuesday’s fiscal forecast describes inflation as a double-edged sword: Higher incomes and higher prices mean the state’s cut from payroll and sales taxes also went up, growing the general fund. But the state’s expenses also increased, whether through higher wages for public employees or higher construction costs for housing, roads or bridges.

Economists emphasized that a lot remains unknown, especially as the Fed attempts to rein in inflation.

“I wish I could tell you what happened the last time the feds rained \$10 billion down on the Vermont economy,” said Jeff Carr, president and senior economist at Economic & Policy Resources, the firm that assists the Scott administration with economic forecasts.

After Tuesday’s meeting, Scott expressed confidence that Vermont’s economy and strong labor market could weather a national recession, especially with the buffer from federal funding.

“There’s no playbook on this incredible growth in revenue,” Scott told VT Digger. “But I think the point was well made that this is one-time revenue. This isn’t sustainable.”

Scott restated his oft-repeated argument that one-time federal money must go toward one-time expenditures.

Carr and Kavet presented other notable data points during Tuesday’s board meeting. For one, first-time tax filers in Vermont have not noticeably increased in number over the pandemic, but their incomes have dramatically increased, nearly doubling since 2019. First-time filers don’t necessarily mean new residents, but they do indicate new income that is taxable by the state.

Vermont’s labor market remains strong, with unemployment at 2.5%. Vermont’s unemployment rate remains the fifth-lowest in the United States, and the lowest among New England states, according to Tuesday’s report.

Construction spending in Vermont has also reached a record high, the economists reported. New construction from November 2021 to November 2022 totaled more than \$1.3 billion. Construction of new single-family homes slowed significantly, dropping about 24%, but new apartment construction grew by the same percentage and made up for that decrease.

*Sarah Mearhoff contributed reporting.*

← **Harrison:** Legislative preview from House rep  
from page 7

### Other issues of interest:

Absent in the governor’s budget was funding or tax increases to continue universal school meals that were available during the pandemic. Anti-hunger advocates will be lobbying legislators to continue the new meal program.

As expected, 103 House legislators introduced a new paid leave program funded by a new tax on wages. The Democratic led initiative is at odds with Scott’s proposed voluntary leave plan. If all 103 co-sponsors continue to support the mandatory program, the House will have enough votes to override a potential veto.

The governor... made it clear... he does not feel this is the time to increase any taxes, especially considering the current budget surplus. And his mantra against tax increase maybe of the key reasons why over 70% of people supported him this past November.

The House Ways & Means Committee is reviewing a proposal to switch education funding to a new income-based education tax. An analyst from the Tax Dept. added a note of caution, explaining no other state has set up a separate income tax for education in addition to the regular state income tax and the potential complexities that may come.

Legislative leaders have asked the administration to avoid changing to a Medicare Advantage plan for state employee retirees without the support from the union.

There will be many differences between the administration and legislative leaders in the coming months. Most of the General Assembly may want to support bold new initiatives, like expanded childcare, paid leave and school meals, even with the required new tax increases necessary. The governor, on the other hand, made it clear with his budget address, that he does not feel this is the time to increase any taxes, especially considering the current budget surplus. And his mantra against tax increase maybe of the key reasons why over 70% of people supported him this past November.

Differences will play out; we’ll see if there’s a money tree.

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



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We are looking to refresh our European Spa with an experienced **Spa Director**. This individual needs to be proficient in spa director activities, to include a passion for excellence, pampering, and a 5-star customer experience.

Please refer to our job posting at [indeed.com/job/spa-director](https://indeed.com/job/spa-director) or email us at [HR@woodsresort.net](mailto:HR@woodsresort.net) to apply

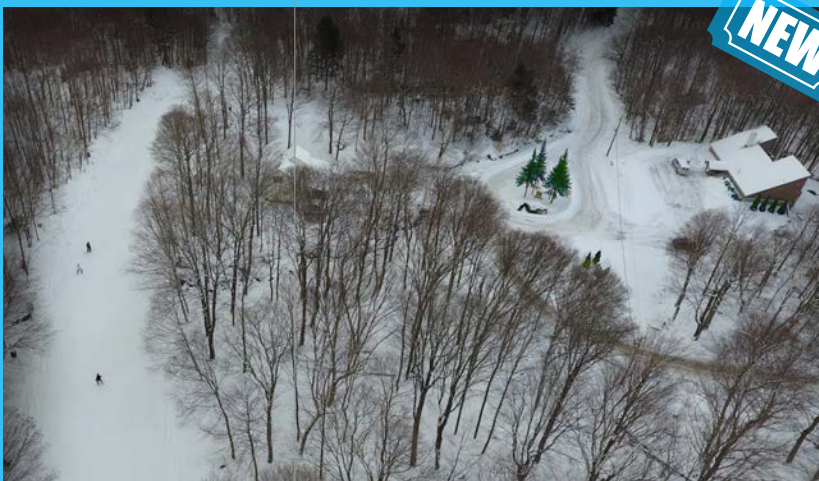




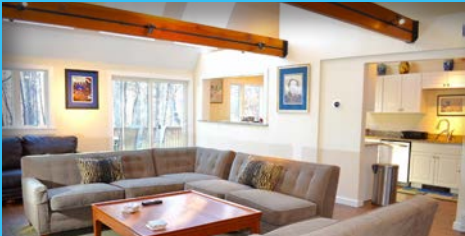
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TRAILSIDE  
VILLAGE  
76 HOUSE

THE HOME IS LOCATED IN  
TRAILSIDE VILLAGE,  
KILLINGTON'S  
#1 SLOPESIDE ADDRESS!



NEW



Killington Slopeside House for sale, located on the Great Eastern ski trail, serviced by the Killington Skyship Gondola! Your *Ski On, Ski Off* luxury home is ready and waiting for your enjoyment! This luxury home is located in **Trailside Village**, Killington's #1 slopeside address! This slopeside beauty offers three bedrooms, two game room lofts, wood burning fireplace, cedar sauna, steam shower, outdoor hot tub and so much more! The home is known as the **Trailside Village 76 House** and can be viewed on [www.skionskiwoff.com](http://www.skionskiwoff.com). Please direct all inquiries to [info@skionskiwoff.com](mailto:info@skionskiwoff.com). For sale by owner, listed exclusively at **\$2,250,000.00**.

Trailside Village 76 House | 309 Trailside Drive | Killington, VT 05751

FEATURED LISTING  
SKYE RIDGE SITES, KILLINGTON



Choose from one of **three available building lots in the Skye Ridge development** with amazing valley views from every lot. Build your dream getaway in Skye Ridge and enjoy the benefits of a private community with protective covenants and convenient access to all the outdoor recreation amenities that Killington has to offer - skiing, snowboarding, mountain biking, hiking and more. Conveniently located less than a mile from the Skyship gondola and base lodge offering quick access to The Beast of the east. Underground utilities are available & buyer will need a septic design and secure wastewater permit, but with one lot already sold and permitted, the process should be seamless.

THREE LOTS FOR SALE: Lot 2, \$225,000 Lot 3, \$275,000 Lot 4, \$199,000



Judy Storch  
BROKER



Bret Williamson  
BROKER, OWNER



Sarah Vigneau  
REALTOR®

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Marni@PeakPropertyRealEstate.com  
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 Prime spot a second away from the Long Trail Brewery. Minutes to Killington & direct access to VAST Trails. Magical Antique 4-bedroom Farmhouse with large, attached barn. 19 acres with huge pond. 2 car detached garage & pole barn.  
**\$1,299,000**



**PRIME KILLINGTON LOCATION. NESTLED IN THE HEART OF KILLINGTON'S ACCESS RD.**  
 Newly updated 4 bed/ 3.5 bath open concept contemporary has multiple living areas ideal for entertaining. Outdoor hot tub. Strong rental potential.  
**\$929,000**



**THE ICONIC BACK BEHIND RESTAURANT & SMOKEHOUSE.**  
 High visibility located on the corner of Route 4 and Route 100 South. A minute away from the Killington Skyship. Dining room & bar permitted to seat 109 & outdoor seating up to 50. Newly updated commercial kitchen. Awesome opportunity here.  
**\$549,900**


**KILLINGTON PICO REALTY**


**The iconic Swiss Farm Inn has operated successfully as a traditional bed and breakfast and 48-seat restaurant serving The World's Best Breakfasts to locals and visitors for decades.**



Located in Pittsfield, VT, one of New England's classic ski towns, just 10 minutes from world class skiing at Killington & Pico Resorts w/ 14 guest rooms, each w/ private bathroom, commercial kitchen, public dining area, outdoor pavilion seating and comfortable gathering spaces. The property includes 3BR owner's quarters, w/ updated kitchen, dining area, reading nook, living room, business office, attached oversized garage and plenty of storage. The majestic setting features two expansive barns, open hillsides and panoramic views of the surrounding Green Mountains. The pandemic brought new challenges to the Swiss Farm Inn, but also opportunity, as the inn has now fully transitioned to a highly profitable short-term rental property, appealing to ski clubs, wedding parties, family reunions, business retreats and host of other groups. As a B&B or Airbnb, the Swiss Farm Inn represents an extraordinary investment opportunity. **Offered at \$749,000.**

Killington Pico Realty proudly donates 1% of every dollar earned in 2022 to internationally acclaimed Ukrainian relief organizations.

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 802-422-3600  
**www.KillingtonPicoRealty.com**



**Kyle Kershner**  
 Broker/Owner



**Jessica Posch**  
 REALTOR®



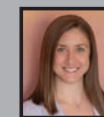
**Daniel Pol**  
 Associate Broker



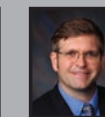
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**Edward Herson**  
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 of KILLINGTON  
*Exclusively Killington!*

**CONDOS**
**HIGHRIDGE**  
 2-Bedroom/2-Bath

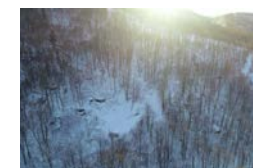

- Fully updated!
- Enchanting views
- New kitchen appliances
- Private balcony
- Convenient one level living
- Sauna

**Highridge Unit A-17**  
**\$439,900**

**PINNACLE**  
 2-Bedroom/2-Bath


- Near world class skiing
- Updated kitchen & bathrooms
- Shuttle in/out
- Private balcony
- In unit washer/dryer
- Near dining & shopping

**Pinnacle Unit D-8**  
**\$384,900**

**LAND**
**SKI ON/SKI OFF**  
 2.02 Acres


- Just off Pico A Slope where snowmaking was recently added
- Approved sewer plan for 3-bedroom home
- Existing driveway & survey
- Beautiful mountain views!

**20-11 Brad Mead Drive**  
**\$229,000**

**NEW CONSTRUCTION**


Artist rendering subject to change.

A collection of uniquely designed 4-bedroom townhomes within a private, gated community setting

**EXCLUSIVE SKI IN/OUT LIVING**

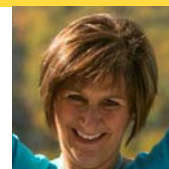
- 3000+ square feet
- Bear Mtn. ski trail views
- Direct ski in/ski out access
- 4-bedroom/4-bath
- 2-car heated garage
- Landscaped grounds
- Starting at \$2,301,000



**Base Camp**  
 at Bear Mountain



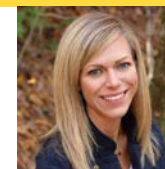
Please call for details regarding the reservation process.

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**Heidi Bomengen**  
 802.342.0355



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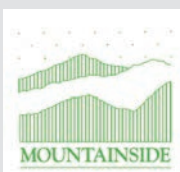
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# Mountainside at Killington



- Private, single-family home sites
- Spectacular views of the mountains of Killington and the valleys beyond
- Property management, complete year-round service with house checks
- Ski home, enjoy hiking and mountain bike trails



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mountainsidepropertiesvt.com/glades/  
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REAL ESTATE**

Celebrating  
33 years!

802.775.5111  
335 Killington Rd.  
Killington, VT 05751

## MOUNTAIN GREEN - MAIN BLDG 3

- Location: Upper Snowshed parking area 1BR \$200K
- Common area: Laundry, health club, indoor pool, sauna, racquetball court, outdoor pool, on-site restaurant & ski shop



## MOUNTAIN GREEN - BLDG 1 & 2

- Bldg #1: 1BR/1BA  
• Next to outdoor pool \$225K
- 2BR/1.5 BA:  
\$229,900-\$245K
- Bldg #2: 1BR/1BA: \$225K



## WOULD YOU LIKE TO KNOW WHAT PROPERTIES ARE SELLING FOR?

HERE ARE A FEW PROPERTIES WE LISTED AND/OR SOLD IN DECEMBER



WINTERGREEN	1BR/1BA	\$110,500
MTN GREEN (BLDG 1)	1BR/1BA	\$175,000
KILLINGTON GATEWAY	2BR/1BA	\$226,000
RUTLAND HOME (LITCHFIELD)	3BR/2BA	\$400,000
HIGHRIDGE	2BR/2BA	\$440,000
KING'S PINES	3BR/4BA	\$699,000



Lenore  
Bianchi



Patricia  
Carter



Pat  
Linnemayr



Chris  
Bianchi



Michelle  
Lord



Meghan  
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Katie  
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**MARKETING** • If you have hands-on brand marketing experience (*hospitality sector a plus*), we would love to speak with you! This full-time/year-round position coordinates our (traditional & digital) day-to-day marketing initiatives across-the-board. Salary & title commensurate with experience.

**FOH MANAGER** • Reporting to our F&B Director, lead our talented front of house restaurant & tavern teams to maintain quality & productivity. Experience necessary. Involves night/weekend shifts.

**FRONT DESK** • Work with teams resort-wide to create the perfect guest experience from reservation through departure (& beyond!).

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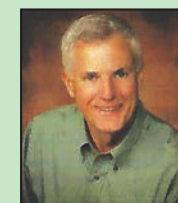
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**Women's Camp** with Donna Weinbrecht, February 11-12, 2023 and March 11-12, 2023



Register at [killington.com/lessons](https://killington.com/lessons)  
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