



BEAR MOUNTAIN MOGUL CHALLENGE IS SATURDAY

Killington's annual mogul competition returns as amateur skiers vie for the Mogul Challenge cup.

Page 20

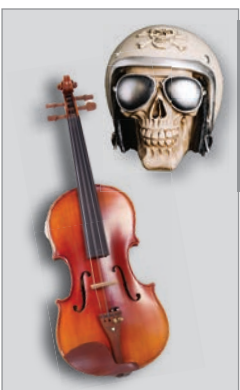
LAST RUNS AT PICO

Pico closes for the season on Sunday, April 6.



SKYSHIP GONDOLAS DECOMMISSIONED

The Skyship gondola's last day was supposed to be Sunday, March 30, but it closed a day early due to the ice storm. The gondola cabins will be replaced with new ones next season!



VSO PRESENTS HEAVY METAL STRINGS

The Jukebox Quartet presents: Heavy Metal Strings. Things will get rocking this weekend in Rutland and White River Junction.

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Courtesy GMP

Ice storm causes outages, closures across the region

Green Mountain Power crews worked to restore over 36,000 customers who lost power due to the severe ice storm Saturday and Sunday. Killington, Okemo and Pico Resorts were all closed Sunday and Pico remained closed Monday. Students in Mountain Views School district did not have school Monday either as Killington Elementary remained hard to access as many roads were closed due to down powerlines and dangerous conditions. GMP said it was 'raining ice' in some locations.

VEPC approves Rutland City master TIF, conditionally

Staff report

The Vermont Economic Progress Council (VEPC) approved Rutland's application for a master TIF district Thursday, March 27, with conditions.

"The Board of Aldermen will need to approve a boundary adjustment at their April 21 meeting," said Jolie Frechette, a communications & PR agent hired to help with Rutland's TIF. "Once the paperwork is filed with VEPC, the final master plan approval will be issued."

Receiving a master TIF approval is a major

hurdle for the City's plans and will allow for projects that may be funded by TIF to be included in future phased filings.

TIF is an economic development tool designed to catalyze private development by removing key infrastructure barriers, using incremental tax revenues to cover the cost.

The Rutland TIF District Master Plan outlines 11 potential private developments made possible by eight infrastructure projects funded through TIF. If

fully built out, these projects would contribute 385 new housing units, a hotel, and expanded retail spaces, contributing to an estimated \$60+ million growth in the city's Grand List.

Each project, however, will have to be individually approved by VEPC. The first could be the proposed hotel in "the pit" at the intersection of Wales and Center Street.

For more information, see Rutland 360 column on page 2.

Killington Resort's ambassadors: honoring the volunteers that help keep the mountain safe

By Katy Savage

If you see someone in a bright green jacket at Killington Resort, you're likely looking at one of the resort's ambassadors. This dedicated volunteer group is there to solve problems, reunite lost children with their parents, help people who are injured, and answer questions.

They are a group of about 200 people, all of which work at least 22 days a season, with some working as many as 40 days a season. The ambassadors are there 45 minutes before the lifts open to attend a morning meeting. Their day starts by greeting guests inside lodges and parking lots. They answer questions and help direct people.

"Sometimes they answer questions about the area, like the best place to grab a

burger," said Ambassador Program Manager Pete Duffy.

Each ambassador is assigned a section of the mountain to ski for the day.

"They are the eyes and ears of the ski patrol," Duffy said. "They may come across or hear about an injury on the mountain. They report it and stay with the person to keep them safe until ski patrol arrives."

On most days, there are 22 to 24 ambassadors on duty, but that number jumps to 50 or 60 on Saturdays. Their day doesn't end until 5 p.m.

"It can be exhausting but very, very rewarding," Duffy said.

While many mountains have ambassador
Ambassadors → 8

AG: Protect your data from the 23andMe bankruptcy

Attorney General Charity Clark issued a consumer alert to help Vermonters protect their personal data in the wake of 23andMe's bankruptcy recent filing on March 26.

On Monday, March 24, 23andMe announced that they had filed for bankruptcy. 23andMe is a direct-to-consumer genetic testing company that collects and analyzes genetic information and health data for consumers.

The company announced that it "intends to continue operating its business in the ordinary course through the sale process" and that "[t]here are no changes to the way [it] stores, manages, or protects customer data."

However, the bankruptcy and 23andMe's plan to "sell substantially all of [its] assets" raises the risk that 23andMe may attempt to sell Vermonters' personal data and other private

"I urge all Vermonters to take these steps immediately to protect their personal data," said Clark.

23andMe → 5

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Vt's Department of Mental Health will hold its annual conference at the Killington Grand Hotel, April 9

DMH Conference will focus on the future of mental health systems

The Vermont Department of Mental Health (DMH) will host its annual conference at the Killington Grand Resort Hotel on Wednesday, April 9. The event will feature workshops, presentations, and opportunities for mental health clinicians to earn continuing education credits. Attendees will hear from keynote speakers Anne Moss Rogers, an expert in suicide prevention, and Keith Whyte, a national leader in addiction prevention and responsible gambling.

The conference is themed, "Revitalize Mental Health: Empower, Strengthen, Transform," and will focus on the following topics:

Youth mental health: Understanding how

youth mental health has changed and learning about successful approaches from across the country.

Adapting to change:

How mental health professionals and other individuals can respond to the challenges caused by changes in society, technology, and the healthcare system.

Resilience in the face of change:

Strategies for building resilience to navigate personal and societal challenges, and the role of mental health care in this process.

The role of innovation:

The impact of new technologies, alternative practices, telehealth, and AI in mental health delivery.



Submitted
 Keynote speakers Keith Whyte (left) and Anne Moss Rogers.

The conference will have over 20 breakout-group learning sessions organized into three tracks: mental health in schools, certified community-based integrated health centers (CCBHC), and alternative mental

health approaches. Sessions will include presentations, panel discussions, Q&A opportunities, and networking.

"We're in a time of big changes—new approaches to mental health, rapid ad-
 Mental health → 4

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Rutland City TIF District: Where we are and what it means

Welcome to the Rutland 360 focus column. Rutland 360 is a collaborative initiative led by a task force that includes the Rutland Redevelopment Authority, the City of Rutland, the Chamber & Economic Development of the Rutland Region, and the Downtown Rutland Partnership. Together, these stakeholders have developed the Rutland TIF District Master Plan, a strategic effort to drive economic growth and revitalization in our city.

This bi-weekly column will address common questions about Tax Increment Financing (TIF), explain its impact on Rutland, and provide updates on key projects shaping our community's future.

Where in the process are we today?

The process for forming a TIF District takes a considerable amount of planning and requires several layers of both local and state approval. In Rutland's case, this includes review and approval by the Rutland City Board of Aldermen and Vermont Economic Progress Council (VEPC). The City and the Rutland City TIF Task Force are currently awaiting final VEPC approval of the Master TIF District Plan (expected April 2025). Once final approval is received, the City can take the next steps to launch the first phase, which will require both Board of Alderman and VEPC approval before moving forward.

The Rutland TIF District Master Plan outlines 11 potential private developments—all made possible by eight critical infrastructure projects funded through TIF. These projects could pave the way for 385 new housing units, a hotel, and expanded retail spaces, contributing to an estimated \$60+ million growth in the city's Grand List.

What is TIF?

To understand this process, it may help to explain exactly what TIF is and why it is anticipated to benefit Rutland City.

TIF is an economic development tool designed to foster the types of development Vermont has been encouraging for years, and in the places we want it to occur – such as down-

towns, industrial parks, and compact village centers. TIF projects catalyze private development by removing key infrastructure barriers, using incremental tax revenues to cover the cost.

The basic concept is that a TIF district is used to foster private development that would not have otherwise occurred "but for" the District. To implement a District, a limited geographic area is defined in which the municipality believes there is potential for development to occur, but in which there are public infrastructure barriers that make private real estate investment difficult or impossible. Specific boundaries are selected and define the "TIF district."

Depending on the issues in each specific location in the district, the infrastructure barriers could include insufficient or deteriorating water or wastewater utilities, inadequate parking, substandard streetscape amenities, stormwater management issues, and similar limitations. In Vermont, TIF is also used to clean up contaminated brownfield properties and otherwise prepare sites for development.

Once the district is established, the host municipality works with property owners and developers to identify specific private developments that could be supported or incentivized by public infrastructure investments.

In future articles, we'll explain how infrastructure costs are funded, the role of the public in the process, specific project spotlights, and other related topics.

For more information, visit the Rutland 360 website: rutlandvtbusiness.com/tax-increment-financing or email Ed Bove (EBove@rutlandcity.org).



802 Nutrition celebrates 5 years, patrons liken the place to 'Cheers'

By Annika Nelson, Community News Service

Editor's note: This story is via Community News Service in partnership with Vermont State University Castleton.

A steady stream of customers flowed into 802 Nutrition on a recent Saturday morning seeking to fill their caffeine fix in a healthier way.

They were met by owners Kristen Johnson and Stacey Ludden, who say although the menu can be overwhelming, they love taking time to get customers exactly what they want.

"If you come in here, we're gonna find something that you'll like," said Ludden in a recent interview.

On Feb. 15, Ludden and Johnson celebrated the 5th anniversary of 802 Nutrition on Woodstock Avenue.

The two owners met playing softball and have been friends for around 30 years. Before 802 Nutrition, they owned a commercial and construction cleaning business for 12 years.

In 2020, Ludden had some friends that were doing something similar, and she had been working from home in the wellness industry, but she said it just seemed like the time was right. "Rutland was ready for a business like this. Maybe not five weeks before Covid, but you know," Ludden said with a laugh.

They both agreed that making it to the five-year anniversary is about the community.

"We have customers that still come in every day, that came in from the beginning, who have supported us from the beginning," Ludden said.

On the big day, 802 was bustling, and in the five hours they were open, they served 384 people.

"We do that some days on a regular day, a nine-hour day, and we did it in five hours. We had all hands on deck, it was fun," Johnson said.

The celebration was a family affair, they said. People who usually stop in on their way to work brought gifts, their kids, and spouses.

802 serves all different kinds of drinks to all different kinds of people. There are healthy protein shakes that constitute a meal and have 25 grams of protein, low sugar, low fat, and can be spruced up with whipped cream or toppings.

They also make a variety of lighter "teas" that offer energy and healthy benefits, they say.

They see teachers in the morning on their way to school, healthcare workers, first responders and sports teams – which they often name special drinks of the day after.

"There's an ambulance backed in



Submitted
802 Nutrition owners Kristen Johnson, far right, and Stacey Ludden, (next to Johnson) pose with staff members and "Breakfast Club" regular Ronnie Oakman, at their five-year anniversary celebration.

here sometimes two or three times a day to get their drinks in between their work," Ludden said smiling. "We really want to get to know people, we don't want it to be like a drive thru experience."

Whether it's energy, hydration, or a meal that you're looking for, 802 has something to serve.

"There's over 500 tea recipes, and we can make you any shake flavor that you want, from brownie batter, to birthday cake, to cinnamon roll, to mint Oreo, to Heath Bar blast," Ludden said.

The shop opened five weeks almost to the day before everything really shut down due to the Covid-19 pandemic. At the time, people reached out looking to "pay it forward" and purchase drinks at 802 Nutrition for people like teachers and first responders.

Ludden and Johnson ended up donating all the money back totaling over \$5,000.

A familiar face in 802 Nutrition is Ronnie Oakman, the founding member of a group known as the "Breakfast Club." Oakman is a family guy from Proctor whose kids are a little younger than Johnson, also a Proctor native.

"When we opened, he knew my name was connected to it, and he came in, and he was just here," Johnson said.

Oakman and a few other guys that Johnson and Ludden have known for-

ever come in every morning and keep them updated on the daily gossip and have a drink.

You can often find Oakman doing dishes, shoveling snow, carrying drinks out to the car, all without being asked.

"If we don't see him by 9 a.m., we call... because we're so used to seeing him you know," Ludden said. "We have something called club credits, and Oakman will put a couple hundred dollars on his club credit, and if you come in here and you're a teacher and it's obvious, he'll look over and say 'Hey Stacey,' and twirl his finger, which means treat those guys and put it on my account. He's a big pay it forward guy," Ludden said.

When asked about his favorite part about coming to 802 Nutrition, Oakman quickly responded with "the people."

His daughter, Sheryl Fox added on, "Without them there would be no 802 Nutrition. There would be no breakfast club."

"You can compare it to "Cheers" in Boston. Everybody knows your name... that's what it's like when you come here," Fox said.

When asked about what people can expect from 802 Nutrition in the coming years, Ludden said that they will continue to be here, saying they are cemented in the community.

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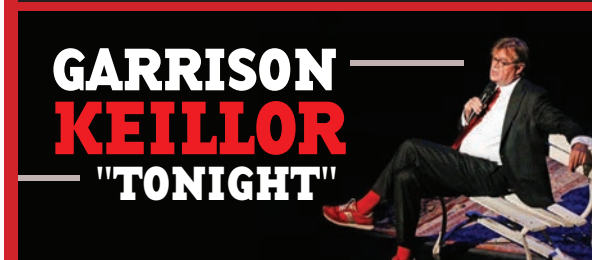
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Mental health:
from page 2

vances in technology, and shifting federal policies,” said DMH Commissioner Emily Hawes. “In times like these, one of the most important things we can do is come together, learn from each other, and strengthen the networks that support us all. The DMH Conference is an opportunity to do just that.”

The keynote speakers

AnneMoss Rogers is a TEDx and trained mental health speaker and author. After losing her son to suicide, she transitioned from owning a successful digital marketing firm to keynoting and training on suicide prevention and mental health. With authenticity and lived experience, Rogers delivers relatable stories, evidence-based information, and practical strategies to spark meaningful conversations on difficult topics.

She was the first non-clinician invited to speak at the National Institute of Mental Health on Youth Suicide and served as an editor for the American Academy of Pediatrics’ Blueprint for Youth Suicide Prevention. Featured in The New York Times, Variety magazine, and interviewed by CNN’s Erin Burnett on teen mental health at the prestigious Allen & Company Sun Valley Conference, AnneMoss focuses on fostering wellness and preventing suicide in universities, K-12 schools, and workplaces.

Keith Whyte has 30 years of national experience in promoting responsible gambling and preventing gambling addiction. Whyte is a highly effective advocate, public speaker, policy analyst and program designer with extensive broadcast media experience. He is founder and president of Safer Gambling Strategies, LLC. Previous experience includes the National Council on Problem Gambling and American Gaming Association. He is also pursuing a Ph.D in responsible gambling.

DMH has a critical mission to improve the conditions and well-being of all Vermonters across the state and protect those who cannot protect themselves.

For more information, visit mentalhealth.vermont.gov.



Courtesy Rutland Regional Medical Center
RRMC staff viewed student artwork displayed on the walls throughout the hospital to celebrate Doctor’s Day, March 30.

Student artwork celebrates Doctors’ Day

Rutland Regional Medical Center (RRMC) marked National Doctors’ Day on March 30 with a heartwarming and colorful tradition: original artwork created by local students. This year, nearly 400 drawings from kindergarten through 4th-grade students across 11 Rutland County schools were displayed throughout the hospital, honoring the care and dedication of RRMC’s physicians.

The annual celebration, organized by RRMC’s Marketing & Public Relations team, fills hallways and breakrooms with

student-created illustrations and messages of gratitude. Each piece offers a personal and creative thank-you to the doctors who serve the region.

“It is fun to see folks pausing in front of some of these creative illustrations,” said Stephanie Czachor, medical staff quality and credentialing specialist at RRMC. “We look forward to showcasing the drawings throughout the hospital, which generates enthusiastic and positive feedback from providers,

Doctors’ Day → 5

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OBITUARIES

Henry Pearl Biathrow, 91

Henry Pearl Biathrow Passed away quietly at his home in Killington on Sunday, March 23, after a long illness.

A private service will be held with family members. A celebration of life gathering will be held in Killington this spring.

Memorial donations may be made in memory of Henry P. Biathrow to the Sherburne United Church of Christ, P.O. Box 359, Killington, VT. 05751.

Henry was born on March 25, 1933, in Bridgewater, Vermont, to Phillip Henry Biathrow and Laura (Powell) Biathrow.

He is survived by his wife, Barbara Joann Biathrow, 89; son, Russell H. Biathrow, 66, of Killington; daughter, Deborah L. McGillivray, 64 (wife of Robert McGillivray), of Stoneham, Massachusetts; sister, Marion Gent, and many extended family members. In addition to his parents, he was pre-deceased by brothers Royal and Murray Biathrow and sisters Frances Colby, Juanita Biathrow, and Myrtle Biathrow.

Henry served in the U.S. Army, stationed in Fort Benjamin Harrison, Indianapolis, Indiana. At a USO square dance, he met the lady he



Submitted

Jo and Henry Biathrow smiled dancing. would soon marry, Barbara J. Brown. The couple got married on Aug. 22, 1956.

Henry and his wife Jo lived a modest family life with their two children, Russell and Deborah. As a 65-year resident of Killington, he worked at the Killington ski resort for 33 years, starting by building the ski trails and driving the snow cats on those same trails to prepare them for daily skiers.

After retirement, Henry and Jo wintered in Florida, where he enjoyed playing nightly card games with friends and became a pro on the shuffleboard court. Henry was a member of the church community, where his favorite night was the children's Christmas pageant.

Henry will be remembered as a man of immense humor and wisdom who treasured every moment spent with his loved ones.

An online guestbook can be found at cabotfh.com.

In memory of Tom Huebner: Longtime RRMC CEO and advocate for Vermont healthcare

The Rutland community is mourning the loss of a deeply respected leader and advocate for healthcare access and wellness across Vermont. Tom Huebner, former president and CEO of Rutland Regional Medical Center (RRMC), passed away on Wednesday, March 26, at the age of 71 following a battle with cancer.

Huebner's tenure at RRMC spanned nearly three decades. He joined the hospital in 1990 as vice president of corporate services after 15 years of healthcare leadership in the Boston area. In 1997, he was named president and CEO, a position he held until his retirement in 2018.

Under his leadership, RRMC grew in size, reputation, and scope of services, becoming one of Vermont's leading healthcare institutions. He championed initiatives that emphasized community wellness, patient-centered care, and collaboration across systems. Those who worked alongside him remember his leadership as steady, compassionate, and visionary.

Before his time at RRMC, he served as executive vice pres-

ident at Choate-Symmes Health Services in Woburn, Massachusetts. He also held roles with the Massachusetts Hospital Association and the Commonwealth of Massachusetts. He earned his B.A. from Colby College and an MBA in health management from Boston University.

In retirement, Huebner remained a tireless advocate for healthcare throughout the state. He served on numerous boards, including BlueCross BlueShield of Vermont, Community Health, the Brattleboro Retreat, VNA & Hospice of the Southwest Region, the Vermont Association of Hospitals and Health Systems, and the American Hospital Association. Across all these roles, he remained focused on strengthening healthcare access and improving outcomes for Vermonters.

Huebner was known not only for his professional accomplishments but for his generosity of spirit. He was a mentor to many, a colleague to all, and a friend to countless people in the Rutland area and beyond. His contributions were recognized through numerous local, state, and national awards, honoring his impact on the healthcare landscape.

Tom Huebner's legacy lives on in the programs he helped shape, the institutions he guided, and the people he inspired. His loss will be deeply felt, and his work will be remembered with gratitude and admiration.



Submitted

Tom Huebner, former CEO of Rutland Regional Medical Center, passed away on March 26 at 71, leaving a legacy of leadership, advocacy for healthcare access, and community wellness across Vermont.



Courtesy Rutland Regional Medical Center

The Thomas W. Huebner Medical Office Building at Rutland Regional Medical Center houses the Vermont Orthopaedic Clinic and ENT & Audiology, with access via the lower parking lot on Allen Street.

← 23andMe: from page 1

information in the bankruptcy process.

Attorney General Clark is notifying Vermonters of actions they can take to make sure that 23andMe deletes their personal data rather than selling it. "I urge all Vermonters to take these steps immediately to protect their personal data," said Attorney General Clark. "This latest development is yet another reminder of how underprotected our sensitive data is without a comprehensive data privacy law."

Vermonters can demand that 23andMe delete their data, destroy any test samples they provided to the company, and revoke permissions for the use of their genetic data using the following steps:

To delete data from 23andMe

- Log into your 23andMe account, go to the "Settings"
- Scroll to a section labeled "23andMe Data" at the bottom of the page, click "View"
- Download your data: If you want a copy of your genetic data for personal storage.

- Scroll to the "Delete Data" section.
- Click "Permanently Delete Data."
- Confirm your request: You'll receive an email from 23andMe; follow the link in the email to confirm.

To destroy your 23andMe test sample

If you previously opted to have your saliva sample and DNA stored by 23andMe, but want to change that preference, you can do so from settings, under "Preferences."

To revoke permission for your genetic data to be used for research

If you previously consented to 23andMe and third-party researchers to use your genetic data and sample for research, you may withdraw consent from the account settings page, under "Research and Product Consents."

Any Vermonters who have trouble attempting to request the deletion of their data by 23andMe should contact the Attorney General's Consumer Assistance Program at 1-800-649-2424 or by email at AGO.CAP@vermont.gov.

← Doctors' Day: from page 4

staff, patients, and visitors." The tradition, now a staple of RRMC's Doctors' Day recognition, highlights the meaningful connection between the hospital and the community it serves. The display of appreciation uplifts physicians, hospital staff, and patients alike.

"These heartfelt illustrations from our area youth are truly appreciated," said Dr. Phil Lapp, vice president of medical affairs. "The drawings and messages are a delightful reminder that the unwavering dedication

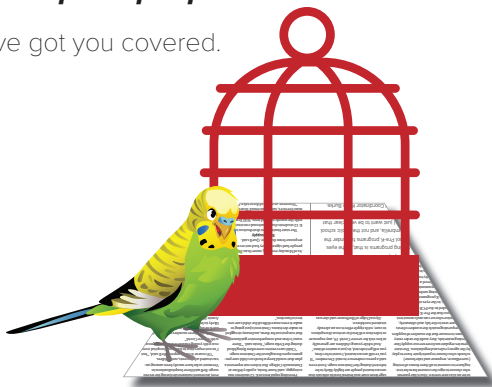
of our physicians touches so many lives throughout our community."

At Rutland Regional, more than 167 physicians and a wide range of advanced practice providers care for patients across 41 specialty areas. In 2024 alone, RRMC providers treated over 318,800 patients, performed more than 5,050 surgeries, delivered 243 babies, and saw over 32,400 visits to the Emergency Department.

To view student artwork visit: photos.rrmc.org/Doctors-Day/Doctors-Day-2025.

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How Killington became the Beast

Part 4: More support for a vision

By Karen D. Lorentz

Last week, I wrote that State Forester Perry Merrill initially envisioned developing Killington Mountain for skiing to benefit the state. However, it wasn't until he met the young Preston Smith that he found a passionate skier who would share his enthusiasm for a mountain few were aware existed.

Although he checked out the area and caught up to Merrill's vision, Smith didn't have the financial wherewithal to develop Killington and was turned down when he went looking for investors. A fortuitous meeting in Hartford, Connecticut, paved the way for a partnership with Joe Sargent, another passionate skier who shared his vision.

In addition to bringing a financial background and the ability to see that "the all-important financial means and strategy" were necessary, Joe Sargent was able to introduce Smith to potential investors.

In October 1955, Sargent agreed to talk to friends in Hartford and gave Smith the names of potential investors.

One of them was Joseph Van Vleck, III, who had been a classmate at Yale and worked in the investment department of the Travelers Insurance Company. He accompanied Smith and Sargent on a November exploration of the mountain. They walked the mountain repeatedly and began to talk and plan. Some "weighty conclusions" were scribbled on the back of an envelope, including the idea of paying Smith \$70 a week or about 80 cents an hour for his work. (Actually, he wasn't paid until much later.)

With Van Vleck agreeing to invest in the project, Joe and Mary T. Sargent, Pres and Sue Smith, and Van Vleck each put up \$250 for one share of stock. With that \$1,250 investment, they registered the Sherburne Corporation with the State of Vermont on April 6, 1956. Franklin S. Billings of Woodstock was the clerk of the newly formed corporation.

Other early key support

On April 19, 1956, Robert W. Mitchell, chairman of the Rutland Industrial Development Committee and owner/publisher of the Rutland Herald, Vermont's oldest continuously operating daily newspaper, signed a pledge to subscribe to stock. Mitchell was among several early investors who, believing that the ski area would be good for the region,

Some "weighty conclusions" were scribbled on the back of an envelope, including the idea of paying Smith \$70 a week or about 80 cents an hour for his work.

actively promoted Killington and showed personal support by promising to invest in the fledgling Sherburne Corporation.

In the early planning stages, Smith and Sargent felt it would be beneficial to have a third person actively involved in organizing the project. Sargent had known Walter N. Morrison at Yale, and when he returned east after running his own lumber business out on the West Coast, Sargent interested him in Killington. In February 1956, Morrison became an active participant. Like Sargent, he made weekend trips to Vermont, putting his mountaineering background and practical experience to work. Morrison played a significant role in early mountain development, from making snow measurements to cutting trees and contributing to layout, construction, and financing decisions.

Morrison was born in California and raised in Connecticut. He attended Andover Academy and graduated from Yale as a literary major in 1950. After military service as a platoon leader in Korea, he went to Oregon, where he started a sawmill and logging business, which he ran successfully for several years before returning east to get married.

From his outdoor business, he gained experience with tractors, chainsaws, and employees—a practical background that would come in handy when building a ski area.

During his sawmill days, Morrison also met a businessman who intrigued him with details of the corporate world. On his return to Hartford, he became a securities analyst with Hartford Steam Boiler Inspection and Insurance Company, inspectors and insurers of powerful and expensive machinery.

The cerebral side of Morrison was involved with an indoors, analytical stocks and bonds business, while the creative outdoors persona found the tangible Killington venture much to his liking.

A tall, affable, and fun-loving person, Morrison recalled that he and Smith had a similar interest in motorcycles and skiing and had "hit it off right away." Smith and Morrison hiked into the mountains in the winter of 1956, camping out in the snow, exploring the area, and taking more snow measurements. Morrison recalled (in our 1980s interviews) that from

Killington → 8



This sign was erected in 1956 (near the former Fireside Lodge) in anticipation of skiing. Undeveloped Killington Mountain is in the background.

By Sue Smith.



Pres Smith camped on the mountain with Walter Morrison (who took this photo) during the winter of 1956.

By Walter Morrison



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PURSUANT TO THE PROVISIONS OF TITLE 24, CHAPTER 117, V.S.A. AND THE TOWN OF KILLINGTON ZONING REGULATIONS, THE KILLINGTON DEVELOPMENT REVIEW BOARD WILL HOLD A PUBLIC HEARING BEGINNING AT 6:30 P.M. ON THURSDAY, APRIL 17, 2025, AT 800 KILLINGTON ROAD IN KILLINGTON, THE PURPOSE OF WHICH WILL BE TO ALLOW INTERESTED PARTIES AN OPPORTUNITY TOO EXPRESS THEIR VIEWS ON THE FOLLOWING:

Application SPR25-12 by Killington Mountain School, seeking Site Plan Approval for the redevelopment of the former Mogul's property to construct a 12,000 sf Athletic Center for Killington Mountain School.

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

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Participation in the hearing by adjacent property owners is a Prerequisite to the right to take subsequent appeal.



TOWN OF
KILLINGTON
VERMONT

TOWN OF KILLINGTON VERMONT
DEVELOPMENT REVIEW BOARD
NOTICE OF PUBLIC HEARING

PURSUANT TO THE PROVISIONS OF TITLE 24, CHAPTER 117, V.S.A. AND THE TOWN OF KILLINGTON ZONING REGULATIONS, THE KILLINGTON DEVELOPMENT REVIEW BOARD WILL HOLD A PUBLIC HEARING BEGINNING AT 6:30 P.M. ON THURSDAY, APRIL 17, 2025, AT 800 KILLINGTON ROAD IN KILLINGTON, THE PURPOSE OF WHICH WILL BE TO ALLOW INTERESTED PARTIES AN OPPORTUNITY TOO EXPRESS THEIR VIEWS ON THE FOLLOWING:

Application 24-62 by GG Killington LP and Killington/Pico Ski Resort Partners, LLC

Asking to amend previously approved lot's C-I, the Killington Grand Parking Lot (collectively known as the Resort Parking Project), and stormwater management pond located to the north of the Resort Parking Project along Killington Road. These changes are required to minimize and/or avoid wetland and buffer impacts as required by State DEC Wetlands Program due to new regulations put in place after original Town permit approval

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

DEVELOPMENT REVIEW BOARD, TOWN OF KILLINGTON

Participation in the hearing by adjacent property owners is a Prerequisite to the right to take subsequent appeal.



SALES FOR APRIL 2025

Items on sale April 1-30, 2025



TITO'S HANDMADE VODKA 750ML
SALE PRICE **\$19⁹⁹**
SAVE \$3.00

BARR HILL GIN 750ML
SALE PRICE **\$32⁹⁹**
SAVE \$5.00

PLATINUM 7X VODKA 1.75L
SALE PRICE **\$16⁹⁹**
SAVE \$3.00

CAPTAIN MORGAN SPICED RUM RPET 1.75L
SALE PRICE **\$29⁹⁹**
SAVE \$4.00

JAMESON IRISH WHISKEY 750ML
SALE PRICE **\$31⁹⁹**
SAVE \$3.00

MAKER'S MARK BOURBON WHISKEY 750ML
SALE PRICE **\$28⁹⁹**
SAVE \$3.00

JIM BEAM BOURBON 1.75L
SALE PRICE **\$32⁹⁹**
SAVE \$4.00

BACARDI SUPERIOR RUM 1.75L
SALE PRICE **\$22⁹⁹**
SAVE \$6.00

BLACK VELVET 1.75L
SALE PRICE **\$17⁹⁹**
SAVE \$3.00

MILAGRO SILVER TEQUILA 750ML
SALE PRICE **\$29⁹⁹**
SAVE \$5.00

CANADIAN LTD 1.75L
SALE PRICE **\$12⁹⁹**
SAVE \$3.00

ABSOLUT VODKA 750ML
SALE PRICE **\$18⁹⁹**
SAVE \$3.00

KETEL ONE VODKA 1.75L
SALE PRICE **\$41⁹⁹**
SAVE \$3.00

HORNITOS PLATA TEQUILA 750ML
SALE PRICE **\$27⁹⁹**
SAVE \$3.00

EVAN WILLIAMS BLACK LABEL BOURBON 1.75L
SALE PRICE **\$28⁹⁹**
SAVE \$3.00

Visit **802spirits.com** for locations and details.

Not responsible for typographical errors

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Courtesy Madeline Fleming

The Bates Farm as it appeared in 1905. The farmhouse is now Killington Valley Real Estate and the Wobbly Barn has replaced the original barn on the right.

← **Killington:**
from page 6

the beginning, he thought it “was a good mountain.”

He also helped lay out the work road to the mountain and became a shareholder and the sixth member of the board of directors in June 1957. On August 20, 1957, at a special Sherburne Corporation board of directors meeting in Connecticut, Sargent, Smith, and Morrison were appointed to the executive committee.

It turned out to be a wise choice for the three of them to function well as a decision-making team.

Snags and progress

Due to snags with getting the access road built, funds with which the corporation could do business were limited to those invested by the promoters of the project, the Smiths, Sargents, Van Vleck, and Morrison. Since April 1956, those assets had quadrupled to \$4,800. By selling his two shares of stock in Mt. Snow, Sargent had \$4,000 to invest in Sherburne Corporation stock, and he laughingly recalled, “That made me Mr. Money-bags for the project.”

However, after buying the Bates farmhouse and accompanying acreage in November 1956, the cash on hand in January 1957 was \$791.66.

However, the escrow account grew to \$20,000 as Smith continued to visit people, including an enclave of skiers in New Haven, where he raised another \$10,000.

Their investing was critical because it enabled an escrow account of \$30,000 to be placed with the State of Vermont to satisfy a stipulation of the proposed Killington Road highway bill before the 1957 Legislature — that the Sherburne Corporation had the money to develop the mountain once the road was in.

The terms of the escrow account provided that invested money would be held until the lease was obtained, which required a road. This is a Catch-22 we’ll explore in a later article when we see how perseverance was another key to Killington becoming the Beast.

Next week we’ll meet the women who were key players in Killington’s debut and success at a time when ski areas were largely “a man’s world.”

Comments and insights are welcome: email klorentzski@vermontel.net to share thoughts about skiing in the 1950s and especially of any women you are aware of who helped develop new areas.

← **Ambassadors:**
from page 1

programs—some of which are paid, some are volunteer—Killington’s is unique in its size.

“We have one of the largest, if not the largest program in the U.S., if not the world,” Duffy said.

The ambassadors also tend to stick around for years.

“I have very little attrition,” Duffy said. “The longest tenured person has been here for 38 years. Once people get into it, they absolutely love it, and it’s hard for them to leave.”

Duffy speaks from experience—he began as a volunteer himself before eventually running the program, a role he’s held for 18 years. He joined after moving from Boston to Rutland and was eager to meet new people and get back into skiing.

“I had fallen out of the sport and wasn’t skiing as much as I wanted,” he said.

Back then, the program was led by John Puchalski, better known as “Grizzly” or “Grizz,” who took Duffy under his wing.

Though ambassadors aren’t paid, one is honored each year with the title of Ambassador of the Year, chosen by their peers. Nominations are narrowed down to four or five finalists, with the winner announced at Killington’s annual meeting in October.

The award was first given in 2012, with Joe Schorle, who started volunteering 22 years ago, being the inaugural recipient.

Schorle became an ambassador after he retired from working as a director of technology in New Jersey. Now 76, he remains an active ambassador.

“You help out, and it gives you a good feeling at the end of the day,” Schorle said. “It’s fulfilling. I enjoy the program, dealing with people, and solving problems. It gives you a sense of accomplishment.”

Christine Vogt, a financial advisor, became an ambassador in 2011 and was named Ambassador of the Year in 2020. She’s volunteered 17 days so far this season.

“At the time, I had transitioned to a new job and found I had more free time on weekends,” Vogt said. “I wanted to get involved with the community and spend time outdoors. Being an ambassador at Killington, where I could share my love for skiing and Vermont’s mountains, seemed like a perfect fit.”

She remains enthusiastic about the program. “What’s kept me involved is the people,” she said. “I’m grateful to be part of such a special group where we all share a passion for winter sports and a common goal of making a positive impact.”

Another ambassador, Jeff Bruell, joined in 2017 and was last year’s Ambassador of the Year.

“I was humbled to be chosen by my peers,” Bruell said. “I feel a responsibility every time I put on the uniform to represent the entire team and resort in the best possible way.”

The Ambassador of the Year award is presented at the resort’s annual October meeting, with most of Killington’s leadership team in attendance. Duffy said interest in the program remains high, and those interested in joining can contact him at pduffy@killington.com.



Pete Duffy,
ambassador program manager

“We have one of the largest, if not the largest program in the U.S., if not the world,” Duffy said.



2011/12
Joe Schorle



2012/13
Marianna Toth-Kulina



2013/14
Laurie Canterbury



2014/15
Glenn Jacobi



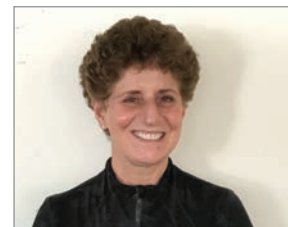
2015/16
Bob & Carol Germond



2016/17
Rick Daily



2017/18
Mickey Cahill



2018/19
Susan Cummins



2019/20
Christine Vogt



2020/21
Norm Lash



2021/22
Glenn Reinauer



2022/23
Ken Porter



2023/24
Jeff Bruell

Phil Scott extends motel stays for families and ‘medically vulnerable’ individuals

The extension, which will apply to roughly 400 households, comes after the governor struck down legislation that would have granted a reprieve for all participants

By Carly Berlin

Editor’s note: This story, by Report for America corps member Carly Berlin, was produced through a partnership between VTDigger and Vermont Public.

On Friday, Gov. Phil Scott took executive action to extend motel voucher stays for unhoused families with children and certain people with acute medical needs through June 30.

Without the extension, this group of unhoused Vermonters would have faced a cliff next Tuesday, when the voucher program’s loosened winter rules will expire for the season. Democratic legislators had sought a three-month extension for all people sheltered through the program, a move Scott and fellow Republicans fiercely opposed.

Scott’s order came down just hours after Senate Republicans blocked an attempt to advance a bill that would have provided an extension for all 2,300 people currently receiving motel vouchers. The blockage essentially ensured that all unhoused people in the program would be subject to strict time limits on their stays beginning on April 1.

“While I’ve been opposed to the Hotel Motel program because it doesn’t serve those in the program well, I have also been clear that we have an obligation to protect children and Vermonters who are most vulnerable,” Scott said in a statement on Friday afternoon. “This executive order does just that without unwinding the important progress we’ve made.”

According to Amanda Wheeler, Scott’s press secretary, the extension will apply to just over 400 households. State data shows that 1,439 households are currently sheltered through the program.

Those eligible for the extension are families with a child under the age of 19 and “medically vulnerable” individuals. The order defines “medically vulnerable” as being “homebound”; requiring a lifesaving device that needs access to electricity, like an oxygen concentrator; in active treatment for cancer, “severe kidney/renal disease, or severe liver or heart conditions”; receiving Medicaid or Medicare-eligible “home-based” nursing services; or women in their third trimester of pregnancy.

Scott → 14

Lawmakers consider compensating landowners who open their land to public trails

By Sam Hartnett, Community News Service

Editor’s note: This story is via Community News Service in partnership with Vermont State University Castleton.

Should landowners who allow public trail networks on their property be compensated? That’s the question a study group would be tasked with answering under a bill in the Senate.

It’s too late to pass this year, but the bill, S.79, has gained bipartisan support and excited trail network advocates.

In Vermont, around 70% of public recreation trails crisscross private land. Through agreements with trail organizations and under state law, landowners allow the use of their land in exchange for liability protection — meaning they can’t be sued for injuries that occur on trails. But if landowners charge a fee for people to use their land, that liability protection goes away.

The bill would set up a panel to explore different ways to compensate landowners for allowing public use of their trails. The committee would measure the “costs and liabilities that private property owners incur” when they open up their land for public recreation, then report findings to the Legislature by the end of next year.

The bill includes \$250,000 to hire a consultant to study the economic impact of the state’s outdoor recreation industry more broadly. The money would go to the Department of Forests, Parks, and Recreation and also support the committee’s work.

“We’re looking to have more tools in our toolbox for crediting landowners,” said Sen. Scott Beck, R-Caledonia, in a call last week.

Lawmakers → 14

Checkmate

During the Town Meeting recess, we took the opportunity to visit our Maryland grandsons, Theo and Spencer. Six-year-old Theo challenged me to play a game of chess. I haven’t played chess in many years and even needed a refresher on which pieces could make which moves. And while I started strong, there was that gleam in the eye when Theo had my king cornered and proudly said, “Checkmate.”



By Rep. Jim Harrison

While the annual Budget Adjustment Act is certainly not a game, there remains significant disagreement between legislative leaders and the governor over the extension of the winter rules for the hotel program. The Legislature has insisted on continuing the expanded winter rules until June 30. The first BAA was vetoed, and the second BAA is on the path to another veto over this issue.

On Friday afternoon, Governor Scott essentially “checkmated” the Legislature by issuing an executive order to implement his administration’s proposed compromise on the hotel voucher program. The order allows expanded winter rules to end on April 1, as agreed last year. However, it continues protecting homeless families with children and those with certain medical disabilities to remain in hotels without the 80-day cap that will now apply to everyone else in the program.

Another area where there is the potential for another stalemate is education reform. Last week, Governor Scott made it clear where he stands on the bill emerging in the House that takes more time to study the issue of district consolidation. He said, “I will not support adjourning this session without a bill to transition to a new funding system, establish a new governance structure that unlocks transformation, and includes a specific implementation timeline. All these steps are necessary to improve equity, maximize efficiency, achieve educational excellence, and be cost-effective for taxpayers.”

The Senate may be a bit more in line with the governor on reform efforts, with a plan under consideration that dramatically reduces the number of school districts and supervisory unions. The Senate Education Committee chair, Senator Bongartz, D-Bennington, is also attempting to combine existing districts with school choice rather than tackle that issue now statewide.

Related to education finance changes, the House Ways & Means Committee is reviewing a proposal to add multiple categories to the non-homestead property tax appraisals, which it could then tax differently. Currently, commercial apartments, second homes, and other non-residential properties are all treated the same.

Other issues of interest:

The House approved its version of the Fiscal Year ’26 budget after the House Appro-

priations Committee advanced the measure on a Monday 11-0 committee vote. The full House approved the bill, H.493, 104-38. There remains some concern over a few reductions the committee made, including a portion of the housing investments recommended by the administration, which the committee used to cover cost-of-living adjustments to many service providers. The bill now moves to the Senate.

The House approved H. 342, a new data privacy bill to protect the private information of public servants such as judges and law enforcement officers. While the concept has widespread support, controversy remains over a provision that may encourage lawsuits.

The House passed H.479, a bill to promote housing, on a wide tri-partisan vote. The

The House passed H.479, a bill to promote housing, on a wide tri-partisan vote.

measure includes helping with infrastructure improvements, such as water and sewer, streamlining the appeals process that often holds up approvals, and adding funding to assist landlords in rehabilitating old apartments and getting them back on the market.

The House approved the annual yield bill, H.491, which sets the statewide property tax rate. Under the legislation, which may change in the Senate, the House Ways & Means Committee utilized a \$77 million surplus from the General Fund to lower average property tax rate increases to about 1 percent. Some are concerned that without education reforms to reduce costs, Vermonters could see a larger increase next year without the use of one-time surpluses to buy down rates.

The Senate approved legislation, H.2, previously passed by the House, to delay the Raise the Age initiative by two years. Had the action not been taken, 19-year-olds would have been treated as juveniles for most criminal charges on April 1.

The House approved H.481, which delays some of the permitting provisions of the 3-acre stormwater program. The law, enacted by a prior legislature, is expected to add significant costs to approximately 700 parcels, including fairgrounds and private roads, with over three acres of impervious surface.

Now to brush up on my chess.



GUEST EDITORIAL

Upset about Trump cutting crucial services? Speak up!

By Angelo Lynn

If you're worried that Trump's proposed cuts to the administration of Medicare, Medicaid and Social Security will negatively affect the benefits you or a member of your family may receive, you should speak out.

If you're worried that privatizing the U.S. Postal Service will reduce rural delivery to your mailbox, negatively impact your business, and destroy what has been a mainstay of civic life since Benjamin Franklin was first appointed U.S. Postmaster General in 1775, speak out.

If you're upset Trump is offending our democratic allies in Canada, Europe, and throughout the world while cozying up to dictators like Russia's Vladimir Putin, and the consequences to America's national and economic security will be dire, speak out.

If you're concerned Trump is unjustly attacking the courts, defying court orders and threatening the justice system by targeting specific law firms, speak out.

If you're concerned Trump and Republicans in power in states like Texas are threatening the health of the planet with a

radical turn not just toward using more fossil fuels but also hindering the development of renewable energy, speak out.

If you're a local farmer or parent of a child in school upset Trump canceled programs that helped local farmers provide healthy food to schoolchildren, speak out.

If you're opposed to Trump cutting funds to small, rural libraries and museums, reducing benefits and raising costs for those enrolled in Obamacare (the Affordable Care Act), cutting funding for Covid vaccines at home, and cutting out funding for all vaccines abroad (which will increase the likelihood of infections spreading globally), speak out.

Because if you don't speak out now, this Republican-led Congress will believe Americans don't care about the damage Trump is doing to the country and is, in fact, on the right track.

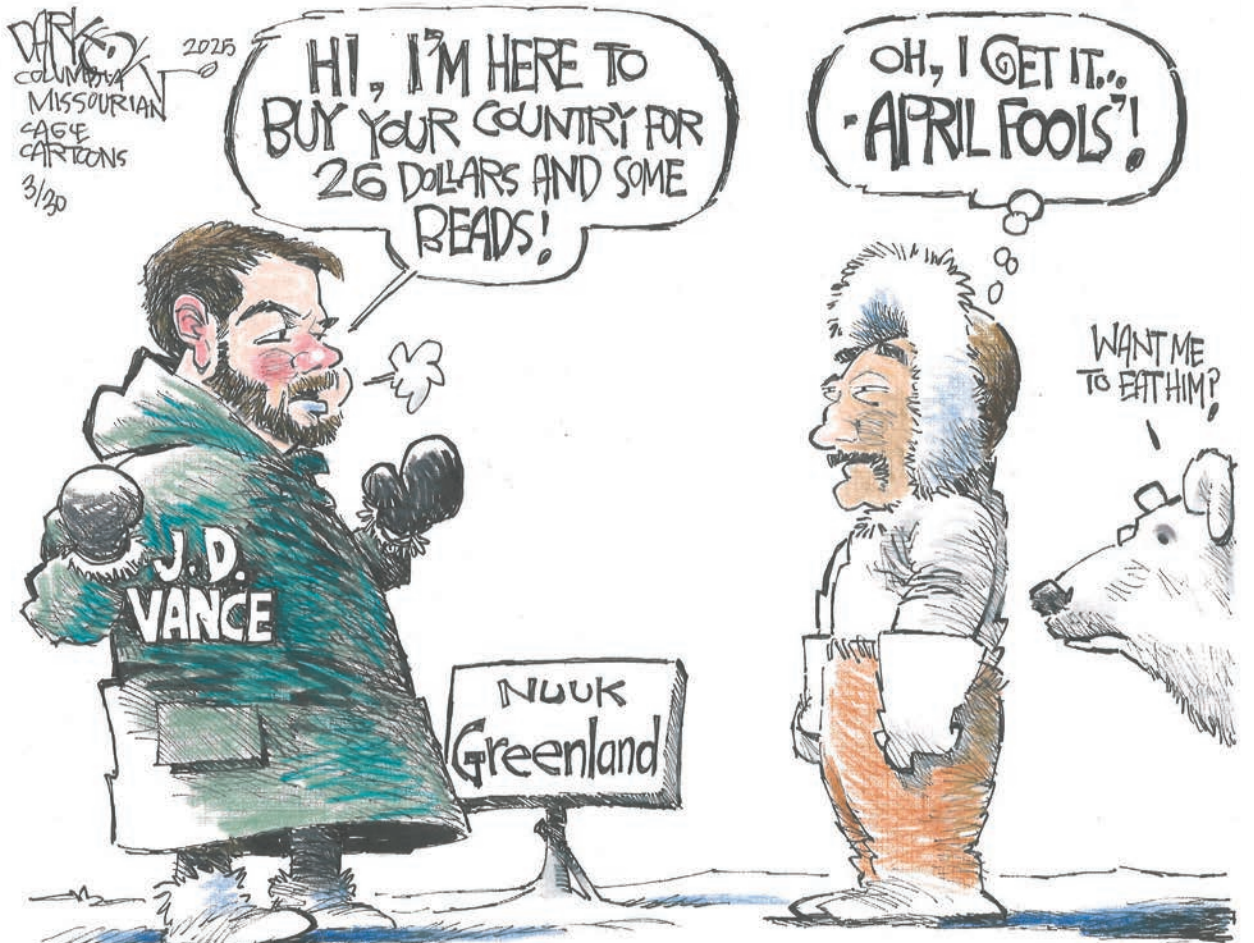
The key to change is to ensure Republicans in Congress start to fear voters' reactions more than Trump's retribution. Only then will they start to exercise their rightful role as a counter to Trump's often illegal power grab and vote for the good of the country — not for the benefit of one man.

One way to express your objections is to be part of area protests dedicated to showing that dissatisfaction. On Saturday, April 5, a rally called Hands Off is a non-violent demonstration against many of the Trump policies that are undermining critical services Americans need. One rally will be held in Montpelier from noon to 3 p.m., at 115 State St.; a closer rally will be held in Brandon from noon to 2 p.m.

Organizers promote the event as a "mass mobilization day" that is sending a "message to the world that we do not consent to the destruction of our government and our economy for the benefit of Trump and his billionaire allies. Alongside Americans across the country, we are marching, rallying, and protesting to demand a stop to the chaos and build an opposition movement against the looting of our country."

"Hands Off" refers to Trump's efforts to undermine "Med-
Trump → 14

The key to change is to ensure Republicans in Congress start to fear voters' reactions more than Trump's retribution.



Greenland's April Fool by John Darkow, Columbia Missourian

LETTERS

Trump tariffs on Canadian products could bite consumers in the behind

Dear Editor,

As if the onslaught of U.S. tariffs on goods from the Great White North weren't enough...

... now this, per Bloomberg via The Spokesman-Review, Spokane, Washington.

Standard toilet paper contains about 30% NBSK, while utilitarian paper towel material contains about 50%

The Trump tariffs on Canadian petroleum, cars, hydropower, medications, vehicles, and softwood lumber for construction include wood pulp for ... paper products. Yes, that includes toilet paper.

For texture and performance, toilet paper and paper towels depend on NBSK or northern bleached softwood kraft pulp. Standard toilet paper contains about 30% NBSK, while utilitarian paper towel material contains about 50%. In fact, many U.S. mills demand it for its tensile strength and absorbency. Canada's fir and pine forests are the source of NBSK.

Bloomberg interviewed Brian McClay from South Carolina, who tracks the global pulp market, and learned that "the US imported about 2 million tons of Canadian NBSK last year [2024]." Fred-

eric Verreault, vice president of a Quebec wood processor, told Bloomberg, "They [U.S. mills] don't buy our products for our pretty eyes. They buy our products because they are the best and the most integrated into their factories."

Bloomberg notes the "cascading effect" of the tariff, whereby as high lumber prices curtail demand for softwoods for use in both construction and manufacturing, fewer pulp logs will make it to the sawmill, driving up production costs.

And just as Vermont products were left to rot on the wharves of Lake Champlain
Tariffs → 14

Advocating for the arts

Dear Editor,

March was Youth Art Month, and we held our bi-annual show at the state-house in Montpelier. I want to share my speech from that evening.

My name is Melissa Kristiansen, and I am honored to serve as president of the Vermont Art Education Association and co-chairperson of Youth Art Month alongside the incredible Rebbie Carlton. But my favorite job — the one that lights me up every single day — is being an art teacher at Poultney High School.

Now, let me ask... where are all the amazing artists who are part of this show tonight? Raise your hands! You are the stars of this evening.

Here's something I want every young artist to know: You are fearless.

You pick up a pencil, a brush, some clay, and you dive in without hesitation.

You experiment, you get messy, you take risks. Did you know that some of the most famous artists in the world spend their entire careers trying to make art the way you do — with wonder, boldness, and without fear?

Until someone says, you are not. Fearlessness doesn't always last. And that's where your art teachers step in. They remind you that purple trees are magical when someone tells you that they're not real. When your clay vase collapses on the wheel, they remind you that it's only mud and you can try again. We're the ones who tell you: Your ideas matter. Your creativity matters. YOU matter.

And here's why it matters even more: When you make art, something incredible happens. You feel joy. You feel powerful. You feel calm, focused, and connected.

I'm 62 years old, and I still feel awesome when I'm making art. It makes me happy. Every student should have that feeling of joy when they bring something into being that has never been seen before.

This exhibit isn't just filled with stunning artwork — it's also sprinkled with data points showing why the arts are essential. Making art reduces stress, lowers anxiety, builds empathy, increases
Art advocate → 33

CAPITOL QUOTES

Education reformation

As Vermont's Legislature tackles Governor Scott's mandate to transform the state's education structure during this legislative session, lawmakers agree the system needs fixing but do not agree on the best way to implement it or the timeline for change.

“There have been calls for us legislators to draw these lines now in the compressed time we have. And it's tempting, but the chance of unintended consequences that would just have to be corrected and changed in the next session is too great,”

said Rep. **Peter Conlon**, D-Conrwall, chair of the House Education Committee.

“I will not support adjourning this session without a bill to transition to a new funding system, establish a new governance structure that unlocks transformation, and includes a specific implementation timeline,”

said Governor **Phil Scott**.

“Not getting[education] done this year does set the process back significantly, and that's concerning,”

said State Senator **Seth Bongartz**.

“Vermont needs to be more attractive to highly trained educators, especially in rural and less affluent areas. There is broad support for ensuring that educators in all areas of Vermont are fairly compensated. I am unconvinced that Vermont needs a statewide teacher contract and instead support a salary floor. The employer share of school healthcare plans has become too expensive and unaffordable for school districts and taxpayers; costs are crowding out core education programs. Vermont needs to rethink how these plans are negotiated and paid for,”

said Senate Minority Leader **Scott Beck**.

COMMENTARIES

UVM Medical Center's academic mission is critical to Vermonters' health

By Mary Cushman

Editor's note: Mary Cushman, MD, MSc is a University Distinguished Professor and Vice Chair of Medicine, Co-Director Vermont Center for Cardiovascular and Brain Health, University of Vermont Larner College of Medicine Director, Thrombosis and Hemostasis Program, University of Vermont Medical Center

Recommendations from the Act 167 “Oliver Wyman report” suggest that UVM Medical Center (UVMCMC) reevaluate whether its medical education and research programs are contributing to better health outcomes for Vermonters. The report asks how relevant UVM's research is to the health needs of Vermonters and questions the benefit of time spent by UVMCMC physicians on research. It also asks whether the time spent by physicians on these activities helps to train the next generation of physicians in Vermont. I want to address these questions within the context of my experiences as a physician scientist at UVMCMC.

My personal story illustrates the many benefits of research within the UVMCMC. I began my career at UVM as a medical student in the 1980s and completed my residency in internal medicine and fellowship in hematology and cardiovascular research in the early 1990s. Owing to the outstanding academic environment here, I decided to stay at UVMCMC to serve fellow Vermonters

as a physician and conduct research. I started my clinical career as the only specialist in care of patients with abnormal blood clots called venous thrombosis – deep vein thrombosis and pulmonary embolism – a leading type of potentially fatal cardiovascular disease. Thus, I am an example of how research can attract physicians who train at UVM to remain in the state to serve Vermonters. In fact, statistics from my department (Department of Medicine), which we calculated in response to the Wyman report, shows that from 2016 onward, more than 50% of the residents we train remain in Vermont. This could be lost if we de-emphasize research training.

Three decades later, I have overseen a thriving research program that has garnered tens of millions of dollars of research funding from the National Institutes of Health (NIH) and included research studies that specifically address the health needs of rural populations. These research dollars directly contribute to advancing science and training the next generation of researchers, helping our local economy, and providing stable jobs. We have made many breakthrough discoveries, including that excessive body weight and oral contraceptives increase the risk for venous thrombosis, as well as multiple causes of racial disparities

UVM → 13

The Leaning Tower of Pisa and Vermont's housing crisis

“A problem well-stated is half-solved.”
Charles Kettering

In 1173, construction began on a bell tower, or campanile, for a cathedral in the Italian city of Pisa. Within five years, it reached a third of its current height when a war broke out, and construction was halted for about a century. During that time, the tower started to lean due to the uneven nature of the soil that served as the foundation for the tower.

When construction resumed, the solution was to build the low side taller to bring the building plumb, albeit it curved.

Construction continued, and by 1817, when the first recorded measurement was taken, the tower's inclination was about 4.9 degrees, and it just kept leaning.

There have been three significant efforts over the last 200 years to correct or stop the

leaning. The first two failed and actually caused the leaning to speed up. The third succeeded in reversing the lean so that it went from 5.5 degrees to under 4 degrees.

The first two efforts to save the Leaning Tower of Pisa failed because the engineers did not state the problem correctly. Their mission was to fortify and stop the low side from sinking. In both cases, their efforts caused the low side to sink even faster.

The third attempt, in 1990, succeeded because the world's foremost expert on dirt reframed the problem and focused on the high side, which he proposed should be allowed to settle faster so that it caught up with the low side.

Emeritus Professor John Burland of Imperial College London was an expert in dirt and fairly proficient at reframing the prob-

Housing → 13



The Accidental Activist
By Stephen Box

NIGHT RUNS AND FAMILY FUN

Hit the slopes after dark on illuminated trails for all levels

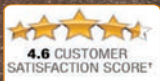
Discovery Zone and beginner trail with free carpet area
Firepits, live music, and warm refreshments for après-ski
Special weeknight pricing



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← **Housing:**
from page 11

lem so that the correct solution followed.

The lesson learned here that can be applied to Vermont's housing crisis is as follows.

What if the high cost of housing is not the issue, what if the low wages that prevent tenants from affording housing is the issue?

If we reframe the problem as "wages in Vermont are too low and fail to provide

employees with the means to pay their rent with 30% of their income," then the solution would be to focus on better jobs and better wages and better working conditions and better training to raise up a talented and skilled workforce.

Last week, a prospective tenant looked at a vacant furnished apartment I offered, complete with all utilities, including internet. He liked it and wanted it but asked if his boss could call me.

It turned out that he was living in employer-provided housing, and that was coming to an end after three years.

His boss called me and explained how much he made per hour and how much that amounted to at the end of the week, and then calculated 30% of his gross pay as the rent that the boss proposed that I accept.

I explained that if the employee had been #1 in his department for three years and if he was a valued employee, perhaps the true solution was for the employer to increase the employee's wages so that 30% of his gross was sufficient to rent a one bedroom furnished apartment with all utilities included. Since the employer could terminate the employee at will without notice, he may consider a one-year contract so that the employee would feel secure in his employment.

There we were; the employer wanted the landlord to lower the rent, and the landlord wanted the employer to increase the wages.

I'm writing this column from Washington, D.C., where I came to attend the National Low Income Housing Coalition's (NLIHC) policy forum and also to engage our federal delegation in a conversation about the need to focus on good jobs and training to increase the number of skilled employees.

My recommendation to the NLIHC is to focus on prosperity rather than squandering its 50-year legacy on normalizing low-income housing.

According to the Pew Report, fully 80% of the rental housing is provided by mom-and-pop housers that own an average of 1.7 units each and only 50% of the housers claim a profit, while fully 50% of the owners of rental housing claim a loss.

If we are short on housing, the last thing we need to do is depress the market and dis-

courage investment. Housing needs to be a profitable enterprise if the State of Vermont is going to meet its goals for providing housing to all who need it.

To that end, the problem needs to be restated. Vermont needs to focus on jobs and training so that a talented and well-paid workforce can afford to pay for market-rate housing and still have 70% of their gross wages left over to take care of their other expenses.

For more information on strategies for resolving the current housing crisis, join Stephen Box and Partners in Housing on the last Friday of every month at 1:30 p.m.

Partners in Housing is a local housing committee that connects housers, wrappers, supporters, and the government to get more safe and healthy housing online, quickly and efficiently, with a commitment to financial responsibility and good stewardship.

To that end, the problem needs to be restated, Vermont needs to focus on jobs and training so that a talented and well-paid workforce can afford to pay for market-rate housing and still have 70% of their gross wages left over to take care of their other expenses.

← **UVM:**
from page 11

in stroke affecting Black Americans. Our original research group of three faculty is now 15 faculty at the UVM Larner College of Medicine. Of these researchers, seven are physicians, and seven were trained at UVM. Thus, from my experience, research and educational activities of UVMMC physicians help to train the next generation of physicians who will serve Vermonters.

On the clinical side, based on successful research and building a program for the care of venous thrombosis and bleeding disorders, we now have a Thrombosis and Hemostasis Program that is staffed by six dedicated hematologists, three nurse practitioners, one physician's assistant, and two nurses. We see about 1,500 new patients from our region every year - a number that is rapidly growing with the aging of our population. We provide holistic care to these patients to improve their vascular health and apply the most recent research-based knowledge to their care, including from our own research.

One can't discuss the impact of an academic medical center without mentioning the COVID-19 pandemic. Starting in the spring of 2020, I participated in conducting

NIH-funded rapid-response clinical trials on treatments for COVID-19 in hospitalized patients. Results led to the rigorous testing of different blood thinning medications and new clinical practice guidelines less

If UVMMC were to severely reduce or eliminate its research and educational activities, it would prevent stories like mine from being told.

than one year after we started, improving recovery from this deadly infection. Bridging from this research, we are now studying the causes of long COVID, and we aim to develop knowledge that will bring treatments to the community of patients in Vermont suffering from the long-term debilitating effects of the virus.

If UVMMC were to severely reduce or eliminate its research and educational activities, it would prevent stories like mine from being told. Ultimately, this will reduce the number of physicians trained at UVM who remain in VT and reduce the benefits that an academic environment brings to the health of Vermonters. We will also lose our ability to train the next generation in research. While we all agree that we must address issues of access to and the rising costs of health care, we should not undertake short-term solutions that have long-term detrimental effects on the health care and health of Vermonters.

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Gardening Tip of the Week



Master Gardener

The benefits of creating a multipurpose landscape such as an edible landscape has benefits where the pros outweigh the cons. Given Vermont's vast hardiness zones due to mountains and valleys, the Blueberry Bush is a secure fit to consider. Blueberry Bushes are a cold hearty shrub that offer many varieties that provide greenery all summer, pink and white flowers in late spring, fruit for summer, and vibrant colors of yellow, orange, and red for an Autumn finish. They are versatile and can be used as borders, privacy, and decorative for the front of your home. Not only do Blueberry Bushes give back to us, they give back to nature.



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← **Scott:**
from page 9

This eligibility criteria leaves out a broad swath of people currently eligible for the emergency housing benefit, including Vermonters over 65, people fleeing domestic violence, people displaced by flooding, and more.

That means those individuals will still be subject to restrictions on the motel program come April 1: an 80-day allotment on motel

In the fall, some families with young children left the motels pitched tents.

stays, along with a 1,100-room cap on the program. Many people housed in motels already used up their 80-day limit for the fiscal year last fall, which resulted in a mass wave of evictions from motels between September and December. (The restrictions were eased for the winter months.)

In the fall, some families with young children left the motels pitched tents. That prompted considerable public outcry, including from some legislators who had agreed to the new restrictions last year to scale back the motel program's pandemic-era expansion. Service providers and advocates demanded Scott take executive action, but at the time, he declined to do so.

The order on Friday comes after weeks of heated exchanges between Scott and

Democratic leaders in the Legislature over the immediate future of the motel voucher program, tied to an annual budget adjustment bill.

Scott vetoed lawmakers' first attempt at the legislation two weeks ago, citing concerns about increased spending and his disapproval of the three-month voucher extension.

Democratic leaders in the House and Senate conceded to Scott's spending asks but held firm in their position to extend eligibility for the voucher program through June 30, proposing to do so with existing state funds.

Scott and Republican legislators fiercely opposed the full extension, arguing that the voucher program is a "failure" that has "warehoused" people instead of helping them. Still, Scott brought forward a counter-proposal to Democrats last week, offering to grant voucher extensions for families with kids and people with severe medical needs.

Democrats declined to take up the offer, refusing to carve out exceptions among a broadly vulnerable group.

"What we did was to try to stay steadfast behind the idea that nobody should be exited," said Senate President Pro-Tem Phil Baruth, D/P-Chittenden Central, in a Friday interview before the order came down. "I think very few people in that program do not have major challenges."

← **Trump:**
from page 9

icaid, Medicare, Social Security, Our Jobs, Fair Elections, Personal Data, Public Lands, Veteran Services, Cancer Research, NATO, Consumer Protections, Clean Air, Clean Energy, Schools, Free Speech, Libraries, and more."

For more information, go to handsoff2025.com. More importantly, make this a day to join other Americans on Saturday, April 5 who are also concerned about the direction the country is headed. Mass actions like this not only show Republican congressmen and women what they are apparently afraid to hear at town meetings but also give other Americans the courage to speak out and the confidence that something within their power can be done to stop the reduction and deterioration of services so many Americans need.



Courtesy Vermont Agency of Transportation
Some legislators hope to incentivize private landowners to allow public recreation on their land.

← **Lawmakers:**
from page 9

Beck, one of a dozen co-sponsors on the bill, hopes the study would better identify the issues that landowners face and offer more ways to solve them. For now, it remains in the Senate Natural Resources Committee.

Threats to outdoor recreation trails frequently involve the transfer of land ownership. When a landowner allowing trails on their property sells to someone who doesn't want the trails, issues arise. When a landowner cuts off public access to their property, trail networks can become fragmented and more difficult to use.

"Not everyone, especially people from out of state, are familiar with the public-private cooperation that is essential to trail networks," said Nick Bennette of the Vermont Trails and Greenways Council in Statehouse testimony March 18.

Representatives of trail networks say their industry is crucial for Vermont's economy as a whole. Kingdom Trails in Burke has brought in a \$10 million boost annually to an economically challenged part of the state, the Northeast Kingdom, according to the trail network's director.

"We value landowners so much, and we hope that the state can also recognize the public benefit that landowners contribute," said Abby Long, the network's executive director.

Long hopes the study can help solidify and grow outdoor recreation opportunities in Vermont, bringing more money into rural communities.

The outdoor recreation industry makes up around 4.8% of Vermont's gross domestic product, or \$2.1 billion in 2023. Vermont is

second to only Hawaii in the portion of GDP coming from the industry.

"Outdoor recreation is woven into the fabric of Vermont," Bennette said in the March 18 testimony.

Some senators on the committee feel that now isn't the time to explore programs that could muddy the waters inundating the property tax system. Sen. Ruth Hardy, D-Addison, thinks her colleagues should focus on finding ways to overhaul that system before exploring any program that may offer tax credits.

"It's not a good time to introduce the potential of any kind of additional property tax credit or exemption into the system," said Hardy in a phone call Monday. "Once you study something and an exemption is recommended, it is harder to say no."

Hardy also questioned how frequently there are problems in landowner-trail network agreements, as no statewide statistic exists on landowners leaving shared-use contracts. While some landowners have stopped allowing trail access, it is unclear how much of a threat the outdoor recreation business faces.

The state's "current use," program allows for properties to be assessed based on what the land is being used for instead of potential development value. Some lawmakers point to the program as a model of compensating landowners for the public benefit they provide through conservation or farming.

The committee convened by the bill could examine how the current use program might benefit landowners working with trail networks and include findings in its recommendations to the Legislature.

← **Tariffs:**
from page 10

during the Jeffersonian trade embargo of 1808, the stacks of logs already harvested for the U.S. will be an almost total loss. And if the tariff climbs to 50%, the sawmills that provide the wood chips that are processed into pulp will go out of business, McClay predicted.

But an eventual shortage of toilet paper is not the only fallout. According to the University of Maine Pulp + Paper Founda-

tion, pulp is showing hope of substituting for plastics in microchips, batteries, and electronic circuit boards.

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WORDPLAY

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F	W	Y	F	K	U	T	X	T	Y	T	E	N	P	H	H	F	F	R	O
E	G	L	W	R	A	G	T	H	P	X	O	X	K	R	C	T	U	O	U
K	F	S	A	L	D	Y	H	W	X	I	S	M	L	R	G	E	W	V	C
J	R	S	K	R	A	Y	O	Y	T	K	M	O	A	R	D	R	G	Y	V
K	U	I	O	W	C	N	I	N	S	S	G	S	G	E	R	C	R	Y	I
P	N	W	H	U	V	V	E	O	H	I	H	A	E	V	K	D	C	W	S
G	S	G	A	W	O	T	T	I	I	J	O	D	V	I	M	A	M	N	U
Y	I	G	R	A	T	P	I	X	G	D	D	N	I	R	S	N	D	I	A
H	Y	D	X	A	W	Y	L	A	O	R	A	V	T	D	U	G	X	J	L
K	U	I	P	A	S	S	E	N	G	E	R	R	I	R	L	E	N	T	M
R	Y	S	U	Y	G	P	N	G	M	P	W	Y	N	S	A	R	R	N	D
G	T	T	M	W	O	F	K	A	F	Y	U	U	G	W	U	O	E	H	K
N	E	R	E	E	L	C	I	H	E	V	T	M	O	V	N	U	A	I	T
I	F	A	K	I	P	H	G	A	I	I	I	I	C	P	A	S	D	V	Y
T	A	C	C	Y	E	H	O	F	X	N	D	Y	V	N	M	G	I	U	X
A	S	T	K	O	K	G	K	V	J	E	R	S	A	I	T	L	N	L	A
E	A	E	K	S	D	U	T	U	E	U	V	H	F	X	T	C	G	D	P
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|-----------|------------|---------|-----------|---------|---------|
| ACTIVITY | DANGEROUS | EATING | NOISY | SAFETY | VEHICLE |
| ATTENTION | DISTRACTED | HIGHWAY | PASSENGER | SPEED | VISUAL |
| COGNITIVE | DRIVER | INJURY | RADIO | TALKING | |
| CRASH | DROWSY | MANUAL | READING | TEXTING | |

SUDOKU

Solutions → 30

How to Play

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

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

Level: Intermediate

CROSSWORD PUZZLE

Solutions → 30

CLUES ACROSS

- Narrow piece of wood
- African desert
- Waxy covering on birds' beaks
- Sour
- Infrequent
- Former AL MVP Vaughn
- Policemen wear one
- Out of the question
- Used to chop
- Symptoms
- Not moving
- Folk singer DiFranco
- Comedian Armisen
- Quantitative fact
- Incline from vertical
- Scottish musician
- Rooney and Kate are two
- Positioned
- A very short time
- Tropical American shrubs
- Yemen capital
- Spanish municipality
- Medical professionals
- Fibrous material
- Confined condition (abbr.)
- Without

- "Mad Men" honcho Don
- Hockey position
- Taste property
- Fertile spots in a desert
- They precede C
- "Requiem for a Dream" actor Jared
- Try a criminal case
- Liberal rights organization
- Spoke
- Insect repellent

CLUES DOWN

- Unshaven facial hair
- More thin
- Show up
- Seethed
- Ancient Greek city
- Poisonous plant
- Hello
- College sports official
- Monetary unit of Russia
- Wings
- Take too much of a substance
- A citizen of Uganda
- Most appealing
- Atomic #18
- Global investment bank (abbr.)
- Jewish calendar month

1	2	3	4		5	6	7	8	9	10				
11					12						13	14	15	
16					17				18					
19				20	21			22	23				24	
25						26						27		
28						29						30		
				31	32							33		
34	35	36	37							38				
39						40	41	42						
43					44						45	46	47	48
49				50					51	52				
53			54						55					
56		57					58					59		
60						61	62						63	
			64										65	

- Popular sandwich
- Swiss river
- Incorrect letters
- Popular entree
- Foot (Latin)
- A driver's license is one form
- Extinct flightless bird
- Appetizer
- After battles
- It neutralizes alkalis
- Beverage container
- Partner to "Pa"
- Gray American rail
- Salt of acetic acid
- Canadian province
- Dish made with lentils
- Narrative poem of popular origin
- For each one
- Come to terms
- Test
- More dishonorable
- Unit of loudness
- The Ocean State
- Monetary unit in Mexico
- Lying down
- Thus
- Where LA is located
- Western State

GUESS WHO?

I am a comic/actor born in New York on April 3, 1961. I began performing stand-up comedy as a teenager, which led to a gig on "Saturday Night Live." I am a singer, director, actor, and comedian, and am best known for my comedic roles. I won a Golden Globe for a 2007 film.

Answer: Eddie Murphy



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WED
4/2

S.E.A.T. Exercises

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

Active Seniors Lunch

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

Gentle & Restorative Yoga

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

Cribbage for Adults

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

Bone Builders at the Chaffee

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

Ballroom Dance with Patti Panebianco

5:30-7:20 p.m. Stone Valley Arts, 145 East Main St., Poultney. Free on April 2 for new students. Join instructor Patti Panebianco for a joyful evening of ballroom dance with East Coast Swing at 5:30 p.m. and Salsa at 6:30 p.m. stonevalleyarts.org.

Beginner & Intermediate Line Dancing Lessons

6-8:30 p.m. Springfield Vermont Recreation Center, 139 Main St., Springfield. \$15 beginner, \$10 intermediate (\$5 if attending beginner). Learn line dancing with beginner lessons from 6-7:30 p.m., followed by improver/intermediate lessons from 7:30-8:30 p.m. Outside food and non-alcoholic beverages permitted. Wednesdays through May 21, except April 23. copperheadlinedancing.com.

Italian Wine Dinner at Liquid Art

6-8:30 p.m. Liquid Art, 37 Miller Brook Road, Killington. \$110. Enjoy a five-course Italian dinner by Chef Michael Bowyer with expertly paired wines and in-depth commentary from a wine representative. Limited seating available. liquidartvt.com.

Film Screening: 'Novocaine'

7:30 p.m. Playhouse Movie Theatre, 139 Main St., Randolph. \$7-\$10. Man who feels no pain fights for the girl of his dreams. Rated R. playhousemovietheater.com.

OPENING DAY AT BILLINGS FARM & MUSEUM

FRI. @ 10 A.M.



THURS
4/3

Intermediate Line Dance

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

Survivors Support Group

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

Bone Builders

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

Communication Skills Class

10-11:30 a.m. (Thursdays through April 24), Bugbee Senior Center, 262 No. Main St., White River Jct. Learn how to improve communication, reduce stress, and build healthier relationships. This course is led by Jeanne Childs. Sign-up required before the first session. 802-295-9068 or email hello@bugbeecenter.org.

Chaffee: Artery

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

Ukelele Group

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

Play Bridge!

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

Mountain Views Supervisory Union Fine Arts Night

5:30-8 p.m. Woodstock Union High School & Middle School, 100 Amsden Way, Woodstock. Free. A showcase of visual and performing arts featuring work from over 600 students, including a concert at 6:30 p.m. celebrating creativity across all grade levels. mtnviews.org.

5th Annual Wine Dinner Fundraiser

6-9 p.m. The Foundry, 63 Summit Pond Road, Killington. \$125. A four-course Mediterranean-themed dinner with wine pairings hosted by the Greater Killington Women's Club to support scholarships for local students. gkwcv.org.

Trivia Night with Pub Geeks

7-9 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. Test your knowledge in a fun evening of trivia covering pop culture, sports, history, and literature, hosted by Vermont's own Pub Geeks. normanwilliams.org.

Classicopia: Blowin' in the Winds

7:30 p.m. Old South Church, 146 Main St., Windsor. \$18, \$13.50 for church members. A chamber music performance featuring oboe, bassoon, and piano with works by Poulenc, Grandval, and more, in tribute to Classicopia co-founder Marcia Colligan. classicopia.org/concert/blowin-in-the-winds.

Film Screening: 'Novocaine'

7:30 p.m. Playhouse Movie Theatre, 139 Main St., Randolph. \$7-\$10. Man who feels no pain fights for the girl of his dreams. Rated R. playhousemovietheater.com.

5TH ANNUAL WINE DINNER FUNDRAISER

THURS. 6-9 P.M.



FRI
4/4

Opening Day at Billings Farm & Museum

10 a.m.-4 p.m. Billings Farm & Museum, 69 Old River Road, Woodstock. \$12-\$19. Under 2 free. Celebrate the 43rd season opener with a free scoop of ice cream, barn animal visits, house tours, story time, and educational programs. billingsfarm.org.

Senior Café

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

Bone Builders

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

Connections & Interconnections of Life Weekly Group

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

Politics in Vermont and the USA

1:30-3 p.m. Godnick Adult Center, 1 Deer St., Rutland. \$8. Former Vermont Governor Howard Dean discusses state, national, and international politics as part of the OLLI Spring 2025 program. Register at: learn.uvm.edu/olli/rutland.

Build Your Own Bird Nest

2:30-4 p.m. Kaleidoscope Art Supply, 37 Center St., Rutland. \$10. A nature-themed art workshop for all skill levels. All supplies included. Adults who wish to participate must purchase a separate ticket. kaleidoscopeartsupply.square.site.

'HOME' Artist Reception

5-7 p.m. Two Rivers Printmaking Studio, 85 North Main St., White River Junction. Free. An opening reception for "HOME," an exhibition of relief prints by Sheri Hancock, former studio manager and accomplished printmaker now based in Nova Scotia. tworiversprintmaking.org.

Calendar: Email events@mountaintimes.info from page 16

West Coast Swing Dance Classes

5:30-6:30 p.m. West Rutland Town Hall (upstairs), 35 Marble St., West Rutland. \$15 per class, \$10 for students, \$12 for RRMC employees and family. Learn West Coast Swing with flexible registration options for individual nights or the full series. Pre-registration required. vtwestiebest@gmail.com.

Artist Reception: Tres Amigos

5:30-7:30 p.m. VTSU Castleton Bank Gallery, 104 Merchants Row, Rutland. Free. Meet artists Thomas Hacker, Glen Hacker, and Emil Gilmudtinov as they discuss their collaborative family exhibition exploring abstract expressionism, nature, and truth through diverse artistic lenses. vermontstate.edu.

'13 Reasons To Quit Being A Pirate': One-Act Comedy

6 p.m. Jennifer Bagley Theater, Mount St. Joseph Academy, 127 Convent Ave., Rutland. \$5 adults, \$2 students and seniors. MSJ's Shoestring Theater presents a one-act performance of the comedy "13 Reasons To Quit Being A Pirate." Note: This is a rescheduled performance from March 28. msjvermont.org.

All Things Great and Small Opening Reception

5-8 p.m. Brandon Artists Guild, 7 Center St., Brandon. Celebrate the opening of a new exhibit exploring scale and contrast through works by local artists. brandonartistsguild.org.

Rutland Young Professionals Annual Gala

6-10 p.m. Killington Grand Resort Hotel, 228 East Mountain Road, Killington. \$60-\$75. Celebrate a year of connection and achievement with the Rutland Young Professionals at this annual gala event. rutlandyoungprofessionals.org.

Sean Rowe Live in the Hayloft

7-9 p.m. Artistree Community Arts Center, 2095 Pomfret Road, South Pomfret. \$25. Singer-songwriter Sean Rowe brings his powerful baritone and emotionally charged lyrics to the Hayloft, performing songs from his latest album "The Darkness Dressed in Colored Lights." artistreevt.org.

Jukebox: Heavy Metal Strings

7-8:30 p.m. Paramount Theatre, 30 Center St. Rutland. \$18.50-\$38.50. The Jukebox string quartet goes electric with a rock-inspired program featuring music by Van Halen, Led Zeppelin, and Shostakovich. Hosted by Matt LaRocca. paramountvt.org.

Cold Chocolate – Live From Woodstock Theatre

7:30-9 p.m. Woodstock Town Hall Theatre, 31 The Green, Woodstock. \$20. Experience a blend of bluegrass, folk, and Americana with Cold Chocolate as part of Pentangle Arts' After Hours "Live From..." concert series. Lobby bar opens at 6:30 p.m. pentanglearts.org.

Film Screening: 'Becoming Led Zeppelin'

7:30 p.m. Playhouse Movie Theatre, 139 Main St., Randolph. \$7-\$10. Documentary of the legendary rock group. PG13. playhousemovietheater.com.

BEAR MOUNTAIN MOGUL CHALLENGE

SAT 7 A.M.-4 P.M.



SAT
4/5

Bear Mountain Mogul Challenge

7 a.m.-4 p.m. Bear Mountain, Killington Resort, 78 Weathervane Road, Killington. \$50. Killington's annual mogul competition returns as amateur skiers battle for the Mogul Challenge cup, followed by live music from Liz and the Mogulmen and Jamie's Junk Show. killington.com/culture/mogul-challenge.

BEES Pancake Breakfast

8-11 a.m. Barnard Town Hall, 115 North Road, Barnard. \$12. A community breakfast featuring pancakes, home fries, sausages, eggs, and more to benefit Barnard Academy's PTO, the BEES. barnardacademy.org.

Sensory Friendly Hour at VINS

9-10 a.m. Vermont Institute of Natural Science, 149 Natures Way, Quechee. Regular admission. Enjoy a quieter, low-stimulation visit through exhibits and trails before general hours begin. Guests may stay through regular closing time. vinsweb.org.

Vermont Winter Farmers Market

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

Rutland Railway Association & Model Club

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

Art at the Chaffee: Drop N' Paint

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

The Snowmelt: Slush Cup & Spring Fling Party 2025

Noon-5 p.m. Clock Tower Base Area, Okemo Mountain Resort, 77 Okemo Ridge Road, Ludlow. Free. Okemo's biggest spring event returns with the Slush Cup (Kids Run Noon-1 p.m., Adults 1-2 p.m.) and the Spring Fling Après Party (2-5 p.m.) featuring live music by Total Strangers, food, drinks, photo booth, and more. Registration for the Slush Cup is available same day from 8-10 a.m. at the Clock Tower base. okemo.com.

Learn to Crochet – Part 2

1-2:30 p.m. Green Mountain Yarn & Fiber, 217 Woodstock Ave, Suite E, Rutland. \$25. Expand your crochet skills by learning to make granny squares, join colors, and crochet in the round. Preregistration required. greenmountainfibers.com.

Classicopia: Blowin' in the Winds

2-3:30 p.m. Private residence, 221 Newton Lane in White River Junction. \$20-\$40. A chamber music performance featuring oboe, bassoon, and piano with works by Poulenc, Grandval, and more, in tribute to Classicopia co-founder Marcia Colligan. classicopia.org/concert/blowin-in-the-winds.

Upper Valley Baroque Presents

Handel

3-5 p.m. Chandler Center for the Arts, 71 N. Main St., Randolph. \$25-50. Experience Handel's dramatic masterwork with texts inspired by Milton and Shakespeare, performed in English by soprano Amanda Forsythe and Upper Valley Baroque's choir and orchestra on period instruments. uppervalleybaroque.org or chandler-arts.org.

Screening: 'Vanish – Disappearing Icons of Rural America'

3-5 p.m. Billings Farm & Museum, 69 Old River Road, Woodstock. \$15. Photographer Jim Westphalen presents his moving documentary on America's fading rural structures, followed by a Q&A. A tribute to forgotten landscapes and a call to preserve them. billingsfarm.org/events/special-screening-vanish.



THE SNOWMELT: SLUSH CUP & SPRING FLING PARTY 2025

SAT NOON-5 P.M.

Community Contra Dance

6:30-9 p.m. Barnard Town Hall, 115 North Road, Barnard. Free. Donations appreciated. Join BarnArts for an all-ages contra dance with live music by Blind Squirrel and calling by Erin Smith. No experience or partner needed. Potluck at 6 p.m. barnarts.org.

Chris Janson Live in Concert

7 p.m. Paramount Theatre, 30 Center St., Rutland. \$69-\$89. Country star Chris Janson brings his high-energy performance and chart-topping hits like "Buy Me A Boat" and "Fix A Drink" to the Paramount stage. paramountvt.org.

Ludlow Concert

7 p.m. Ludlow Town Hall, Heald Auditorium, 37 Depot St., Ludlow. FREE. Presented by FOLA. Three musical acts in one night, featuring Unqualified, Allegra & the DayDreamers, and Sammy B. 802-228-3238.

Coffeeshouse/Sing-Along Night

7-9 p.m. Hartland UU Church, 8 Brownsville Road, Hartland Four Corners. Donations welcome. Enjoy homemade treats, sing-alongs, and performances hosted by local musician Alex Kelley. Bring a song, story, or poem to share. hartlanduu.org.

Star Radio Hour: 'Love, Sweet Love'

7-9 p.m. Chandler Center for the Arts, 71-73 So. Main St., Randolph. \$25. Under 12 FREE. A live variety show featuring music, stories, skits, and poetry, followed by a swing dance party. Emceed by Jim Rooney with performances by Play It Forward, guest singers, and storyteller Simon Brooks. sevenstarsarts.org.

Bridgewater Grange #284 Dance

7-10 p.m. Bridgewater Grange, Rte 100a, Bridgewater Corners. \$5. A community dance featuring live music by The Plymouth Rock Band. Concessions available; children under 12 free. robinennis@live.com.

Jay Nash Solo Acoustic Concert

7:30-9 p.m. The Stone Church at Mission Farm, 316 Mission Farm Road, Killington. \$25-\$30. Enjoy an intimate acoustic performance by Jay Nash in a historic and acoustically rich setting. Beer, wine, and baked goods available for purchase. Part of Mud Season Music Series at Mission Farm. missionfarmvt.org.

Film Screening: 'Becoming Led Zeppelin'

7:30 p.m. Playhouse Movie Theatre, 139 Main St., Randolph. \$7-\$10. Documentary of the legendary rock group. PG13. playhousemovietheater.com.

← **Calendar:**
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VERMONT FIDDLE ORCHESTRA SPRING CONCERT

SUN. 4-6 P.M.



Film Screening: 'Becoming Led Zeppelin'

2 p.m. Playhouse Movie Theatre, 139 Main St., Randolph. \$7-\$10. Documentary of the legendary rock group. PG13. playhousemovietheater.com.

Vermont Fiddle Orchestra Spring Concert

4-6 p.m. Chandler Center for the Arts, 71 N. Main St., Randolph. By donation. Enjoy traditional and contemporary fiddle tunes from around the world performed by the Vermont Fiddle Orchestra, with direction by Peter Macfarlane and Susan Reid. vermontfiddleorchestra.org.

Science Pub

4-5 p.m. Lake Bomoseen Lodge, 2551 Vermont 30, Castleton. Free. Food and drink purchases separate. Andrew Swofford of Middlebury College presents on sensory systems in fungi, exploring how fungi and animals share visual traits and what this reveals about evolution and disease. lakebomoseenlodge.com.

GUVTU Banquet

5-9 p.m. Woodstock Inn, 14 The Green, Woodstock. \$40-\$70. Join the Greater Upper Valley Trout Unlimited chapter for its biennial banquet featuring dinner, prizes, and guest speaker Captain Abbie Schuster of Kismet Outfitters. guvtu.org.

Jukebox: Heavy Metal Strings

2-3:30 p.m. Northern Stage, 76 Gates St., White River Junction. \$16.50-\$36.50. The Jukebox string quartet goes electric with a rock-inspired program featuring music by Van Halen, Led Zeppelin, and Shostakovich. Hosted by Matt LaRocca. northernstage.org.

SUN
4/6

MON
4/7

Juicebox: Feelings Through Music

11 a.m.-Noon. Northern Stage, 76 Gates St., White River Junction. \$6.50-\$11.50. A playful, interactive concert for kids ages 10 and under featuring the Jukebox String Quartet performing music inspired by "The Feelings Book" by Todd Parr, with dance time, musical jokes, and juiceboxes for all children. northernstage.org.

Inclusive Figure Drawing Workshop

1-3 p.m. Kaleidoscope Art Supply, 37 Center St., Rutland. \$25. An instructor-guided figure drawing session for ages 18+, open to all skill levels. Bring your own supplies or enjoy 10% off purchases made the day of the class. kaleidoscopeartsupply.square.site.

Bone Builders

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

Monday Movie

1 p.m. (Mondays) Sherburne Memorial Library, 2998 River Road, Killington. Free. This week's film is "Gladiator 2," starring Denzel Washington. sherburnelibrary.org/movie-monday or 802-422-9765.

TUES
4/8

Math for All Conference 2025

8 a.m.-3:45 p.m. Killington Grand Resort and Conference Center, 228 East Mountain Road, Killington. Free. A day-long event for math educators and leaders featuring keynote speaker Pam Harris and sessions on inclusive math instruction, intervention strategies, and empowering student learning. Registration is full. alllearnersnetwork.com.

Line Dance Classes

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

West Coast Swing Dance Classes

5:30-6:30 p.m. West Rutland Town Hall (upstairs), 35 Marble St., West Rutland. \$15 per class, \$10 for students, \$12 for RRMC employees and family. Learn West Coast Swing with flexible registration options for individual nights or the full series. Pre-registration required. vtwestiebest@gmail.com.

Alzheimer's Support Group

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

Jim Yeager: 'Identity Crisis'

6-7:30 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. Jim Yeager discusses his book "Identity Crisis" and his personal awakening journey, exploring humanity's divine nature, paranormal experiences, and spiritual healing. Co-hosted by Yankee Bookshop. normanwilliams.org.

Concert in the Reuben Wait Barn

6-8 p.m. Green Mountain Timber Frames, 430 West St., Middletown Springs. \$20 suggested donation. Enjoy a community potluck and live performances by Ciarra Fragale and Foster Powell's band Verboten in the historic Reuben Wait Barn. greenmountaintimberframes.com.

Film Screening: 'Women's Adventure Film Series 2025'

6:30 p.m. Playhouse Movie Theatre, 139 Main St., Randolph. \$5. Presented by Vermont State University, Randolph Recreation Department, Gear House, Ridgeline Outdoor Collective and Playhouse Movie Theatre. playhousemovietheater.com.

ONGOING

Stick a Fork in Cancer

Through April 6. Liquid Art, 37 Miller Brook Road, Killington. Liquid Art supports Relay for Life as part of Stick a Fork in Cancer restaurant week in Killington. Menu will feature a specialty salad with locally sourced ingredients. 100% of the profits will go to Relay for Life. liquidartvt.com.

'The Children'

Through April 12. Northern Stage, 76 Gates St., White River Junction. \$25-77. In the wake of a nuclear disaster, three scientists must face the past and weigh the cost of survival in this suspenseful drama by Lucy Kirkwood. northernstage.org.

Cooking Classes at Mission Farm

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

MUD (Season) Exhibit

Through April 19. Artistree Community Arts Center, 2095 Pomfret Road, South Pomfret. Free. Celebrate the arrival of spring with Artistree's annual MUD (Season) Exhibit, showcasing 2-D and 3-D works from 60+ local artists inspired by Vermont's seasonal transition. artistreevt.org.

'Sylvia'

April 4-13. Grange Theatre, 65 Stage Road, South Pomfret. \$35. A heartwarming comedy by A.R. Gurney about a man, his dog, and the chaos that ensues when midlife reinvention meets a talking pup named Sylvia. Directed by Matthew Robert. artistreevt.org.

'Waitress'

Through April 13. Barrette Center for the Arts, 74 Gates St., White River Junction. \$27-\$97. This Broadway hit, featuring music by Sara Bareilles, follows Jenna, a pie-making waitress who finds the courage to change her life after an unexpected pregnancy. Directed by Carol Dunne. northernstage.org.

UPCOMING

Call for Entries: 'Unbound Vol. XIII' – A Celebration of Book Art

Submit up to three works by April 5, 2025. Artistree Community Arts Center & Gallery, 2095 Pomfret Road, South Pomfret. \$30. Artists and writers from VT, NH, and New England are invited to submit pieces for "Unbound Vol. XIII," showcasing both traditional and unconventional Artist's Books, as well as 2D and 3D book-inspired art. Exhibition runs April 25-May 24, with awards given for People's Choice and Curator's selections. artistreevt.org/unbound-vol.xiii-cfe.

Race Around the Lake

May 18 from 10:30 a.m.-1 p.m. Silver Lake State Park, 250 North Road, Barnard. \$15-\$50. Join BarnArts for a 10K run or 5K run/walk followed by lunch, live music, and an awards ceremony by the lake. Virtual race option available. Proceeds support BarnArts Youth Programming. barnarts.org.

THE MUD SEASON MUSIC SERIES AT MISSION FARM

JAY NASH
LIVE. SOLO. ACOUSTIC.

SATURDAY - APRIL 5, 2025
FRIDAY - APRIL 25, 2025
7PM DOORS / 7:30PM SHOW
TICKETS AT WWW.JAYNASH.COM

[MUSIC Scene]

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

WED 4/2

LUDLOW

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

POULTNEY

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

QUECHEE

6 p.m. The Public House – Kim Wilcox

RUTLAND

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

LUDLOW

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

POULTNEY

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

QUECHEE

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

RUTLAND

6 p.m. Speakeasy Cafe – Trivia Night

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

WOODSTOCK

6:30 p.m. Ottauquechee Yacht Club – Ben Kogan Band

RANDOLPH

7:30 p.m. The Underground Listening Room – Ali T and Shy Husky with Nick Granelle

RUTLAND

6 p.m. Stonehedge Indoor Golf – Duane Carleton

SOUTH POMFRET

7 p.m. Grange Theatre – Sylvia: Love and Laughter Unleashed, A play by A. R. Gurney

WOODSTOCK

7:30 p.m. Town Hall Theatre – Cold Chocolate

LUDLOW

Noon. Okemo's Clock Tower Base Area – Slush Cup

2 p.m. Okemo's Clock Tower Base Area – Spring Fling Apres with music by Total Strangers

2 p.m. Okemo's The Bull – Liz Reedy

7 p.m. Town Hall – Unqualified/ Allegra & The Day Dreamers/ Sammy B

QUECHEE

5:30 p.m. Public House Pub – Blue Fox

SOUTH POMFRET

7 p.m. Grange Theatre – Sylvia: Love and Laughter Unleashed, A play by A. R. Gurney

STOCKBRIDGE

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

WOODSTOCK

6:30 p.m. Ottauquechee Yacht Club – Sleeveless Tease

SOUTH POMFRET

3 p.m. Grange Theatre – Sylvia: Love and Laughter Unleashed, A play by A. R. Gurney

STOCKBRIDGE

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

MON 4/7

KILLINGTON

2 p.m. K1 Base Lodge – Duane Carleton

5 p.m. Sushi Yoshi - Tboneicus Jones

LUDLOW

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

RUTLAND

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

WOODSTOCK

6:30 p.m. Ottauquechee Yacht Club – Mountain Dog

TUES 4/8

POULTNEY

7 p.m. Poultney Pub – Bluegrass Jam

RUTLAND

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



Liz Reedy



Jenny Porter



Breanna Elaine



Krishna Guthrie



Nick Bredice

THUR 4/3

BOMOSEEN

6:30 p.m. Lake Bomoseen Lodge & Taproom - Trivia Night

BRANDON

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

CASTLETON

6 p.m. Blue Cat Bistro – Krishna Guthrie

KILLINGTON

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

2 p.m. K1 Base Lodge – Sammy B

4 p.m. The Foundry – Just Jamie

6 p.m. Rivershed – Rob Pagnano

7 p.m. Casey's Caboose - Tboneicus Jones

7 p.m. Still on the Mountain – Rick Webb

7 p.m. Vermont Craft – Nick Bredice

7:30 p.m. The Foundry – Sammy B

8 p.m. Pickle Barrel – Liquid A

9 p.m. Jax Food & Games – Just Jamie

QUECHEE

5:30 p.m. Public House Pub – Rebecca Turmel

POULTNEY

6 p.m. Poultney Pub – Mean Waltons

LONDONDERRY

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

SAT 4/5

BARNARD

6:30 p.m. Town Hall – BarnArts Community Contra Dance with Blind Squirrel Caller Kevin Donohue

BOMOSEEN

5:30 p.m. Lake Bomoseen Lodge & Taproom – Breanna Elaine

BRIDGEWATER

8 p.m. Woolen Mill Comedy Club – Comedy Show with Headliner Sharon Simon

KILLINGTON

3 p.m. Still on the Mountain (Outdoor Patio) – Apres Ski with a Live DJ

4 p.m. The Foundry – Aaron Audet

6 p.m. Pickle Barrel – Jamie's Junk Show

6 p.m. Preston's at The Grand Hotel – Scott Forrest

6 p.m. Rivershed – Rob Pagnano

6:30 p.m. Still on the Mountain – Rhys Chalmers

7 p.m. North Star Lodge Star Lounge – Big John's Boys

7 p.m. Vermont Craft – Liz Reedy

7 p.m. The Foundry – Carl Anton

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

9 p.m. Pickle Barrel – Liquid Art

SUN 4/6

BRIDGEWATER

CORNERS
3 p.m. Long Trail Brewery – Nick Bredice

KILLINGTON

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

6 p.m. Liquid Art – Tboneicus Jones

6 p.m. Rivershed – Trivia

7 p.m. Still on the Mountain – Comedy and Cocktails

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

RUTLAND

9 p.m. CJ Suds South – Karaoke with Sunset Entertainment





Courtesy Killington.com

The Bear Mountain Mogul Challenge will take place on Saturday, April 5.



By Jerry LeBlond

Scenes from past Bear Mountain Mogul Challenges at Killington Resort, showcasing the high-energy competition, vibrant spring atmosphere, and thrilling moments on the Outer Limits trail.

Spring thrills and bumps: Bear Mountain Mogul Challenge returns to Killington

Saturday, April 5 at 7 a.m. — KILLINGTON — Killington Resort's Bear Mountain Mogul Challenge returns for a full day of high-energy mogul competition and vibrant springtime celebration. One of the resort's most anticipated annual events, the Mogul Challenge will once again bring together amateur skiers, live music, and a festive tailgate atmosphere at Bear Mountain's Outer Limits trail.

The competition invites 150 pre-registered amateur skiers to test their skills on one of Killington's steepest runs. After morning qualifiers, the top 32 men and 16 women will enter an exciting head-to-head bracket showdown to determine the champions. Contestants will be judged on their turns and line (60%), aerial maneuvers (20%), and speed (20%), with trophies awarded to the top finishers. The winners' names will be engraved on the coveted Mogul Challenge Cup.

Schedule highlights:

- 7-8:30 a.m. – Competitor check-in at the Fuel TV Lounge (3rd floor of Bear Mountain Lodge)
- 9 a.m.-11:30 a.m. – One-run qualifiers for all divisions
- Noon-4 p.m. – Finals, featuring head-to-head dual mogul runs
- 2:30-4 p.m. – Live performance from Jamie's Junk Show on the Bear Mountain deck
- Awards ceremony follows the finals at the base of Outer Limits.

Live music lineup:

Adding to the celebration, Liz and the Mogulmen will get the party started during the

midday break, performing upbeat favorites to keep the energy high. Later in the afternoon, Jamie's Junk Show returns with their signature blend of rock, reggae, bluegrass, and jazz to close out the event in style.

Tailgating and party tips:

Guests are encouraged to arrive early, carpool, and consider skiing in from other base areas, as parking is limited at Bear Mountain. Tailgating is permitted starting at 6:30 a.m. on Saturday, but no Friday setup is allowed. Outside alcohol is permitted for personal consumption, but sharing, kegs, and hard liquor bottles are prohibited. Food vendors and a BBQ on the deck will also be available.

Registration details:

The entry fee for competitors is \$50, not including lift tickets. Registration is limited and available online. Discounted lift tickets are available for registered participants. Helmets are required, and participants must sign a risk waiver.

Volunteer opportunities:

Volunteers receive lunch and a Killington lift ticket voucher for a future date. Shifts include both indoor and outdoor roles and advance signup is required.

This year's challenge also serves as a tribute to the community spirit that fuels spring at Killington—combining friendly competition, live entertainment, and a shared love for the mountains.

For more information, visit: killington.com/culture/mogul-challenge.



Submitted

Dartmouth Health survey highlights healthcare, income, and housing challenges.

Local healthcare survey provides data for better care

By Curt Peterson

Dartmouth Health recently released results of a comprehensive survey meant to determine how healthcare needs are being addressed in their “service area,” which includes Hartland and Woodstock. The survey project was performed by Dartmouth Hitchcock Medical Center, Alice Peck Day Memorial Hospital, Visiting Nurse and Hospice for VT and NH, Mt. Ascutney Hospital, New London Hospital, and Valley Regional Hospital. The period covered is October 2023 through December 2024. The total population in the service area is 72,736. Hartland’s population is 3,462, Woodstock’s is 3,025. The median age in both towns is 55.

Survey results highlighted challenges faced by residents of the Vermont and New Hampshire area served by the Dartmouth Hitchcock network. Here are some of the pertinent data covering Windsor County, Woodstock and/or Hartland that readers may find interesting.

Healthcare:

- Windsor County residents without a primary care provider – 12%.
- Those who delay or avoid seeking care because of delay or cost – 6%.
- One in ten experienced food insecurity in the past year.
- One third haven’t seen a dentist in 12 months or more.
- One third over 65 have fallen in the past 12 months.
- County-wide, 31% of adults are obese, and 34% are overweight.

Household income:

- Median income in Woodstock is \$123,735 per household.
- In Hartland, the median income per household is \$97,526.
- 20% of Woodstock’s households are single-parent situations.
- 34% of Hartland’s households are single-parent situations.
- 91.4% of service area residents are white.

Education (age 25-plus):

- 95% are High School graduates.
- 25% have some college, or Associate’s degree.
- 43% have a Bachelor’s degree or above.
- English-only speakers are 92.5% of the service area population.

Housing:

- 24.6% of homeowners pay over 30% of income for housing.
- 50.5% of renters pay more than 30% of income for housing.
- 25% of Vermont housing was constructed before 1939.
- 6.8% of Vermont households have no vehicle.

Health insurance, Woodstock:

- 5% have no health insurance.
- 23% are covered by Medicare.
- 23% have Medicaid.
- 3% are covered through the Veterans’ Administration.
- Health insurance, Hartland:
- 3% have no insurance.
- 29% are Medicare subscribers.
- 17% have Medicaid.
- 3% use VA coverage.

Healthcare providers:

- 6% in each town have not seen a dr. in 12 months because of cost.
- 12% of Windsor Co. residents have no primary care provider.
- In Windsor Co. there are 999 patients for each doctor, and 1,615 for each dentist.
- 66% of county residents live at least 15 miles from the nearest birthing center.

Little Feat’s evolving lineup finds consistency in making great music

Tickets are selling fast for Little Feat’s appearance at the Paramount Theatre on May 5

Having had the pleasure of working with Little Feat and seeing them perform four times, including this current lineup, one thing holds true: whoever joins the band keeps the tradition of making great music alive. The latest additions are something special. I was fortunate to catch up with Little Feat’s long-time multi-instrumentalist, Fred Tackett, who resides in Topanga Canyon, outside of Los Angeles.

“It’s where all the hippest musicians moved in the sixties, and I did and have been here 58 years,” said Tackett, speaking from his home.

Tackett’s area was fortunate to be spared from the devastation of the California wildfires in January, but everything around his town is burnt. The area is home to many music icons.

“First time I went to a Christmas show at the elementary school, Neil Young was there videotaping it,” Tackett said. “He had a video camera; nobody else had a video camera. Now you go to one, and everyone has their phones out. Buffalo Springfield guys lived out here. Richie (Hayward) and Lowell (George) lived on the street I live on, and all the musicians called it ‘The Little Feat Highway.’ I’d see Marvin Gaye driving in his jeep; Stanley Clarke, the jazz bass player, still lives here, lots of folks.”

Hayward and George were original members of Little Feat, but both have passed. Tackett has been playing with the band for 38 years, and the band is in their 56th year.

“I always hung out and was kind of the auxiliary infielder, and then Billy (Payne) said, ‘Do you wanna get on the bus?’ I said, ‘sure.’ I was working with Lowell on his solo project when he died. It was 8 years before Billy and Paul decided to put the band back together, and that’s when they asked me to join up full-time. Before that I was writing songs for the band. We were all friends. LA is kind of a small town when it comes to the actual musicians who are working. It’s like a smaller group of people. I just saw Jackson (Browne) at a memorial for Lowell’s son Forrest”

Forrest lost a battle with cancer this past

November.

Tackett spoke highly of some of the new additions to the Little Feat lineup, including Tony Leone on drums and Scott Sharrard on guitar.

“Tony Leone rhymes; he’s a bad boy,” Tackett said. “Scott is a wonderful addition, a good friend now. Wonderful singer, a wonderful slide guitar player, and a wonderful regular guitar player. He just does it all, he’s great.”

Some bands have only the lead guy to watch. But with Little Feat, you can watch them all.

“At this point, everybody in the band is at the top of their game. From Sam to Kenny, and Tony and Scott, the new cats, and Billy and I. Those new guys inspired us, we were like, ‘We gotta keep up with these guys, they’re really good. We better start practicing,’” Tackett said, laughing.

Little Feat’s publicist is former Grateful Dead publicist Dennis McNally. Going from city to city on a tour bus with a guy like Dennis McNally must conjure up some pretty amazing stories, and Tackett concurred with that assessment.

Tackett and fellow Little Feat member Kenny Gradney will be playing in New Orleans this spring at Republic NOLA, part of Jazz Fest, with Anders Osborne and more great musicians as Dead Feat, playing the music of the Grateful Dead and Little Feat.

Hot on the heels of their upcoming tour and stop in at the Paramount in Rutland, Little Feat will release their latest album, “Strike Up the Band,” on May 9. Little Feat recently released a single, “Too High To Cut My Hair,” from that album, which Tackett and Sharrard co-wrote. There is a fun video for the song on Little Feat’s YouTube channel. Fred said,

“I came up with the title,” Tackett said. “My wife Patricia and I were at Jazz Fest, and she said, ‘Let me give you a little trim,’ and I said, ‘No baby, you’re too high to cut my hair.’ I thought that was a cool idea for a song. Scott had just joined the band, and Billy suggested

Little Feat →39



Submitted

Little Feat, with their evolving lineup and dedication to great music, continues to captivate audiences, as Fred Tackett reflects on the band’s journey, new members like Tony Leone and Scott Sharrard, and the joy of performing live, while preparing for their upcoming tour and album release, “Strike Up the Band.”

Lucie McKee's debut poetry collection, "Anything and Its Shadow," will be released by Vermont's Green Writers

At 92, Bennington poet Lucie McKee debuts remarkable first collection: 'Anything and Its Shadow'

BENNINGTON — With the April 3 release of "Anything and Its Shadow," Lucie McKee proves it's never too late for a debut. At 92, the Bennington-based poet offers readers a powerful first collection that reflects a lifetime of reflection, wonder, and attentive presence.

Published by Vermont's Green Writers Press, "Anything and Its Shadow" is a contemplative collection of poems that explores themes of love, loss, and the ever-present struggle to live meaningfully. Through vivid imagery drawn from nature, food, and memory, McKee's voice is at once lyrical, wry, and grounded—marking her arrival in the literary world with grace and quiet authority.

McKee, who earned her M.F.A. in poetry from Bennington College and her B.A. in Italian and art history from Smith College, has maintained a life immersed in the arts. She worked as an occupational therapist before turning full-time to poetry in retirement. Her work has appeared in *The Southern Review*, *Poetry Review*, and *The Times Literary Supplement*, but this is her first full-length volume.

The collection was brought to the attention of Green Writers Press by former Vermont Poet Laureate Mary Ruefle, who praised McKee's work as "mature, elegant poems... written by such an attentive heart."

The opening poem, "If Only," sets the tone for the collection's introspective and

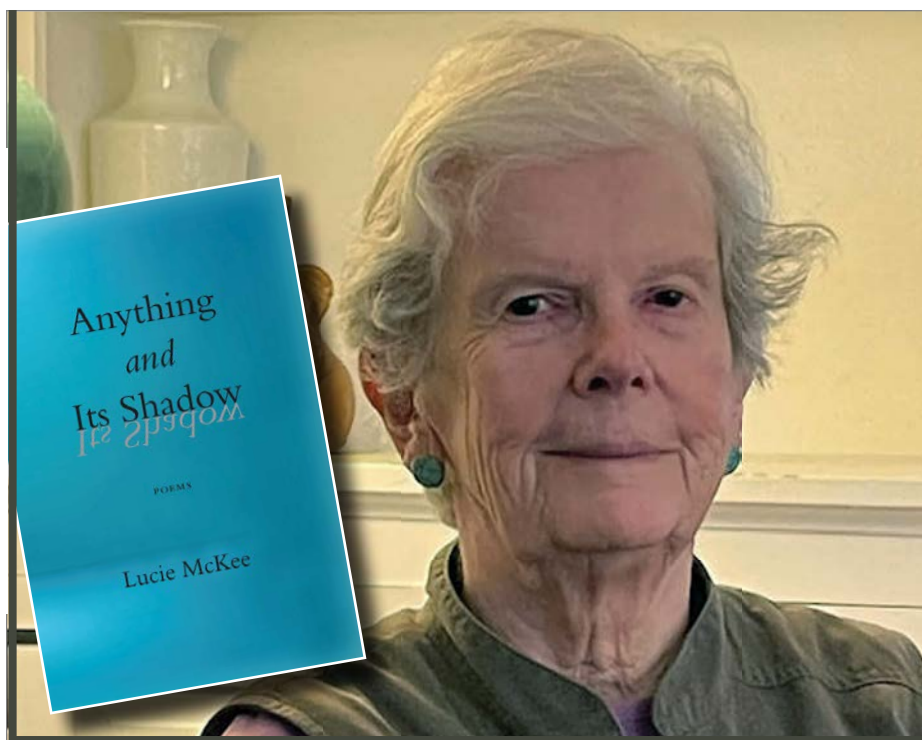
expansive reach. In it, McKee imagines time as wild berries she wishes she could gather in a jelly jar and share—"If only I could pick / a bunch of wild / seconds in the field / and hand them / to you in a jelly jar..." From this first moment, readers are welcomed into a space where the intimate and the infinite coexist.

Throughout the collection, McKee uses the natural world not as a backdrop but as an active participant in the emotional landscape. In "Broth," she stirs together the metaphysical and the mundane; in "Herbes de Provence," she gives voice to the spices in her kitchen; in "Green Bananas," she considers time and ripening, aging, and patience.

McKee's language is rich and layered, but her tone is never precious. Her voice has humor, humility, and a freshness that belies her age. Whether she's writing about a Paris memory, a moment in her Vermont kitchen, or an imagined conversation with a bird, McKee invites the reader into moments of curiosity, gratitude, and grace.

"Anything and Its Shadow" is more than a debut—it is the distillation of a long life lived with attention and reverence. In Ruefle's words, these poems reflect "the eyes, ears, and mind of a true listener... and through these poems, we have the honor of listening too."

To order a copy, visit: bookshop.org/a/13094/9798990480193.



Submitted

At 92, Bennington poet Lucie McKee releases her debut poetry collection, "Anything and Its Shadow," a contemplative exploration of love, loss, and life's meaning, praised for its lyrical depth and vivid imagery, with nature as an active participant in the emotional landscape.

Noam Pikelnny at the Paramount was a family-and-friends affair

By James Kent

If you found yourself at the Paramount Theatre in Rutland last Friday evening (March 28), you don't need to read these words to know what a special time it was. For those who couldn't make it out to see the Banjo Hall of Fame's newest member Noam Pikelnny put on a 90-minute bluegrass clinic with a little help from some amazing new friends he brought together, I'll do my best to fill you in on an incredible night of music that still has my mind racing.

A homecoming for a Proctor native

The first 40 minutes of the night belonged to—no—they were owned by Caitlin Canty. The term "opening act" doesn't quite have the right fit. If anything, that night's ticket bought an audience two acts that could easily be the headliner. Canty, who originally hails from neighboring Proctor, had a community of fans in attendance, and her hauntingly beautiful voice pierced through the crowd to let all know she appreciated the love and support.

Canty's blend of folk and Americana grabs you at the core of your soul. Her stripped-down approach, brilliant voice, and guitar were more than enough sound to fill Paramount Theatre. Her lyrics, which spin tales of an America searching for its heart amid the trails and switchbacks of Vermont, make it clear that Canty is a representative of mountain music—Green Mountain Music, that is. Her songs are accessible to all, yet bear enough of a mark of the state she came from to ring a unique truth in the hearts of the hometown audience that night.

This evening was not Canty's first time at the Paramount, and in between songs, she told stories of her debut years ago as a last-minute addition opening act for Eric Burden and the Animals.

Canty's husband, Noam Pikelnny, joined her for several final songs in her set. Pikelnny, wielding a resonator steel guitar instead of his banjo, joked that he was now his own opening act. The chemistry of the pair made it clear to any observer that fate brought these two gifted musicians together.

From the Green Mountains to the Smoky Mountains

After a brief intermission, Pikelnny took the stage with four other musicians for a master class in Bluegrass musicology. While not Pikelnny's regular group, the Punch Brothers, these musicians (or friends as Pikelnny called them) were assembled by him to play a few regional shows. In what was the most shocking admission by Pikelnny, until a few days before, none of them had all played together. But the tightness in the performance that evening would have you swearing up and down that Noam Pikelnny was pulling our legs. It is nearly confounding that musicians playing

so harmoniously could only have just started playing together a few days ago.

The musicians themselves are all seasoned bluegrass masters of craft. Jake Eddy, who plays guitar, showed up on stage with a guitar that, by all appearances, was a nice, solid, ordinary acoustic instrument. But Eddy made fools of anyone who judges a guitar by its fancy looks because his lightning-fast fingers tore up that instrument and created sounds so rich, it seemed unfathomable that it was coming from that guitar. Oh, but it was.

Julian Pinelli on the fiddle was in perfect sync with the fellas, as was double bassist Dan Klingsberg. And then there was Teo Quale on mandolin.

Pikelnny stumbled upon Quale at a performance camp in California in 2024, and after hearing Quale play Friday night, it's understandable why Pikelnny wanted the opportunity to perform with Quale.

Quale, who just turned 21 on March 31, may look like a kid still in high school, but he plays the mandolin as if he's been at it for decades.

Watching Quale's total dominance over his instrument stood out in the many moments of sheer delight listening to Pikelnny and his friends. I couldn't tell you how long Quale's been playing or how many hours of practice he's put in, but this is a musician with one hell of a career ahead of him. Trust me: if you hear his name come up, and he's playing somewhere near you, don't ask questions—just be there.

And then, there's the man himself, Noam Pikelnny. Watching him pick away at the banjo with the tactile effortlessness of the master he's known for was a treat. And Pikelnny displayed a musician's generosity, giving each of his new friends ample moments to shine on solos.

I can't say I'm an expert on bluegrass music or that I recognized all of the songs Pikelnny and my friends played that night. In some ways, it made the evening more magical for me. Each tune was its own surprise, taking me on a journey and exploration in sounds that harked back to other times and other places, yet with an immediacy of the now that was still accessible. In my conversation with Pikelnny a couple of weeks back, he said that one of the things that he loved about bluegrass music was the community, and after experiencing it for myself, I understood. On stage, Noam Pikelnny and friends were more like a family of musicians bound together by the bluegrass community. And for one night of unforgettable music, I was part of that, too. As I walked out of the theater that night, I overheard two people talking. The one man said to his friend, "Wow, that was even more than I expected." His friend replied, "You said it." I concur.



Submitted
Noam Pikelnny

Even for 'Reacher' fans, Season 3 is a stretch

Alan Ritchson and Maria Sten continue to shine, but the luster of "Reacher's" appeal may be tarnishing

A friend of mine once said that shows like "Reacher" are "Doritos shows." You know, junk food that you can't help but keep digging into the bag, even though you know you're full, and all you're eating is empty calories. Amazon Prime's hit series "Reacher" resembles a bag of Doritos. Unfortunately, as Season 3 of "Reacher" wraps, I'm starting to feel like I'm at the end of the bag, and all that's left are the crumbs.

"Reacher," based on the successful and long-running book series by Lee Childs, is about a wandering ex-military police guy with an imposing figure, a keen intellect, and a penchant for finding trouble no matter what town he wanders into. It's like a cross between "The Hulk," "Highway to Heaven," and "Rambo," all rolled into one. Each season, thus far, is based on one of Childs' "Jack Reacher" series. Two books have made it onto the big screen, with Tom Cruise enjoyably miscast in the title role. And now, with Season 3, an additional trio of stories in Childs' 29 has entered the stratosphere.

You don't have to know much about the plot or the backstory to dive in and watch a season of "Reacher." It's pretty formulaic stuff. Jack Reacher shows up in a town, typically for some vague purpose, and quickly gets mixed up in solving crimes of corruption, murder, kidnapping, revenge, drug-running, gun-running, or some form of conspiratorial malevolence. And part of the fun, if this kind of thing is your bag, is watching Reacher beat the crap out of scores of endless henchmen and kill scores more without a hint of remorse. Reacher (he prefers a last name only) isn't one for sentiment, and judging by the sheer volume of people he kills every season, he doesn't have much of a conscience. Basically, if you are on the wrong side of the law, you are fair game to Reacher.

The first season was over-the-top and ridiculous, but it was the kind of fake-show plot contrivance nonsense that you could forgive because it was so much fun and had great characters that Reacher interacted with. In the role of Jack Reacher, gentle giant Alan Ritchson is a good time to watch. He's built like a cartoon brick house, and his cool, calm line delivery makes him the sort you're rooting for every step of the way, even as he ratchets up a body count that would impress even the most ambitious serial killers.

Season 2 wasn't nearly as good as Season 1, and it was probably more over-the-top, but it did feature more screen time with Season 1's breakout star, Maria Sten, as Reacher's ex-military police buddy, Frances Neagly. She is also fun to watch, and while her kill count isn't relatively as high as Jack Reacher's, she dispenses her fair share of baddies.

That brings us to Season 3, and I'm sorry to report that even for a show as unbelievable as the Jack Reacher series is, this one is hard to swallow from the get-go. The plot



In Season 3 of "Reacher" Alan Ritchson faces off against more bad guys and some bad New England accents.

Courtesy of Prime

involves Reacher saving a corrupt rich guy's son to go undercover to seek revenge on some guy he thought he killed years ago. The feds have enlisted Reacher for their purposes, to try and rescue an undercover snitch, and no snitch is probably worth the insane amount of people that get wasted in the eight episodes that make up S3.

I get the sense that Season 3 of "Reacher" had a budget downgrade because the action takes place in and around a large mansion and a Canadian town, substituting for a fake Maine town. There is more than one instance of poor CGI

green-screening of backgrounds that is borderline embarrassing.

There isn't a lot of guesswork required in this installment. You are not a good guesser if you can't predict every step of this lumbering actioner. I was 10 steps ahead of this one at each turn, and by the later episodes, things had gotten so contrived and ridiculous; I'll admit, my smartphone kept me more entertained than what was happening on my television screen.



Screens and Streams
By James Kent

Anthony Michael Hall plays the rich bad guy with all the henchmen. It's always strange to see the Geek from "Sixteen Candles" and "The Breakfast Club" turn up as a heavy in a show, but that's what's happening with him now. And, of course, it will eventually turn out that Hall isn't the one pulling the strings. In these shows, there is always layer upon layer to the villain hierarchy.

The saving grace in previous "Reacher" seasons was the enjoyable characters. This season, we are treated to far too much of FBI Agent Susan Duffy, a tough-as-nails Boston field agent played by British actress Sonya Cassidy. I'm from Massachusetts, so I'm particularly sensitive to the many versions of television and movie Boston accents. Few get the accent right. Most overplay the accent, as if they were raised on the streets of South Boston and driven back and forth from Roslindale to Winthrop every day for 20 years, with weekends spent in Maine. I don't know what Cassidy was going for, and maybe it's worth watching Season 3 to admire how much a Boston accent can be butchered, but hers is an all-time worst. After a few episodes, her accent became a running punchline between my oldest son and me. Okay, it gave us some chuckles.

In the end, I was happy to see the season over. The last episode does give fans a doozy of a fight between Ritchson's giant 6'3", Jack Reacher, and a towering Dutch monster, the 7'2" Oliver Richters. It's like a live-action Peter Griffin vs. Chicken fight from "Family Guy" on steroids. So, while I was left unfilled with "Reacher" Season 3, I'm sure I can be convinced to dip into the Doritos bag one more time next year for Season 4.

James Kent is the arts editor for the Mountain Times.



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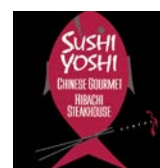
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'Havok & Wolverine: Meltdown' broke comic art conventions



Off the Shelf
By Patrick Wise

Last week, I revisited the style of "Watchmen," a masterpiece that took me 35 years to appreciate fully. This week is a graphic novel that struck me immediately, and it has served as a standard by which much of the art I appreciate is measured: "Havok & Wolverine: Meltdown," written in 1988 by Walter and Louise Simonson, with artwork by Jon J. Muth and Kent Williams.

This graphic novel depicts Marvel's Wolverine and Havok in a post-Chernobyl disaster setting. Its paneling and art style were unlike anything seen in its time. Muth drew the Havok scenes and Williams the Wolverine scenes. This dynamic is interesting.

The art abandoned the rigid precision of line work and inking of traditional comics in favor of wild expressionism, complete with strokes of raw energy and composition that defied strict line adherence. It seemed intentionally chaotic, so the expressionistic flair would function to mesmerize.

A world in decay

Reading "Meltdown" felt like stepping into a "Mad Max/Road Warrior" wasteland with its environment of corroded machinery, rusted bolts, and oil-slicked remnants of human ambition. The artwork evoked the same industrial ruin captured by Russell Mills on the album cover of "The Downward Spiral" by Nine Inch Nails. Mills used rusted metals and distressed textures to create a visceral sense of decay, much like "Meltdown"



Submitted

"Havok & Wolverine: Meltdown #1"

does with its barren, muted sepia tones, soft browns, beiges, and faded oranges, creating a warm, vintage feel. The subtle palette adds textured depth and nostalgia, giving the artwork an almost ethereal atmosphere. Even the album's lyricism—a raw scream of self-destruction and entropy—could serve as this dying world's lost, gasping voice.



Submitted

"Snow Storm: Hannibal and His Army Crossing the Alps" by J.M.W. Turner

Echoes of J.M.W. Turner

What truly caught my attention was how "Meltdown's" artistry echoed the works of English Painter J.M.W. Turner. Like Turner, Muth and Williams embraced loose, gestural brushstrokes and blended colors that bled beyond traditional forms. Turner's "Snow Storm: Hannibal and His Army Crossing the Alps" conveys chaos through swirling earthy tones, contrasted vibrantly against deep blacks and hints of gray, and feeling of spattered tones and blurred lines suggesting erratic, aggressive motion much like

Off the Shelf → 39



Submitted

The art style of "Meltdown Havok Wolverine" mirrors the dramatic, atmospheric qualities of Joseph Turner's work, using bold, expressive lines and a muted color palette to evoke a sense of raw emotion and intensity.

CLAWS
By Pat Wise

Hark, my fine feathered friend! The oily darkness floating in this underground lair has a familiar tint I have not felt in years. This darkness must not rise!

What's happening to me....am I changing taking on some new...mutated form?

Yes, another mutation! Another victim of... "THE CONDITION!"

The change happens fast. I am afraid you are stuck down here... subservient to....

The RATKING

Next issue: Will CLAWS & Bird brave the underground? What dangers await? Until then....beware...the RATKING!
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2023 KILLINGTON ROAD

Heavy metal meets strings in a musical showdown

Do you have your tickets yet for the hottest heavy metal concert of the season? VSO bad boy Matt LaRocca has assembled the formidable foursome, the Jukebox Quartet, for another go-around of rock-inspired musical entertainment. Who said classical music wasn't kick ass? Well, it is, and if you find yourself in downtown Rutland on Friday, April 4, or in White River Junction (the cool kids say WRJ) on Sunday, April 6, you'll understand just how similar rock and classical can be. Why do you think they call it "classic rock?"

Who has the audacity to compare Shostakovich and Mendelssohn with the likes of Led Zeppelin, Van Halen, and Tool? LaRocca and company, that's who. It's all in the grand design to kick up the jams, unplug the instruments, and bring the immediacy of a powerhouse four-person-unit of kinetic musical prowess to the eyes and ears of an audience who deserves nothing less than to hear the familiar mixed up in a totally fantastic and unique way.

Meet the musical Avengers

On the viola is Stefanie Taylor. She may have got a hankering for the instrument hearing a local cellist playing Bach on viola in a Rutland church at age 4 but make no mistake—this virtuoso is ready to bring a little heavy-duty rock to the world of chamber music.

John Dunlop on cello. He's lean and mean with a bow in his hand, and he'll be ready to mix it up proper come showtime.

Bulgarian-born Joana Genova is one of two violinists that anchor the Jukebox quartet. Prepare yourselves for the intensity, excitement, and action as she puts her hands and fingers through the ringer to pull those heavy metal sounds out of that unassuming wooden puzzle box we call the violin.

Who's the other violinist? Why, it's none other than Brooke Quiggins-Saulnier, or as she is otherwise known, "the sassy fun one." Who says playing classical music has to be all furrowed brows of serious intensity? Not Quiggins-Saulnier. If it ain't going to be sassy and it ain't going to be fun, it ain't worth doing. So, if you plan on seeing the Jukebox Quartet in action for this "Heavy Metal Strings" performance, prepare for sass and fun. These four know their stuff but aren't shy about smiling and having a great time.

What can people expect at the show?

When people come to a Jukebox Quartet performance, it's different from the typical orchestral concert experience. The evening is akin to backstage passes for audiences attending the Paramount Theatre show in Rutland. You'll be on stage with the performers, mere feet

away. It's an opportunity to absorb the music at an entirely different level. You'll see musicians working their instruments so close that you can feel every note as you watch it unfold visually.

For Quiggins-Saulnier, this environment is one of her favorite ways to perform.

"When the audience is onstage with us, we feel the audience is experiencing something for the very first time, and feeds the energy we bring into the music," Quiggins-Saulnier said. "Feeding off that energy makes us play differently. It feels like we're putting on a concert in one of our living rooms. One of the things that bring us joy is recreating that chamber music atmosphere. It's the excitement of what happens next. Nobody knows, and that's a thrill."

When the Jukebox Quartet performs at the Northern Stage in WRJ, the audience won't be on stage with the musicians, but the theater's design (an intimate seating arrangement that surrounds most of the stage) provides an intimacy that is a perfect environment to enjoy this mini-concert. Sunday's event will be Quiggins-Saulnier's first time performing at the Northern Stage, where she and the quartet will be doing double duty with a morning performance as the Juicebox Quartet and then that afternoon's performance as the Jukebox. The Juicebox is another VSO series that introduces younger audiences to the magic of classical music. Plus, for the kids, there are juice boxes.

Preparing for two rigorous and different performances so close together is no small feat. Quiggins-Saulnier said she juggles a full-time position as director of operations at MKI Artists while performing at over 100 music events (some private, some with the VSO and other affiliates) a year. She'll spend two hours a day of personal practice in the weeks leading up to a Jukebox show.

"Then we have four rehearsals as a quartet," Quiggins-Saulnier said. "It's hard to find common time with travel, etc., to rehearse together."

Scheduling these practice sessions is done months in advance, and when the four do get together, practice is more about fine-tuning and refining the performance than learning the material. They are expected to know their pieces prior to rehearsal, and Quiggins-Saulnier said the rehearsals should feel like a "day of" performance. "It's a bit like putting together a Tetris puzzle trying to make all the pieces fit together."

As for the performance itself, Quiggins-Saulnier didn't want to give away all the surprises in store for audiences, but she did mention that they will open with Led Zeppelin's "Cashmere," and she will have a special solo that harks back to a previous rock-inspired Jukebox show. Quiggins-Saulnier will go electric

with a plugged-in violin for a solo that includes various guitar pedals. If you're looking for sassy fun, prepare to watch Quiggins-Saulnier shred on some Eddie Van Halen-inspired licks. To prepare, Quiggins-Saulnier said that LaRocca was going to be stopping by her house to drop off the pedal board. Playing the solo doesn't worry Quiggins-Saulnier, but pressing the wrong pedal does.

The Jukebox Quartet presents "Heavy Metal Strings" on Friday, April 4, at the Paramount Theatre in Rutland at 7 p.m. and on Sunday, April 6, at 2 p.m. Turn the dial up to 11 and prepare to rock in classic style.

For tickets, go to: paramountvt.org or northernstage.org.



Courtesy VSO



Submitted
Three musical groups, (left to right) Allegra Lawson and the Daydreamers, Sammy B., and Unqualified will provide exciting entertainment on April 5 at the Heald Auditorium in Ludlow Town Hall.

Three bands, one night: Ludlow's Heald Auditorium hosts free concert

Saturday, April 5 at 7 p.m.—LUDLOW—Music lovers, mark your calendars. The Heald Auditorium in Ludlow Town Hall will come alive this Saturday at 7 p.m. as Friends of Ludlow Auditorium (FOLA) presents an electrifying evening of live music featuring three standout regional acts: Allegra & the Daydreamers, Unqualified, and Sammy B.

Admission is free, and all are welcome to attend. Doors open at 6:30 p.m. Donations are appreciated to support future programming.

Headlining the evening is Allegra & the Daydreamers, a rising four-piece band led by Vermont-based singer-songwriter and pianist Allegra Lawson. Known for their genre-blending sound, the group delivers

everything from piano ballads to danceable jams and psychedelic rock textures. Performing original songs and select covers, the band encourages audiences to shake off their stress: "Stuck in your head? Try dancing it out!"

Joining the lineup is Unqualified, a southern Vermont jam band that promises to deliver good vibes and high-energy grooves. Comprised of brothers Max, Nick, and Harry Blank, along with Evan Coleman on piano, Unqualified brings a blend of improvisation, rhythm, and feel-good music ideal for getting audiences on their feet.

Rounding out the evening is Sammy B [Blanchette], a Ludlow native and veteran musician whose dynamic

guitar work and versatile style span rock, blues, reggae, and jazz. With a setlist that includes both original material and covers of artists like the Grateful Dead, Phish, Tom Petty, and Jimi Hendrix, Sammy's performance promises a blend of nostalgia and originality rooted in two decades of musical experience across New England.

"This is an event where you may want to make sure you're wearing your dancing shoes," said Scott Stearns, FOLA's program director.

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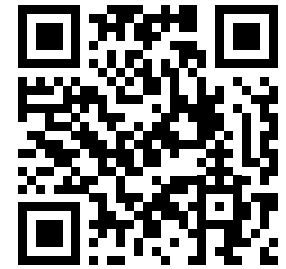
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Cosmic Catalogue



Aries

March 21 - April 20

It's not always easy to let go and surrender to the process. That said, you don't have to know where you are going in order to start moving. If you feel more confused than ever, don't overthink it. Just do what you do best and keep heading in the direction you know you have to be moving in. Just make sure that the direction actually inspires you, and it's not just movement for the sake of movement.



Leo

July 21 - August 20

If you've become overly caught up in the mundane world, embrace every opportunity to work harder towards your aspirations for the future. If the chance to travel, study, or deepen your faith in some way arrives, then embrace it wholeheartedly. Your whole worldview and perception of life are about to become a whole lot more magical, mystical, and wonderful. Start walking the path that really sets your soul on fire.



Sagittarius

November 21 - December 20

Do you remember what it was that you really enjoyed doing at one point in your life? Maybe it was when you were a kid. Perhaps it was before you had responsibilities. Maybe you've just forgotten! It's time to be inspired by whatever brings you fun and joy for fun and joy's sake. Don't seek to monetize it or share it publicly. The greatest joys in life are meant to be shared with only those closest to you.



Taurus

April 21 - May 20

You don't always need to have solid ground to take a step. Sometimes, the best steps you can take are based on trust and not knowing. You're now in a phase where the trust you seek externally needs to come from within you. This isn't the best time to seek answers or make decisions. They will emerge in their own time. The sooner you trust, the sooner you'll know.



Virgo

August 21 - September 20

It's time for you to look beyond solving the next problem or fixing the next issue. It's time for you to look within yourself. Your fears, phobias, and worries can be all dissolved if you learn to trust the process. When you believe in yourself, you can achieve great spiritual and financial things. It will be a process, so start dreaming about which you want to commit to.



Capricorn

December 21 - January 20

You're at your best when the foundation of your life feels solid. A new cycle has begun where you may be questioning everything you thought was important to you. Perhaps you want something different but don't even know what that is. Sometimes, it's not about seeking answers but spending time with the questions themselves. As you move toward your soul, the answers you seek will seek you.



Gemini

May 21 - June 20

When it comes to luck, good fortune, and your access to opportunity, this isn't the time to be logical or let your tendency to focus on the details take over. You now need to double down on faith, trust, and belief. Good things can happen both to you and to you. The secret is to be very careful regarding the company you keep. Alignment is essential and is the key to everything now.



Libra

September 21 - October 20

Whatever your past love story has been, you can write a new one. Even if you're partnered, you can still write a new story. Whatever has worked or not worked. Whatever heartbreak, disappointment, or missed opportunities from the past have informed your present – you can rewrite it. Allow yourself to imagine the fairytale you want to live. Believe in it, and it will happen. Commit to your romantic dreams of the future.



Aquarius

January 21 - February 20

It really is the little things in life where the magic is found. Sure, you can plan for far-flung adventures and big aspirations. More often than not, the little things happen every day where miracles can be found. If the sun rose in the east just once a year, we'd call it a miracle. Seeing as it happens every day, we take it for granted. What magic do you already have that you forgot to be inspired by?



Cancer

June 21 - July 20

Are you on your ideal life path? What about your professional life? Are you going through the motions, hoping things will work out how you want them to? The opportunity has arrived for some real soul-searching. The recent turbulence hasn't been for no reason. It's all been in aid of finding what is right for you and not just reflecting the light of others. The work you've done thus far will be rewarded.



Scorpio

October 21 - November 20

It's going to take some effort for you to be able to maintain focus on what you have to do. Another way to look at it is that if you're lacking in focus, you may not be doing what keeps you inspired. Sometimes, you must go through a period of disillusion before reaching greater clarity. You may straddle this boundary this week and in the next couple of months.



Pisces

February 21 - March 20

You may have grandiose plans for what you want to do with money. Your dreams may be valid, but it would be wise not to rush too soon. "A fool and his money are easily parted." For now, dream the impossible dream but believe it can be possible. The time to commit will come soon enough. First, you must start believing in yourself and your skills, gifts, and talents.

A sea of clarity



Cosmic Catalogue
By Cassandra Tyndall

A long time ago, my son told me, "Mum, I want to show you the clouds under the water." The beach was magic that day. The sun shone brightly. The water was crisp and clean with an aqua hue. The waves were powerful and inviting. "Mum, you have to put your head under the water and open your eyes." — something I don't do!

Confused and uncertain of what my son wanted to show me, I held his hand and waited for the perfect wave. We submerged our heads beneath the water's surface and looked back towards it—no goggles, just our naked eyes.

As the waves and whitewash crashed above us, they did indeed look like clouds. It was magical, ethereal, and memorable—an experience I'll always remember.

The sun felt hotter than I remembered as we returned to the white, crisp sand. It was burning, piercing, and slightly violent, starkly contrasting to the underwater haven that had enveloped me.

The water quickly evaporated from my skin. The sun's rays felt like they burst through my sunscreen lotion. Squinting, it took some time for my eyes to focus as the bright glare pierced the back of my eyeballs.

The transition from an underwater paradise to the bright light of day was beyond stark, just like this week and most of the year.

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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.

The many lives of the Eastern Newt

You're probably familiar with the basic amphibian life plan: start as a wriggly water-breathing tadpole and transform into an adult that breathes air. This is the pattern followed by all our frogs, toads, and mole salamanders.

Enter the eastern newt, an amphibian with three different forms, whose ability to transform their body and their lifestyle makes their peers look like amateurs.

All eastern newts begin life as jelly-coated eggs scattered in stagnant or sluggish bodies of water. Larval newts emerge in spring as tiny, drab olive tadpoles with feathery external gills and an appetite for even tinier invertebrates.

Over the course of about three months, they grow: first, forelimbs, then hindlimbs, trade their gills for lungs and develop pebbly skin that's good at retaining moisture. They also turn a vivid orange-red, with a line of black-ringed dots down their back.

This is the "red eft" stage, which is so distinct from their larval and adult forms that they were once thought to be a different species. In the fall, they move onto land and begin an amphibian version of the Amish Rumspringa that may last anywhere from three to seven years.

They can tolerate dry conditions briefly, but they are by far most active at night and during cool or wet conditions. If you get caught in the woods during a sudden summer cloudburst, you might see dozens of efts emerge from the leaf litter as the threat of dehydration is momentarily deferred. Their traffic-cone coloring makes them easy to spot, but it's also a warning: they secrete a potent, foul-tasting toxin from their skin.

Eventually, urged by factors we still don't understand, the efts migrate back to their breeding sites and begin another metamorphosis. Back in the water, their tails broaden vertically into paddles, their skin becomes slick and permeable like a frog's (to better absorb oxygen from water), and their color fades back to olive with a yellowish belly and a lingering line of red warning spots down their back. They also become sexually mature, and in late winter or early spring – sometimes even under a thin layer of ice – they'll mate and lay eggs.

Eastern newts are found across the entire eastern half of the United States and well into Canada, with five regional subspecies. In the Northeast, we have the "red-spotted" subspecies. Their huge range speaks to their ability to exploit many habitats, with the only strict requirement being water in which to breed. This flexibility is possible because of their ability to

adapt their life cycles to their environment.

The three forms mentioned earlier are actually an understatement. After the aquatic larval stage, all bets are off. Suppose aquatic habitat is plentiful and reliable, as it usually is for the "peninsula newt" subspecies of the Florida panhandle.

In that case, tadpoles may skip the eft stage entirely and quickly develop into sexually mature adults. On the other hand, if access to water is very unreliable, they may take on an eft-like adult form and only return to water temporarily to breed. The degree of variability in each population is variable: populations that have evolved in stable habitats seem to have stable life cycles, whereas populations

in areas of frequent drought or other disturbance may change their life cycles dramatically. Virtually all our "red-spotted" newts go through an eft stage, but members of the same subspecies on the Atlantic Coastal Plain may not – seemingly in response to factors like local flooding or droughts. Even the manner in which different populations circumvent the eft stage varies: some metamorphose into "true" adults with lungs, and some may keep their external gills.

Eastern newts can also adjust their development in response to the presence of predators. One experiment found that eggs raised in the same body of water as dragonfly nymphs hatched into larvae with statistically larger tails, presumably to power a swift escape. They are incredible models of polyphenism, the ability to produce several distinct forms from a single genetic blueprint. And even if they get injured, they have some of the best regenerative abilities of any vertebrate, able to regrow severed limbs and even damaged organs.

There is still much to be discovered about the exact mechanisms underlying their incredible physical malleability. But one thing is sure: no animal you encounter in the woods lives as many different lives as the eastern newt.

Kenrick Vezina is a freelance writer, naturalist, and raconteur based in the Greater Boston area. Illustration by Adelaide Murphy Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation: nhcf.org.



The Outside Story
By Kenrick Vezina



Battling the senses

I remember the moment like it was yesterday: My girlfriend (soon to be my wife) and I were sitting in our tiny apartment glued to the television. It was evening, and CNN was covering the first United States invasion of Iraq. The war had officially begun. And in a change to the network landscape, the coverage would be around the clock.

None of it was a surprise as the build-up to the attack was widely publicized. I sat there numb. Iraq had invaded Kuwait, and now the U.S. was going to war with Iraq to liberate Kuwait. Watching the glowing missiles fly through the night sky into their targets was surreal. War, at least for me, had only been experienced through history books.

And now it was very, very real.

At the time, it all seemed necessary. In hindsight, the whole exercise appears questionable.

Selfishly, while I was concerned for our troops, a part of me was freaking out. I was in my early 20s, healthy, and fully capable of fighting. That meant, if things went south, the possibility that I could be drafted was very real.

Going into battle was not high on my list of go-to activities, but I knew I would have to go if I was called. Something inside told me I wouldn't be able to live with myself if I turned my back on my country, whether or not I believed in the conflict.

Since then, I have heard countless stories of the hardships of the Iraq and Afghanistan veterans – some with life-altering physical and emotional scars – making those conflicts seem even more ridiculous.

All of this got me wondering about the most ridiculous wars in history, which is how I stumbled upon the Great Emu War of 1932.

After World War I, many Australian soldiers were given farmland in Western Australia as part of a government settlement program. Unfortunately, the land was not ideal for farming, making the transition difficult for the soldiers. Things got worse when thousands of emus (large, flightless birds native to Australia) began migrating inland to search for food.

The emus saw the newly cultivated wheat fields as a perfect food source and started devouring crops. Farmers, already struggling due to the global depression, pleaded for help from the government. In response, Australian authorities decided to send in the military to deal with the birds.

In November 1932, Major G.P.W. Meredith of the Royal Australian Army's 7th Heavy

Artillery led a small military force armed with two Lewis machine guns and 10,000 rounds of ammunition. The plan was to mow down the emus in large numbers.

Things did not go as expected.

The emus proved to be incredibly difficult targets. They moved fast and in unpredictable directions, making it hard

to shoot them. And they were surprisingly resilient – even direct hits often failed to bring them down. They also learned to adapt, scattering into small groups instead of gathering in large, easy-to-target flocks.

At one point, the soldiers mounted a machine gun on a truck, but the rough, rocky terrain made it impossible to aim properly. The emus outran the vehicle, rendering the strategy useless.

After several weeks of "battle," the results were humiliating. The military expended 2,500 rounds of ammunition but only managed to kill a few hundred emus. The emus, numbering in the tens of thousands, suffered minimal losses and continued their destruction. Eventually, the government called off the operation, forcing the farmers to find alternative methods, such as bounties and fencing, to control the emu population. Fifty-seven thousand, thirty-four bounties were claimed over

six months in 1934, proving that residents with rifles were savvier than the military.

In the end, the connections between the Great Emu War and many modern military conflicts are laughably close, which doesn't say much for the folks in charge of militaries.

This week's feature, "The Alto Knights," isn't necessarily laughable, but it pales in comparison to most mobster films, even with Robert De Niro manning the helm for both starring roles.

The story is as old as the mafia: two of New York's most notorious crime bosses vie for control of the city's streets in an era where mob rules determine who lives and who dies.

I'll give De Niro credit for the dual-acting gig, which can't be easy to pull off with two characters cut from the same cloth. Unfortunately, it was the tired screenwriting on a worn topic that brought this film down. I love mobster movies, but someone needs to find a new angle, or the public's interest will fizzle.

A listless "C" for "The Alto Knights" is now playing in theaters everywhere.

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



The Movie Diary
By Dom Cioffi



Edge first into the unknown

A surrendering laugh erupted. You know, the kind where you try so hard to make something happen, but you just have to give up and laugh at the silliness of it all—The old lipstick on a pig or making lemonade from lemons. Fake it until you make it. These are all classic terms for when the world doesn't go your way, so you have to put on a bright, smiley face and push through anyway.

I tried to stop; I really did. But if you were out on the mountain on Saturday morning, even with the re-groom, you knew it wasn't going to be anything but a surrendering laugh. It started as I got out of my car and felt the ground underneath my boots, which should have been retired about 10 years ago. But they are my favorite, and so I wear them anyway, even when I should have probably had Yak Tracks on.

And this was a transition-required morning. The stairs to the K1 were closed due to icing, never mind the entire mountain. I had to take my skis off my shoulder and use them as poles as I walked up to the ski club. Well, I think walk was a bit overzealous. I slid sideways until I found someone's dug-in footsteps. I laughed the entire way up to the club, chuckling to myself at the insanity that is skiers.

Because there was never any doubt that we were skiing that day. Kids are never afraid of the weather, and downhill enthusiasts are legit off-kilter folk. We sat around for an hour until Killington had the lifts running, actually

excited to see what kind of conditions awaited us farther up the mountain. That's right. The whole world is told to stay off the road, and we are waiting to go deeper into the craziness on a pair of skis.

So we went up the only lift available—the Snowdon 6 and gathered all 50 Future Stars together for the longest human slalom in the history of human slaloms. Not really, but kids don't know those kind of facts, and Siri didn't know what a human slalom was, so we claimed it. We chose Mouse Run, thinking we would have the best chance on a green trail. Haha. Mother Nature did not agree!

It was solid. Like, yellow with visible groomer tracks perfectly placed down the whole thing. Immovable groomer tracks. Groomer tracks where the rain had filled in the grooves and frozen over, creating a now perfectly

smooth surface where you needed World Cup edges to even make a dent in them. Kids and coaches were sliding all over the place, fighting to stay upright and still on a surface that allowed you to do anything but.

And it was loud. Holy crow. We were yelling at the top of our lungs as we tried to explain how a human slalom works. As skiers and snowboarders flew past, they made so much noise that it was like a rumbling growl of a bear. There was no hope of hearing over the vibrations.

And so we laughed—And tried to ski. You
Living the Dream → 35



Living the Dream
By Merisa Sherman

← Art Advocate: from page 10

confidence, and improves your overall well-being. And yet... despite all of this, art education is under threat here in Vermont. In the southern part of the state, schools struggle to fill art positions because the pay is too low, and the jobs are part-time. In the north, schools that finally offered livable wages and full-time positions are now cutting them. In fact, there's an incredible art teacher right here tonight who will not have a job next year because of these cuts. This is unacceptable. Vermont students deserve strong arts programs and passionate teachers who will help them stay fearless.

And that brings me to our legislators. Last week, I attended the National Art Education Conference in Louisville, Kentucky. Three weeks before the event, I emailed over 120 Vermont

legislators and asked them for something simple: to take a selfie with a piece of artwork they love so I could hang it in the Vermont Youth Art Month display. Do you know how many selfies I received? Zero. Not one. I don't share this to shame, and I'm sure if I ask you, you will tell me you support the arts and probably also tell me you "can't draw a straight line." Well, straight lines are overrated. And please don't tell me how busy you are because this is the wrong crowd. We put the "M" in multi-tasking, and teachers, in general, have been spread too thin and still manage to do it all. If you truly support the arts, you are going to show it. You take action. You make decisions that protect and elevate arts education for the students of Vermont. To say I am disappointed with my legislators is an

understatement.

So tonight, I leave you with this: To our artists — keep making, keep dreaming, and keep creating without fear. YOU are why we teach. To families and community members — your voices matter. Advocate for the arts. Talk to school boards, superintendents, and decision-makers. Remind them that one painting of a purple tree changed your child's world. And to our legislators — we need more than kind words. We need action. We need policies and budgets that value creativity and ensure every Vermont student has access to the transformative power of the arts.

Together, we can ensure that art education in Vermont doesn't just survive — it thrives. Thank you.

Melissa Kristiansen,
Poultney

A special friendship

An adult friendship between a teacher and a former student probably doesn't happen very often. I have been both the "student" and the "teacher" in such a friendship. It's an interesting relationship that develops over time.

During my high school days at Mt. St. Joseph Academy, I was a student in classes taught by Sister Elizabeth Marie. She was a very soft-spoken woman who was sincerely interested in her students. A nun's family background and former personal life are always very private. Unless a nun was from the Rutland area, you never really knew much about them. You didn't know their actual names or where they were from.

When it came time to think about college, my thoughts went to Trinity College in Burlington. It was only a couple of hours from home but far enough away to feel independent.

The subject of college choices came up one day in a class taught by Sister Elizabeth Marie. When she heard that I was considering Trinity, she asked if she could speak to me about that college at the end of the school day. I was interested in what she wanted to tell me.

It turned out that she had gone to Trinity College prior to becoming a nun. She had nothing but praise for the educational opportunities offered there. She said the school was small enough that the faculty knew their students individually and nurtured them to succeed. She also mentioned that she had a sister who was a math professor at Trinity.

Her sister was not a nun and was known as Professor Grace Morrissey. Sister Elizabeth Marie took me "under her wing" and played a huge role in my choice of that college.

Fast forward to 1962, when I entered Trinity College, Grace Morrissey introduced herself to me. She was equally as pleasant as Sister Elizabeth Marie. I was never one of her students, but she helped me with calculus, which was a course I found difficult.

Several years after I graduated from Trinity, I met Sister Elizabeth Marie at a function, and we had a nice visit. I asked her if she would like to go out to lunch someday as my guest, and we could catch up. It was summertime, and I took her to Lake Bomoseen, where she enjoyed seeing the lake and having a nice lunch.

Looking Back → 37



Looking Back
By Mary Ellen Shaw

April reminds that beauty blooms even after the harshest winter

Did you know that eating a cucumber can cool down a sore throat? How about running cheap vodka through a Brita water filter to turn it into the good stuff? I'm sure you all know that laughing for 15 minutes has the same health benefits as two extra hours of sleep. No piece of paper can be folded more than seven times. Doritos are great for kindling if you can't find anything else. A duck's quack does not echo. It's possible to lead a cow upstairs but not downstairs. And how about predicting the weather with your coffee...bubbles on the edge...high air pressure, and sunny weather? Bubbles in the middle...rain likely. Happy April Fool's Day! I wonder how many Killington Active Seniors are trying to fold a piece of paper more than seven times. Maybe all of the above are true, and perhaps none of them are true, but April's fool tricks are fun.

This past weekend kept most of us at home with lots of time on our hands. It reminded me of a book called "The Timekeeper" by Mitch Album. Try to imagine a life without timekeeping. You probably can't. We are aware of the month, the year, and the day of the week. There's a clock on the wall and a watch on our arm. We have schedules,

calendars, a time for dinner, and a time for sleep. Yet, all around us, timekeeping is ignored. A dog does not check his watch. Deer do not fret over passing birthdays. Birds are not late. Man alone measures time. Because of this, man alone suffers a paralyzing fear of time running out. Regardless of our circumstances, we get a new beginning each day.

This little book and the fact that I was stuck at home for a few days reminded me of the simple joy of living. Do I cherish the minutes? Am I grateful for what I have? I encourage all of you to read the book.

Recently, I was part of a discussion group that talked about feeling younger next year. It was based on the book "Younger Next Year," by Chris Crowley and Henry Lodge, MD. There were a lot of scientific facts but

a lot of common sense. We are not the hunter-gatherers that we once were and we do not live or die by the elements. Eventually, we get a little weaker, a little off balance, and our bones can be frail. Our brains are designed to function either in growth or decay mode. As we age, our brains can default to decay mode, and certain rules are more important, not less. The rules are simple, but as we go through them, it takes commitment.

Senior Scene → 37



Senior Scene
Gerrie Russell

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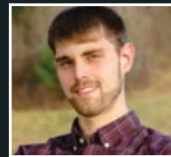
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Living the Dream:
from page 33

could turn, no problem, it was the stopping that seemed to be the biggest challenge. Especially when trying to manipulate around small children posed as gates for a race course. You just had to dig your edges in pretty deep and hope they would engage the snow at some point. But the joke was on me since I've been working for the past two decades to decrease my edge angles from the intensity of my racing days.

But little kids don't care about ice, frozen conditions, lift lines, or closed lifts. They are on the hill for an adventure, looking for fun signs and variable terrain that challenge them. They are, in fact, looking for a challenge and looking for something to wake them up out of the slumber that is everyday life. They want new experiences, maybe because they don't know the consequences of those moments but because the challenge is fun. They are excited about change.

In her book, "Change Enthusiasm," Cassandra Worthy writes that when approached with change, you can either get bitter or you can get better. You can complain about the challenges that now confront you, or you can embrace that challenge, dive in with both skis on, and work on becoming a better skier. But it has to be a conscious decision to work toward improvement. Just sliding down the mountain or living life unconsciously doesn't make anything better. A good skier, a good human, is always thinking about something. How can this moment make me a better skier? How can this moment make me a better human—How can I embrace this new challenge? This first step? Well, you can't get better at skiing if you don't have your skis on.

Merisa Sherman is a longtime Killington Resident, global real estate advisor, and Coach PomPom. She can be found in the woods or at Merisa.Sherman@SothebysRealty.com.

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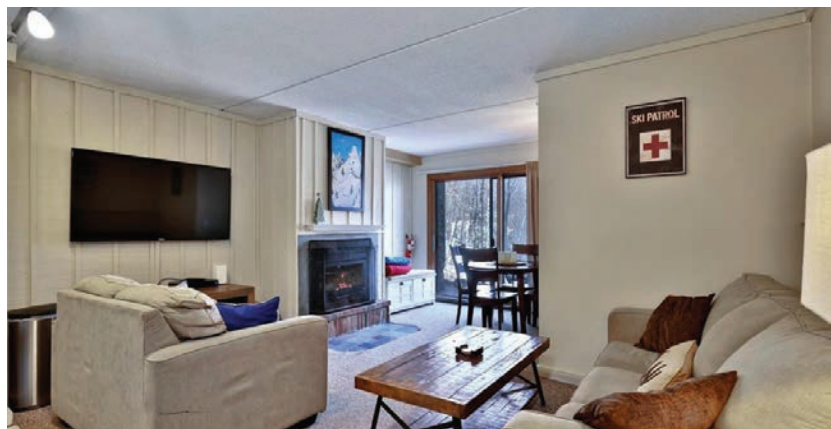


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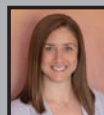
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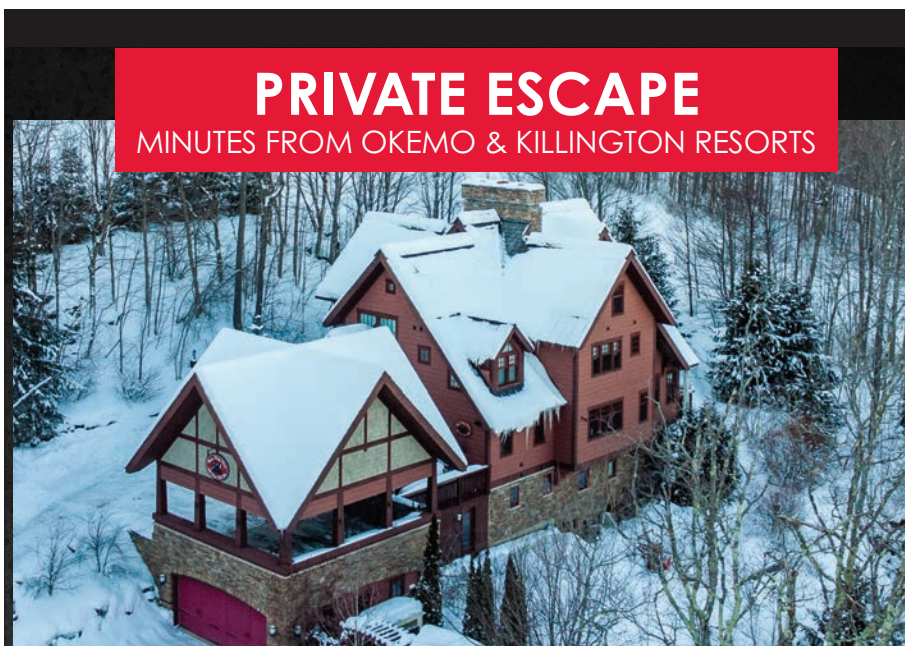
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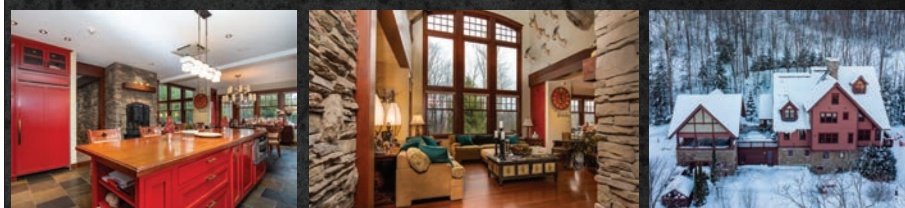
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← **Senior Scene:**
from page 33

First, we have to exercise six days a week for the rest of our lives. We can walk, run, or join specific classes, but we must do it.

Second, do serious aerobic exercise four days a week. Third, do strength training with weights twice a week. Fourth, try and spend less than you make. Peace of mind is essential. Fifth, stop eating junk and write everything down you put in your mouth. If you know you have to write it down, you are less apt actually to eat it. Number 6 is to “care” about something and act on it. Live your life with that attitude. The last rule, number 7, is to connect and commit. Now, before the moans and groans start, this is all doable. Read on to find out what is available to our senior group.

April at the Sherburne Memorial Library offers a lot of choices. First, rule number 3 above suggests weight training. We have our very own Bone Builders Group that meets on Mondays and Thursdays at 10 a.m. There are weights available and trained instructors to lead the group. To help you connect and commit, there is a jigsaw puzzle challenge on Saturday, April 19, at 10 a.m. There is space for four teams to work on a 600-piece puzzle. The fastest to finish wins a cash prize. If you are committed to history, the historians will meet on Saturday, April 12, at 10 a.m.

Laser printing is quite a phenomenon. You are invited to come to the library on Tuesday, April 15, to learn all about what this machine can do. We'll be making jewelry and key chains, and there is no charge. A large and opinionated book club meets the last Wednesday of the month, April 30, at 1 p.m. This month's book selection is “A Tale for the Time Being” by Ruth Ozeki. Ruth, a writer who lives on a remote Canadian island, finds a lunch box washed up on the beach. It contains an old wind-up watch, some old letters written in Japanese, and a diary written in English by 15-year-old Nao from Tokyo. As Ruth becomes immersed in the story, the novel switches between Nao's diary and Ruth's narrative. Copies are avail-

able at the library. There are movies every Monday at 1 o'clock with comfortable seats and popcorn! And last, but not least, you can satisfy rule 7 by connecting with the senior group every Wednesday for lunch. We meet at the Lookout on Wednesdays at noon. The cost is \$5, and there is a lot to talk about.

Exciting things are happening in Killington with the promise of a new village, a new town manager, two new Select Board members, and a new water system. Many conversations are going on, and now we have another opportunity to voice our opinion. In conjunction with Vermont Integrated Architecture, the Parks and Recreation Commission has drafted three potential designs for the Johnson Rec Center, which were presented on Tuesday, April 1, at the Public Safety Building.

I would also like to remind you to visit the website Soupbowlrutland.org. This excellent organization supports the various food banks in our area, including our very own Little White Church. They will have a fundraiser at the high school on April 10. Rather than being a drive-thru pick-up, it is a sit-down event with various soups. Information on buying tickets and the two seatings is on the website.

National Parks Week is April 20-28. In a world that has become increasingly virtual, the parks remain places of visceral beauty. They can remind us that we are but a small part of the life on this planet. Earth Day is April 22. Earth Day should encourage us to reflect on what we are doing to make our planet a more sustainable and livable place. Arbor Day is April 26. Ancient trees are precious. There is little else on earth that plays host to such a rich community of life within a single living organism. When you take your first walk this spring, look around and be thankful.

Remember to reach out to each other and always be grateful. Love who you can. Help where you can and give what you can.

The very best,
Gerrie

← **Looking Back:**
from page 33

It was the start of a friendship that lasted until her death in 2013. She would invite me to the convent to visit her, and at other times, she came to our house.

She was a wise woman who gave wonderful advice in the most subtle of ways!

About the time Sister Elizabeth Marie left my life, a former student of mine from Wallingford High School entered my life. Betty and I offered online encouragement to a mutual acquaintance through a Caring Bridge website. We recognized each other's names when we read the public comments. We had not seen each other for over 40 years. After exchanging some emails, we made plans to meet for lunch during one of her visits to Vermont.

I learned that Betty is interested in writing, just as I am. I thoroughly enjoyed hearing

about the adventures in her life during the past 40 years. I had the pleasure of reviewing a family history book that she was writing. It was well written and is a wonderful source of knowledge for future generations in her family. We have become good friends and have established a tradition of meeting for lunch or coffee during her annual trips to Vermont to visit family. Of course, exchanging emails on a regular basis keeps us up to date throughout the year.

When you are only a few years older than your students, it is hard to think of them as “friends” until enough time has passed to transition them into the world of adults. Whether that period was only about ten years with Sister Elizabeth Marie and me or forty years with Betty and me, it created a special friendship. I am grateful for both experiences.

Employment

FARM INTERNSHIP: Farm and Wilderness is hiring farm interns for this season, position is April-October, housing provided. Full job description and application on our website. Contact julie@farmandwilderness.org.

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← **Off the Shelf:**
from page 25

sandstorm chiseled textural decay in “Meltdown.” The graphic novel also shares a kinship with Turner’s “The Burning of the Houses of Parliament.” Both works’ blurred line and free flowing strokes convey the landscape as a mood and visual language, immersing the viewer in motion and emotion. Like Turner’s “Rain, Steam and Speed – The

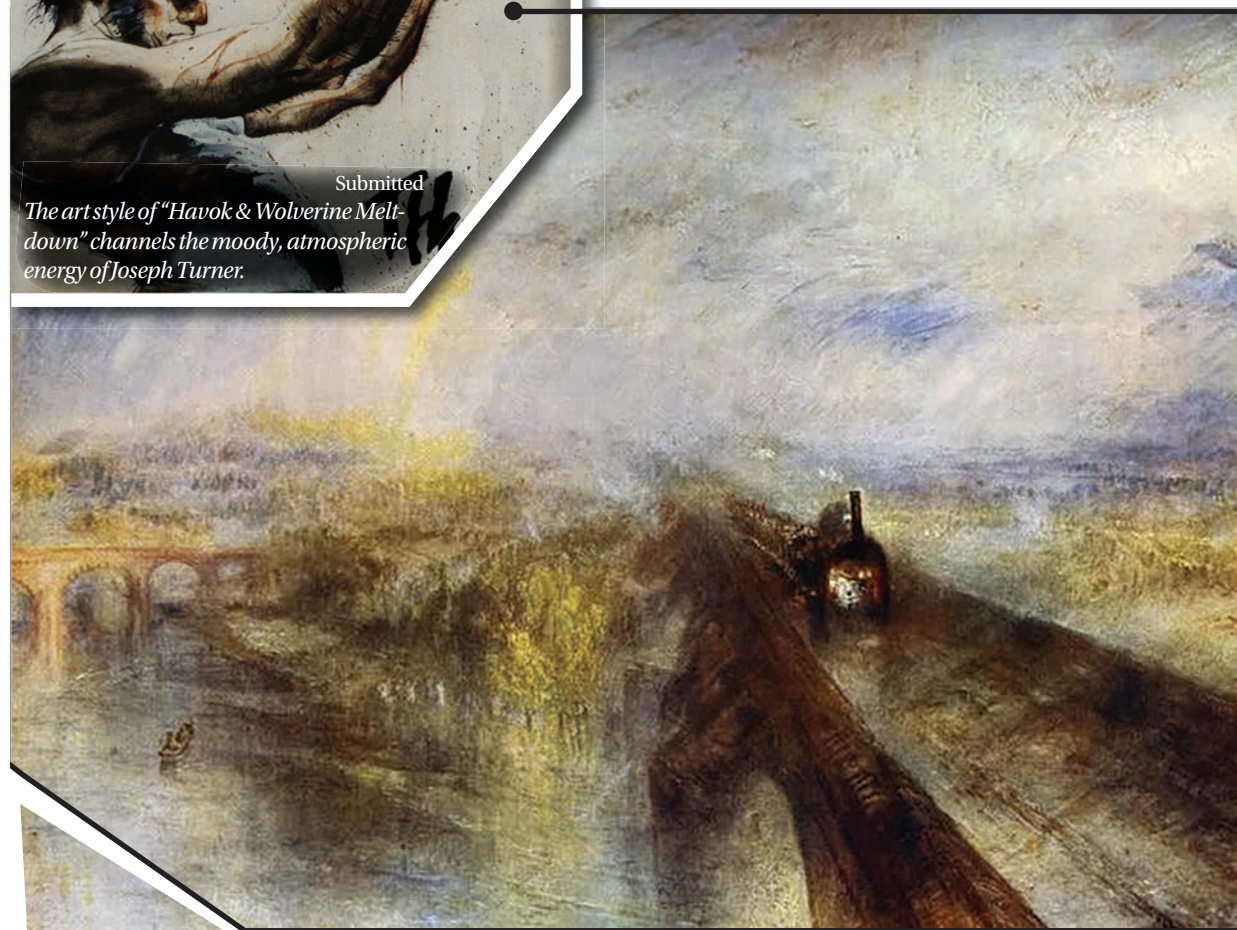
Great Western Railway,” “Meltdown” rejects rigid structure in favor of raw movement. Just as Turner blurred the lines of industrial progress, “Meltdown” abandons traditional panel layouts, allowing the story to breathe organically rather than conform to strict grids. This approach makes “Meltdown” feel alive—unrestrained, unpredictable, and immersive.

A visual reimagining for comics

“Havok & Wolverine: Meltdown” is a symphony of visual rebellion—a convergence of postmodern dystopia, industrial decay, and classical artistry. It broke the boundaries of comic art, reminiscent of Turner’s storm-torn landscapes, Russel Mills’ industrial rot, and the chaotic energy of music itself.



Submitted
The art style of “Havok & Wolverine Meltdown” channels the moody, atmospheric energy of Joseph Turner.



J.M.W. Turner’s “Rain, Steam and Speed – The Great Western Railway” (1844)

Submitted

← **Little Feat:**
from page 21

I contacted Scott to write a song together. We shared ideas back and forth on the internet from New York to L.A. We wrote the song 50/50 together; it was a definite collaboration. I had a whole different groove in mind, and one day, he sent me the way we play it now, but I wasn’t sure about it. We went to rehearsal and started playing it the way he wanted. Everybody in the band said, ‘Whoa, that’s it.’ I said, ‘Forget my idea; this is the way we’re doing it.’ It came out great; it’s a really fun song. The video has Steve Winwood’s daughter, Lilly Winwood, who is too high to cut our hair. She’s a sweetheart, a wonderful singer, an entertainer in her own right. It was great to meet her and see other people’s kids are rocking it too. The album was cut in Nashville because that’s where our equipment is, and we’re slaves to our equipment.”

The new album was recorded at Blackbird Studios and has collaborations with Molly Tuttle, Larry Campbell, Larkin Poe, and more.

Little Feat’s previous album, “Sam’s Place,” released last May, was their first studio album in 12 years and their first blues album. It was also their first album with Sharrard and Leone. It received a Grammy nomination. It’s unique because

all the lead vocals were supplied by conga player/percussionist Sam Clayton, who typically provides backup vocals.

“We all got to go to the Grammy’s and all that,” Tackett said. “Taj Mahal beat us out, which is okay because he’s one of our buddies, too. He’s a wonderful guy and entertainer. If they’re giving Taj the Lifetime Achievement Award, they’re not going to stiff him on the Grammy. We didn’t think we had a chance, but it was fun to go and an honor to be nominated.”

Tackett ended the conversation by saying how much he loves his life and playing music for people.

“The actual playing and the music is like the whole deal. Traveling around on the bus, arriving in a town at 4 a.m., getting to the hotel, then sound check, and all that is a lot of work. We joke that we get paid for the travel and do the music for free. When we get on that stage for the two hours, I said how everybody in the band is so on top of their game, every night is such a joy. You don’t know what’s going to go down, and it’s always exciting. That’s my favorite part of the deal,” Tackett said.

For tickets to Little Feat’s performance on May 5, go to paramountvt.org.

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