



KILLINGTON WELCOMES STUDENTS FOR COLLEGE WEEK

Killington Resort is hosting its annual College Week Jan. 3-7. See calendar for details.

Page 14

WCSD BOARD APPROVES SCHOOL BUDGET

The Windsor Central School District board passed a proposed \$24.3 million budget for fiscal year 2023 on Jan. 3 — a 6.5% increase over the previous year.

Page 4



KILLINGTON RESORT SEES COVID OUTBREAK

On Jan. 2-3, 642 people lined up for post-holiday pop up test in Killington. The pop-up was set up after 86 employees at Killington Resort tested positive for Covid-19 on Dec. 30 — the largest outbreak of any business. Due to the high turnout, pop-up testing is planned again Thursday and Friday, Jan. 6-7 at the old fire house on Killington Road.

Page 3



ARTS, DINING & ENTERTAINMENT

Find local events not to miss this week.

Page 14

Woodstock rep Charlie Kimbell announces bid for lieutenant governor

By Katy Savage

After some speculation, Woodstock Rep. Charlie Kimbell announced he's running for lieutenant governor.

Kimbell, 57, is the only candidate to officially announce his campaign for lieutenant governor. He said he made the decision to run after current Lt. Gov. Molly Gray announced her bid to succeed Rep. Peter Welch in Congress. Welch, Vermont's sole member of the House of Representatives, is seeking a Senate seat to replace the retiring Sen. Patrick Leahy.

Kimbell calls himself a "moderate Democrat," who's "fiscally conservative and socially liberal."



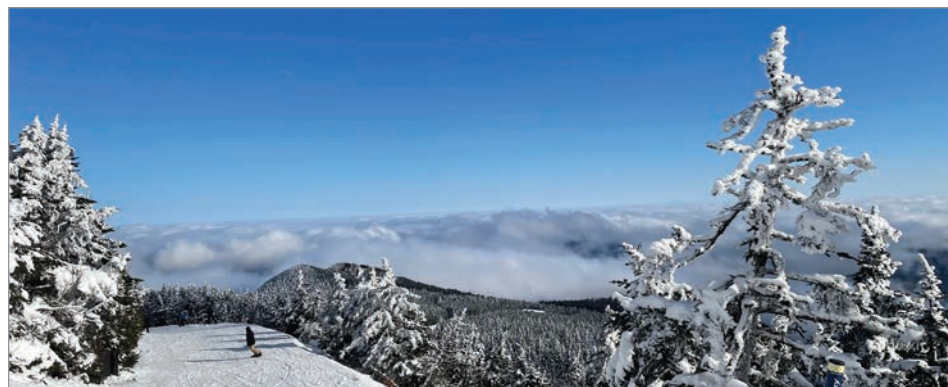
Rep. Charlie Kimbell

"I truly believe in the Vermont political tradition of self-reliance, social justice, Yankee frugality and environmental stewardship," Kimbell said in a statement.

Kimbell was elected to the House in 2016 where he served as vice chair of the House Commerce and Economic Development Committee and co-led the rural economic development working group.

Before entering state politics, Kimbell served as a Woodstock village trustee in the early 2000s. He also served on the boards of more than 15 non-profit organizations.

Kimbell > 6



By Brooke Geery

A snowboarder looks tiny against the expanse of Great Northern. There's blue sky above the clouds.

Covid case record set on New Year's Eve, then broken again

Hospital stays, deaths rising too

By Erin Petenko/VT Digger

Vermont broke its one-day case record for the third day in a row on New Year's Eve, hitting 1,471 cases in a single day, the Dept. of Health reported Monday, Jan. 3. The next day, the record was broken again with 1,727 cases reported Tuesday.

That record came after the state hit 973 cases on Wednesday, Dec. 29 — then the highest one-day total — and hit 1,330 cases Thursday, Dec. 30, also a record at that point.

Monday's data filled in the holiday weekend, when the department stopped updating its dashboard. After 1,471 cases on Friday, Dec. 31, the number of cases fell to 577 on Saturday, 473 on Sunday, 245 on Monday before skyrocketing again to 1,727, Tuesday, Jan. 4.

As of Monday, the seven-day average stood at 785 cases per day — nearly double the roughly 400 cases per day from a week earlier.

Still, Vermont is hardly unique in its case explosion. Cases are up 204% nationally,

according to The New York Times. Nearby New York and New Jersey have the highest Covid-19 rates in the country, while Rhode Island and Massachusetts are in the top 10.

Seventy-four people are currently hospitalized in Vermont with Covid-19 — the highest number in more than two weeks, according to Department of Health data. The record was 92 patients, set Dec. 8, 2021. (Data does not include people hospitalized under investigation for Covid.)

The state reported 56 people were hospitalized as of Dec. 30, but the numbers rose over the weekend: 69 on Dec. 31, 68 on Jan. 1 and 69 on Jan. 2, according to Michael Pieciak, commissioner of the Department of Financial Regulation.

In contrast, the number of patients in intensive care dropped from 19 on Dec. 30 to 14 on Jan. 3.

For the month of December, a total of 60

Surge > 9

Amid nerve-racking return to school, pre-K families feel left out of state response

By Mike Dougherty/VT Digger and Polly Mikula

To safely return to child care while Covid-19 cases surge, Billie Slade asked all the families she works with to rapid-test their children.

Slade runs Wonder in the Woods, an in-home child care program in Dummerston that serves six preschoolers and four school-aged children. She hoped that if each child was tested before returning to the program Tuesday, Jan. 4, she

stock where the pre-school is located in the elementary school and otherwise universally incorporated into Windsor Central School District — it is the only grade to be excluded.

"I'm really happy to see that they're taking care of those kids," Slade said, referring to the K-12 students. "But it also feels frustrating to know that the youngest ones who can't get vac-

The sheer number of young children being exposed to the virus right now is likely to lead to some hospitalizations, said Annie Hoen, an infectious disease epidemiologist at Dartmouth.

could ensure that students would not spread potential infections from holiday gatherings to other students and to staff.

But finding enough tests has been a challenge, Slade said. Previous state distribution sites quickly ran out of test kits, and availability at Vermont pharmacies has been patchy.

One parent heard that a pharmacy in Massachusetts had tests in stock and drove 45 minutes each way to get them, Slade said.

Last week, the state made about 87,000 rapid tests available to parents of K-12 students — two for every student in the state. Children who attend preschool or child care — most of whom

are under 5 and ineligible for vaccination — were not included. To pick up their kits — which each include two rapid antigen tests — parents had to register via an online portal and provide the names of their children and the school they attend.

In many instances — including in Barnard, Killington, Reading and Wood-

nated also can't get free tests like school-agers did."

That sentiment has been echoed broadly by parents, pre-K teachers and caregivers.

When asked about the pre-K exclusion in Windsor Central School District Covid Coordinator Katie Burke, MSN, RN, responded via email:

"Right now, pre-K students are able to participate in the test-to-stay program (rapid antigen test) but are not able to participate in any PCR testing (response/take home). This means that no pre-K student will have to miss school because they have been identified as a close contact of a positive case — they will be able

"I'm still living in 2020 until the other half of my family is able to get a vaccine," said Quell, parent of two toddlers.

to 'test to stay' if parents consent. If a pre-K student is sick, and not feeling well, we do not currently have permission to use the state-provided PCR tests to

Left out > 8

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Submitted

Ernie Fernandez

Fernandez seeks Woodstock Select Board seat

Staff report

Ernie Fernandez of Taftsville is seeking a two-year Woodstock Select Board seat, currently held by Mary Riley, who is not expected to run again.

Fernandez, 33, said he hopes to improve quality of life for Woodstock's year-round residents and address the town's ongoing economic and infrastructure challenges.

Fernandez moved to Taftsville in September 2020 with his fiancé Alexandra and their cat Leela after earning masters degrees in both education and divinity from Harvard University. Fernandez now works remotely as an associate director of business solutions at Harvard Business School.

Fernandez said he knew he wanted to get involved in local government when he first moved to Woodstock. He considered the Select Board seat in July based on conversations he had with other elected officials.

"We're committed to establishing our lives in Woodstock," Fernandez said. "We are, from this point on, members of the community."

Fernandez has volunteered and served as president of the Cambridge Masonic Temple — an historic 45,000-square-foot, active community center in Porter Square, Cambridge—since 2006. There he executed fundraising campaigns, managed a major interior renovation and led the organization through the Covid-19 pandemic.

Fernandez, a Cuban-American, grew up in Miami, Florida. Outside of public service, Fernandez is a woodworker and is currently remodeling his 1834 house in Taftsville. Fernandez is building his own custom cabinetry, a dining room table and countertops.

Woodstock Town Clerk Charlie Degener said Fernandez is the only person to submit a petition so far for the Select Board. Petitions are due Jan. 24 for a vote on Town Meeting Day.

"That's just the way I am, I like to get ahead of things," Fernandez said.

More information about Fernandez can be found at voteforernie.com

New Year's Day baby celebrated at RRMC

RUTLAND — The newest Vermonter to join the Rutland community was born New Year's Day, Jan. 1 at 2:47 p.m. The healthy 6-pound, 13 ounce baby girl, Journee Jade Moore, was born to Amber Holcomb and Ethan Moore.

"Both mom and baby are doing extremely well," said Rebecca Allen, a nurse who was present for the delivery at the birthing center at Rutland Regional Medical Center.

"The mom was admitted at 9:35 a.m. and she was amazing," Allen said.

Dr. Robin Leight was the

attending physician at the birth.

To help the new mom and her baby start the new year off right, the birthing center staff presented the family

The newest Vermonter to join the greater Rutland community was born New Year's Day, Jan. 1 at 2:47 p.m.

with a gift bag full of items including a warm blanket, soft travel cooler, reusable snack bags and more.



Courtesy RRMC

New mom Amber Holcomb holds her newborn baby Journee Jade, who was born Jan. 1, 2022, 2:47 a.m. at Rutland Regional Medical Center.

Town of Killington updates Covid safety protocols

Killington Town Manager Chet Hagenbarth announced new Covid-19 protocols for town facilities on Dec. 29.

"Effective immediately, the town is imposing the following procedures to protect against exposure to Covid-19," he wrote in a memo to all departments.

If you have Covid symptoms (fever, cough and difficulty breathing):

Do not come to work and get tested as soon as possible.

If you test negative, you may return to work unless symptoms persist. In this case another test 5 days from the initial test will be required.

If you test positive, stay home for 5 days or until symptoms have ended. You will need to wear a mask for an additional 5 days upon returning to work.

If you have been exposed to Covid and are fully vaccinated (fully vaccinated means receiving the primary series – 2 shots) per the CDC:

- Wear a mask around others for 10 days.
- Test on Day 5.
- If you have been exposed to Covid and are not fully vaccinated:
- Stay Home for 5 days and continue to wear a mask for an additional 5-days.
- If you are unable to quarantine, you need to wear a mask for 10 days.
- Test on Day 5.

Hagenbarth added, "Please respect the wishes of staff members who request wearing masks in their presence" and explained that the town encourages all employees to get vaccinated: "Sick time will be utilized by all unvaccinated employees when you are required to quarantine. Those vaccinated will not be required to use their sick time. You may be required to show proof of vaccination in order to avoid using sick time," he wrote.

Two public testing clinics will be held in town on Jan. 2 and 3, from 2 to 6 p.m., at the old fire station at Killington Road and Dean Hill Road.

642 get tested in Killington at 2-day post-holiday pop-up site

86 Killington Resort employees test positive, Dec. 30

By Polly Mikula

On Sunday and Monday, Jan. 2-3, hundreds lined up in to be tested in their vehicles at the former Killington Fire Station on Killington Road — 642 to be exact, according to Police Chief Whit Montgomery who was covering the event. An additional 250 tried to sign up but were unable to get appointments. Another opportunity is planned this Thursday and Friday, Jan. 6-7, from 2-6 p.m. he added.

Results were back fast — 24 hours for Montgomery and fellow workers, he said. The pop-up PCR testing site was

added to the state's schedule after 86 employees of Killington Resort tested positive for Covid-19 on Dec. 30. Another 22 employees were reportedly symptomatic were awaiting the results of testing, according to the state Dept. of Health.

In cooperation with the resort, the state also held three employee testing clinics at the resort, Sunday through Tuesday, Jan. 4. The clinics also offered employees the opportunity to get vaccinated.

"We became aware of the situation that

Outbreak > 12

Chittenden town discovers its speed limits are unenforceable

By Brett Yates

The Chittenden Select Board discovered on Dec. 27 that five town road segments did not undergo proper review before having their speed limits reduced from 35 to 25 miles per hour.

In September, aiming to improve traffic safety, the board approved a proposal to reconfigure the intersection of Holden Road and Dam Road, turning a frequently confusing Y junction into a conventional T.

For good measure, the board also agreed to reduce the speed limit on Dam Road.

More recently, Chittenden Emergency Management Director Jan Sotirakis learned from a transportation planner at the Rutland Regional Planning Commis-

too fast; we want them to slow down.' It has to be a fairly scientific process," she noted.

Adopting or amending a municipal ordinance also requires a lengthy procedure. A warning must appear in a local newspaper, with copies of the full text made available in

five locations, in order to give residents a chance to gather signatures for a petition, which would force a referendum at town meeting. Otherwise, the ordinance takes 60 days to go into effect.

For now, Chittenden has to choose between leaving up its speed limit signs, without the ability to enforce them, until it

manages to clear the necessary procedural hurdles, months from now, to affirm the revisions made in haste; or to take them down and restore the old speed limits.

The second course appears likelier. After reading a VTrans handbook, Select Board Chair Kathie Pratt realized that most of Chittenden's 25-mile-per-hour roads are non-standard. "They don't like you to lower speed limits under 35 mph, except in a school zone, and they think there shouldn't be speed limits on dirt roads," she observed.

The board, however, acknowledged another problem: because the signatures apparently were not notarized on its existing traffic ordinance, Chittenden cannot currently enforce any of its speed limits, including those that the town had initially set properly. Members made plans to fix the error, with an updated ordinance (which won't contain the offending 25-mile-per-hour limits), by its first January meeting.



"It isn't just an easy 'we think cars are going too fast; we want them to slow down.'"

sion that this alteration — as well as others, in areas like Mountaintop Road and Mountain Spring Road — did not follow state-mandated procedure for changing speed limits.

"The first thing that has to happen is a traffic study to determine road conditions, how many cars, and that kind of thing," Sotirakis described. "And then the next process is to have it approved by the Select Board based on public comments, and then, finally, adopt your ordinance."

Traffic studies — which are handled by "by town employees, the regional planning commission, or a consultant engineer," per the Vermont Agency of Transportation (VTrans) — take place only once the snow has melted, according to Sotirakis, and last for about two weeks.

"It isn't just an easy 'we think cars are going

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Windsor Central passes \$24.3 million school budget

By Curt Peterson

Near the end of a 2 ½-hour meeting Monday, Jan. 3, the Windsor Central Unified Union School District board passed a proposed \$24.3 million budget for fiscal year 2023, reflecting 6.5% increase over last year's budget. Two dissenting votes were cast by Bill Overbay (Pomfret) and Gwen Hagenbarth (Killington).

Based on the proposed budget, the pre-CLA adjustment tax rate for FY 2023 will be \$1.5125 per \$1,000 appraised value, a decrease of \$.11 from the previous year.

Investment in compensation and benefits for additional staff includes one part-time paraeducator at Woodstock Elementary (\$39,000), a full-time world language instructor (\$80,000), a full-time librarian (\$80,000), a high-school international relations consultant (\$40,000) and a part-time grant writer \$75,000).

Finance committee chair Ben Ford (Woodstock) said the board traditionally forecasts about a 6% increase year-to-year.

The proposed budget relies on an unexpected windfall—a \$350,000 surplus revealed in the audit of fiscal year 2021 books.

There are also necessary assumptions that all Vermont district boards have to

contemplate when creating their budgets.

The equalized pupil spending threshold, which reflects enrollment numbers set by the state, usually determines any per-student spending penalty. (For every dollar invested above the threshold, a district has to return two dollars to the state.) However, because of the pandemic, the per-student spending threshold penalty

has been suspended through FY2023.

Additionally, WCUUSD has enjoyed a 5% increase in enrollment,

which should work in its favor when the three-year average is calculated—the more students, the lower the budgeted cost per pupil.

The approved budget proposal yields a 2.5% per-student investment over the threshold, which, Ford said, will probably be \$19,258 per student.

There is also an expected healthcare insurance cost increase, estimated at 5%, which will be realized as it develops. James Fenn, the district business manager, said several teachers who had previously opted out to favor spouses' coverage have joined the district insurance plan during the pandemic—possibly because the alternative

Budget > 6

The state education fund also has an unexpected surplus of \$90 million.

Killington Resort announces new lift operations manager

The Beast promotes from within, moving Kayla Sarajian into management

Killington Resort announced Jan. 4 the advancement of Kayla Sarajian as the first female lift operations manager at the resort.

"Kayla has a strong focus on customer service, staff well-being and retention," said Tait Germon, director of mountain operations at Killington Resort and Pico Mountain. "She has great ideas and energy to help move the department forward and I'm excited to have her as the lift operations manager and enter this new phase of her career at Killington Resort and Pico Mountain."

Sarajian most recently served as lift operations supervisor, providing training, operational oversight and mentorship to a team of approximately 140 lift operators and ticket checkers.

She began her career at Killington Resort in 2014 as a team leader for the Unleashed program in the snow sports department. She began working summers as an attendant for the Snowshed Adventure Center, eventually becoming a foreman for the lift operations group and transferring to that department full time in 2016.

Sarajian worked as a team leader for lift operations at Ramshead and Snowshed, two very active and dynamic areas of the resort. Sarajian's skills of communication, organization and training were huge assets as she built successful operational teams in challenging beginner and learning areas.



Courtesy of Killington Resort
Kayla Sarajian

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Cynthia "Cindy" Caira

By Max Grudzinski / Courtesy Okemo

Okemo food and beverage director Cindy Caira excels in male-dominated industry

By Karen D. Lorentz

The ski industry is rife with workers who began as ski-area “lifties” during their high school or college years and eventually became managers of various ski-area departments or even the mountains themselves.

This is very true of males who have long dominated the industry in leadership roles, but we rarely see it for women. They usually began as instructors or worked in day care or food services. Cindy Caira did the opposite.

She began working as a lift operator and now works for Okemo Mountain Resort as the director of food and beverage, one of several important profit centers for most ski resorts.

Born in Nahant, Massachusetts, Cindy Caira’s family moved to Mount Holly, Vermont, when she was 9.

“My mom lived in the mountains and my dad lived by the ocean so I had the best of both worlds, growing up on the ocean and in the mountains,” she said.

Caira first learned to ski at Okemo when she was 10 years old through the ski program at the Mount Holly Elementary School.

“The school programs are so important to get kids involved with an outdoor sport at a young age,” she observed, adding: “My skiing really took off when I worked at Killington and had lots of ski-instructor friends.”

After graduating from Saint Mary’s High School in Lynn, Massachusetts, in 1980, Caira went to Lyndon and Castleton state colleges. Marriage and children followed, along with going back to school for a degree in business and starting a career in the hospitality industry.

Although she travelled a bit, Caira noted that she “always came back to the Green Mountains. I stayed here because of my love for the mountains. Vermont is a beautiful state for outdoor sports, and it’s a wonderful place to raise a family.”

Q&A with Cindy Caira

Mountain Times (MT): How did you get to your job as food and beverage director for Okemo?

Cindy Caira (CC): I started in the ski industry as a lift operator while in college and waitressed at night. My passion grew for the food and beverage business as I entered into management positions and event planning.

I came to Okemo in 2010. It was a coming home for me. Over the past 10 years, I have developed my leadership skills while working my way through various outlets in management positions, including at Coleman Brook Tavern Epic Restaurant (now 43 North), the Round House, and Willie Dunns.



By Max Grudzinski / Courtesy Okemo

Cynthia Caira rises through the ranks in the hospitality industry.

MT: What are your job duties and responsibilities?

CC: I oversee management staff and operations of five full-service restaurants and four quick-service restaurants, and I develop and grow talent.

MT: What’s a typical day like for you?

CC: My days can be hectic! I attend a lot of meetings, do a lot of email correspondence and solve problems as they arise.

MT: What do you like about your job? Best part? Rewards?

CC: What I like best about my job is the people — my staff to be specific. I love watching talent grow. I really enjoy meeting and working with all of our international staff.

Seeing guests enjoying themselves is so rewarding. It’s nice to see people getting away and having fun.

MT: What are the challenges?

CC: Managing staff and juggling Covid restrictions and

Caira > 12





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Table of contents

Local news	2
State news	7
Opinion	10
News briefs.....	12
Calendar.....	14
Food matters	16
Music scene	18
Puzzles	19
Living ADE	20
Pets	22
Horoscopes.....	23
Columns.....	24
Service directory.....	26
Classifieds	28
Real estate	29

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← Kimbell: Makes run for lieutenant governor, the seat vacated by Molly Gray from page 1

Kimbell was the race director of both the Covered Bridges Half-Marathon and Road to the Pogue. He also formerly owned Elevation Clothing in Woodstock with his wife Carolyn before selling it in 2020.

"Now in my third term in the Legislature, I am committed to working on legislation that helps improve the lives of Vermonters and to helping constituents navigate state government," Kimbell said in a statement. "As lieutenant governor I would have a much bigger platform from which to help shape policies and programs to move Vermont forward."

In a phone call, Kimbell said the Covid-19 pandemic has "really made obvious for some of the folks in politics what is important and what's not."

"Broadband is not just nice to have — it's absolutely necessary," Kimbell said.

He also emphasized the importance of having local food supply chains.

"We have to have food grown locally," he said.

While the primary election isn't until Aug. 19, Kimbell said he announced early to "have enough time to build a credible team and reach out to voters."

"I felt it was necessary to declare now to do both those things," Kimbell said. "It's a good thing to be the first."

There are at least two other people considering running for lieutenant governor.

Former state Rep. Kitty Toll, D-Danville, said she's "strongly leaning toward a run." Toll was elected to the House in 2009. She was recently chair of the House Appropriations Committee but opted not to run for reelection in 2020.

Toll said she sees value in the lieutenant government position.

"It provides a statewide platform to really emphasize to Vermonters the things I find valuable and critical," she said, mentioning better broadband and controlling the "unprecedented" amount of federal funds available.

"When we consider how these dollars are used, I want to have the message out

there that they'll last long into the future," Toll said.

Sen. Joe Benning, R-Caledonia, is also considering running, but said he's in no hurry to announce his candidacy.

Benning was critical of Gray for her decision to leave her post after just 11 months in office.

"I really got upset when I recognized that the current occupant was merely using the position as a stepping stone," said Benning, who said he'd want to be lieutenant governor for at least two terms if elected.

"I'd like to make sure institutional history is kept in the process and not have it become something other than a stepping stone for someone else," he said.

Benning has served in the Legislature for about 12 years and was formerly the Senate minority leader.

"I think I'm well qualified and I have a commitment to making sure the Senate runs efficiently through the Covid-19 process," Benning said.

Benning said he respects Kimbell, but said Kimbell lacks needed experience in the Senate.

"The other most important part of that (lieutenant governor) position is to moderate the proceedings of the Senate," Benning added. "I've not heard anybody (running) who has the same kind of history in the Senate as I do."

Kimbell admitted having experience in the Senate would be "helpful" but said it's not necessary.

Kimbell is in the process of fundraising as the new Legislative session begins on Jan. 4.

"My goal is to have a good war chest by the end of the month," Kimbell said, explaining he wants to raise at least \$300,000 for the entire race.

"That's where we need to be," he said. "I have a vague idea of how to get there."

Kimbell said he's received some emails from local residents interested in taking his position in the House, but nobody has seriously announced an intention to run.

← Budget: WCSO from page 4

was no longer available.

The state education fund also has an unexpected surplus of \$90 million. There is a proposal to return 50% of the windfall to districts. According to Ford, this could result in a 5-cent reduction in effective tax rates in the district.

Common Level of Appraisal adjustment (CLA) is a way the state seeks parity among towns relative to the property values on which taxes are based. For municipal taxes, this is irrelevant, but for state education taxes, the CLA is applied to each town's grand list of property values — adjusting up or down reflecting how listed values relate to actual market value as determined by recent sales.

Most of the towns in the WCUUSD district remained relatively stable — their CLA adjustments were minor following recent reappraisals. Barnard's CLA was a modest downward adjustment. Killington, where property sales and prices have soared during the pandemic, saw an almost 14% (89% to 75.7%) change in CLA, meaning the grand list value was about 14% less than the actual sales price paid during the measured period.

"Depending on what the state does with the \$90 million surplus, that rate can only go down," Jim Haff (Killington) told the Mountain Times.



Submitted

The Rochester Fire Department was dispatched to 233 Bindrum Lane in Rochester for a report of a fully-involved structure fire on Dec. 30. The damage is estimated to be more than \$450,000. The cause of the fire is still under investigation.

Rochester single family home lost in fire

On Thursday, Dec. 30, 2021 at 3:30 p.m. the Rochester Fire Department was dispatched to 233 Bindrum Lane in Rochester for a report of a structure fire. When firefighters arrived, they found the single family log home owned by Jeremiah Bindrum, 48, fully involved with fire.

Firefighters from Rochester, Hancock and Granville Fire Departments fought the blaze for several hours but were unable to save the structure. As part of the fire chief's assessment of the fire scene he contacted the Dept. of Public Safety Fire and Explosion Investigation Unit (FEIU) for assistance in determining the origin and cause of the fire event.

Members of the FEIU responded the next day (Dec. 31) to conduct the examination, which determined that the fire began in the area of the northeast corner of the first floor and spread rapidly throughout the structure; the cause of the fire is still under investigation. The residence was not occupied at the time of the fire, and there were no reported injuries.

Damage to the residence and contents is estimated to be more than \$450,000.

Anyone with information about this fire is asked to call the Vermont State Police in Royalton at 802-234-9933.

People with information may also contact the Vermont arson tip award program at 800-32-ARSON. That program is a separate entity from the state police. It is funded from insurance companies and offers a reward of up to \$5,000 for information that leads to an arrest in this case.

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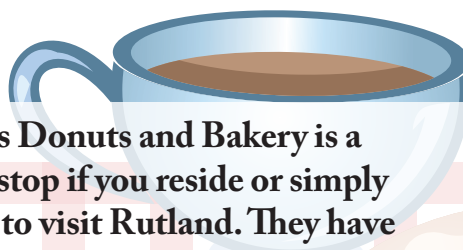
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For the greater good: Escape from the dark winter days using your head, and your heart, and your hands

As many of us look forward to a happier 2022, Covid is still ruling our world, and we are facing the most sunlight-challenged months of the year. No wonder many of us want to hunker down under a weighted blanket in front of a merry movie marathon, swilling gallons of cocoa, while being sure to mute all those commercials for diet plans and exercise equipment.



By Liz DiMarco Weinmann

The Killington-Rutland region offers a lot of other ways to focus on what's good, and finding purpose, pride and fun, inside as well as outside. Focusing on what's good could mean thinking differently about personal goals, switching up family activities, expanding your friend

groups, or devising more constructive approaches to work challenges. It could also mean learning something new; contributing your experience and expertise to a community cause; showing compassion in ways you hadn't considered before; marveling in awe at winter creatures in their natural habitats; or exercising your creativity through music, writing, dance or the culinary arts.

Admired corporations and thriving nonprofits alike are developing programs to help their teams explore and contribute their own personal best and highest strengths, through "head, heart, and hands transformation," as Jim Hemerling, Julie Kilmann, and Dave Matthews from Boston Consulting Group wrote in a blog of that title a few years ago.

So, how about you? Following are just a few local resources for making the best and highest use of your own head, heart, and hands. Most organizations below offer online options but be sure to check their websites for updates about Covid protocols, hours, and volunteer opportunities.

Stafford Technical Center – Stafford offers hundreds of courses to engage your head, heart, and hands – for fun as well as career enhancement. The earnest positivity of Stafford's Director of Adult and Continuing Education Bill Lucci is hard to tamp down, and why would anyone want to?

Rutland Humane Society – If you haven't acquired a "pandemic pet" yet, but you're obsessing about it so much that you're counting Bernese puppies as an insomnia remedy, then volunteering at Rutland Humane Society could be your ideal entry into pet parenting.

Rutland Free Library – Randal Smathers and his RFL team provide safe access to books and other media for hundreds of patrons. Volunteer for RFL and you'll have the best excuse for "I'm in a meeting," while scrolling through thousands of educational e-books, audiobooks, and streaming video on RFL's website.

Phoenix Books – Don't be fooled by the store's small footprint; its conscientious team can order almost any book. The selection of products by Vermont artists is worth more than a quick browse.

Rutland Recreation Community Center – How can anyone resist the inclusive ebullience of an organization whose website landing page declares, "Let's Go Play!"

Chaffee Art Center – Beyond its compelling art exhibits, the Chaffee also offers classes and volunteer opportunities that appeal to various skills, interests, or time availability.

Killington's abundant recreation – Besides downhill skiing and snowboarding at "The Beast," try ice-skating, snowshoeing, cross-country skiing, fatbiking, snowmobiling or stroll down the sidewalk and pop in and out of shops and restaurants along Killington Road.

Rotary and Kiwanis – No rural community is complete without its service clubs. Rutland South Rotary, where I'm a member, is committed to funding projects that support education, and its guest speakers are top-notch. The Kiwanis Club's annual spring fishing derby draws hundreds.

Vermont Institute of Natural Science (Quechee) – VINS is most popular for its awe-inspiring exotic birds, and the "avian rehab" VINS staff provides to the wounded ones. Where else could you adopt a Snowy Owl – complete with an official adoption certificate! See also: Rutland Audubon Society, for volunteer opportunities and "birding hotspots."

Lastly, dream up your own Freezing Frolic Film Fest. Here are some "plotlines" – with more than a little help from my friends:

1. Surround yourself with upbeat people or volunteer with a nonprofit that attracts them. You don't need to write a big check: Google "7 Faces of Philanthropy" and you'll see all the other ways and reasons for why people give.
2. Help to build someone a house with Habitat for Humanity, or volunteer to cook a meal at one of our region's shelters.
3. Heed the advice of some of my most effervescent friends: get outside every day, even if it's for 10 minutes.

Start a weekly walking group, explore different neighborhoods.

4. Warm things up with a chili cookoff commotion, hot cocoa competition, or s'mores smackdown – outside! Check out the hot yoga at downtown Rutland's Triumph Studio. Or delve into the Himalayan Salt Cave and other indulgent activities at Pyramid Holistic Wellness Center.
5. Learn to play a musical instrument, and practice often. Check out or buy the book, "Your Brain on Music," and you'll see why it's a good idea even if you think you are tone deaf.
6. Be inspired by St. Albans' Adam Monette, this year's grand-prize winner (\$25,000!) of the Food Network's holiday baking contest. Monette, a culinary instructor at Northwest Career and Technical Center, also coaches his students in cooking for charity events.

Even if all you do is click on the websites of a few of the organizations above, perhaps during those annoying commercials interrupting your winter-wonderland-watch-a-thon, you'll be inspired. It's the perfect way to gear up for the final half hour of your movie's inevitable tangles, twists, and turns, just before the gorgeous snow-queen (i.e., Crystal, or Nevada, or Bianca) finally gets her gala, gown, and guy (i.e., Vinter, or Coldwell, or Douglass). The real-life heads, hearts, and hands that can guide you to find purpose, pride, and fun, will be waiting for you, right here in the Rutland region.

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

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Left out: Pre-K students and younger are left out of state's testing programs, frustrating parents, caregivers and educators trying to keep them safe from Covid from page 1

test this population. Parents will have to find testing elsewhere."

Burke continued to explain that the district was governed by state regulations for testing students: "School-based Covid testing programs (surveillance, response, and take-home testing) have been offered to all school districts, state-wide, by the Agency of Education and the Department of Health. By choosing to opt into these programs, school districts opt into all legal and operational considerations as determined by the Agency of Education and the Department of Health. These agencies determine who is eligible for testing, develop the legal consent forms, and design order entry software programs that allow every school in Vermont to communicate with the processing laboratory in Massachusetts. It's not intended to be an à la carte service. Much like parents who choose to sign the consent form for testing have to consent to all three forms of testing (surveillance, response and take home) schools who choose to participate have to play by the agency rules and regulations. The state agencies regulate and oversee our supply line of testing materials, they audit the order entry program to ensure that the number of supplies we are requesting match the number of tests that we have sent to the lab, and ultimately, they determine who we can and cannot test.

"The reason that the Pre-K population has not been included in the PCR school testing programs is that, in the eyes of the state, public school Pre-K programs fall under the childcare programming umbrella, and not the public school programming umbrella ... Because PreK is considered a childcare program, it becomes an equity issue for all other licensed childcare facilities in the state that are not a part of the public school systems...

"The reason that the Pre-K population has not been included in the PCR school testing programs is that, in the eyes of the state, public school Pre-K programs fall under the childcare programming umbrella, and not the public school programming umbrella ... I just want to be very clear that this isn't a decision that our district made," wrote Windsor Central School District Covid Coordinator Katie Burke.

I just want to be very clear that this isn't a decision that our district made — it's a rule/regulation that we are being asked to follow," Burke said, adding: "The state agencies are aware that this is a problem, and they are working on a solution — just not as quickly as any of us had hoped."

Private citizens step up in Killington

Father and son Bob and Whit Montgomery (owner of Killington Group and the town's chief of police, respectively) personally purchased 288 rapid tests for \$3,500.

"I attended school here and this community has been good to my father and I," said Whit. "We like to help out where we can and preK students are as much a part of the community and our school system as any other members," he added.

The Montgomerys have allocated 50 tests to the 25 students at Killington Elementary PreK, so that each can have two take home tests. The remaining tests are will be allocated to others in need through the town, Whit said.

"We as private citizens can step up and fill in the gaps government leaves," Whit continued.

The tests are expected to arrive at the end of this week and be distributed to the Elementary School immediately, according to Whit.

Under 5 left behind

As Covid-19 transmission reaches record levels due to the highly contagious Omicron variant, many parents were wary Monday about sending their unvaccinated children back to settings where others may be returning from holiday gatherings, especially if untested.

Parents who have studiously avoided exposing their children to the coronavirus for nearly two years are now faced with the message from state and federal health officials that unvaccinated people are highly likely to be infected during the Omicron surge. Scott even said a press conference in mid-December: "If you're still unvaccinated, I want to be clear, you will get infected, it's just a matter of time."

And while young children are generally at low risk for severe Covid-19, any exposure or infection will lead to serious disruptions to care, with ripple effects on an already strained workforce.

Alyssa Dolge of Shelburne said she was nervous dropping off her 1-year-old and 3-year-old at their child care center Monday morning, Jan. 3. Both tested negative for Covid-19, she said, and their school had been proactive and communicative — but Dolge still felt uncertain about the weeks ahead.

"I guess the biggest concern is really just the unknown," she said. "We don't know how our kids would react if they did end up with it."

Dolge and her husband both work full time.

K-12 environment. And it's like, 'Well, what about the day care centers? What about pre-schools [many of which are physically located

"It just feels very unfair, and a little bit like this group is kind of getting left behind along with their families, too," Dolge said.

in K-12 schools]?"

"I think there are a lot of assumptions made about, 'Oh, well, mom can stay home, or grandma can come over,'" she said. "And I think that there are a lot of working families, particularly if you're dealing with a single-parent household, that that's obviously not the case."

Providing rapid tests to K-12 students was a stopgap, said Anne Sosin, a policy fellow at Dartmouth College. But it does not represent a plan that would keep schools or child care programs open throughout the Omicron surge.

"Child care centers were often flying blind during the Delta surge," Sosin said. "There wasn't clear and comprehensive guidance that was put out for them, and many struggled to make decisions. Omicron is just going to make it even more difficult for child care centers to function."

When it comes to Covid-19 risk, young children are now at the whim of their communities, said Brit Quell, the parent of two toddlers and operator of Signal Pine PlaySchool in Dummerston.

"Community practice has gone to, 'Well, I'm vaccinated.' And I'm like, 'OK, but I'm still living in 2020 until the other half of my family is able to get a vaccine,'" Quell said.

On Saturday, Quell and Slade launched a petition calling for the state to distribute free rapid tests to families of child care students. As of Monday evening, more than 500 people had signed. They had not received a response from the state, Quell said.

Short supply

The state limited test distribution to K-12 students due to national constraints with the supply of rapid tests, Will Terry, a spokesperson for the state Agency of Human Services, said in an email Thursday.

"However, as more of these take-home, rapid tests become available, we'll get as many as possible, as fast as possible, into the hands of Vermonters — including for families with young children," he said.

Terry added Monday that the state now plans to expand the "test-to-stay" program, currently in use in about three-fourths of K-12 schools, to prekindergarten and regulated child care programs next week.

Better access to testing is an urgent issue for families, said Rebecca Bell, a pediatric critical care doctor at the University of Vermont Medical Center.

"I think there's going to just be a lot of illness over the next couple of weeks," Bell said, which will lead to student and staff absences. "We need testing to be able to identify those cases to be able to isolate and also to be able to get people back to work and back in the child care setting once they're feeling well."

Bell said expanding test-to-stay to include child care settings could be a challenge. Under that protocol, students who are close contacts of a positive case can remain at school only if

they test negative for seven consecutive days.

Currently, testing procedures often fall on school nurses, Bell said, and child care centers typically do not have nurses on staff. Plus, most rapid Covid-19 tests are authorized for ages 2 and up, leaving out a large portion of the child care population.

As the supply of rapid tests increases, the state Agency of Education plans to shift more testing to at-home kits that parents can pick up from schools. Bell said that model would likely be a better fit for child care centers.

Bell said at this point, the threat of disrupted care is far greater than the threat of severe illness for young children.

Pediatric hospitalizations have, however, increased nationwide during the recent surge. Bell said these hospitalizations in Vermont so far have mostly been among unvaccinated adolescents, not toddlers.

"Of course it can happen," Bell said, "but I'm not expecting to have our hospital overrun with young children in this age group with severe Covid."

Still, the sheer number of young children being exposed to the virus right now is likely to lead to some hospitalizations, said Annie Hoen, an infectious disease epidemiologist at Dartmouth College's Geisel School of Medicine.

"When you have this many cases and this level of spread, that potentially unlikely hospitalization among a younger pediatric age group turns into just large numbers of kids in the hospital, and with more severe disease," she said.

Hoen recommended that families limit their social activity outside of school to minimize exposure. The Omicron wave appears likely to peak within weeks, she said, which may make it easier for parents to consider some additional short-term precautionary measures.

"I don't think we need to be isolated at this point," Hoen said, "but to just step back from doing a lot of events and gathering. It's a good time to check that stuff and just wait it out."

There are no easy answers for parents weighing the risks to their young children, said Sosin, the Dartmouth policy fellow.

"I've heard from parents in a lot of places, and I'm not sure what to tell them. Because the reality is that many parents depend on child care. They work in person. It's not an option, really, for them to go remote or to pull their children from child care," she said. "This is not easy."





By Glenn Russell/VT Digger

Free rapid antigen Covid-19 tests ready for distribution at one of 51 Vermont Agency of Transportation garages around the state on Thursday, Dec. 30. Parents of students in grades K-12 were encouraged, but not required, to use them before children return to school next week.

Surge: Post-holiday Covid-19 surge in Vermont hits new records highs from page 1

people died of Covid. That's higher than November's total of 42 deaths but below the record 71 deaths in December 2020.

Limited testing struggles

The Vermont Department of Health distributed tens of thousands of take-home tests in preparation for the holidays, leading to packed testing centers that ran out of supplies in hours.

The state has not announced any plans to do the same for the post-holiday period.

Meanwhile, the conventional PCR test is still an option, but availability seems to be low, according to a review of the department's testing portal.

On Monday morning, Jan. 3, 24 state-run locations offered 59 time slots to get a PCR test in the next seven days. The site does not say how many people can be tested in each time slot.

Four counties — Addison, Grand Isle, Bennington and Windham — had no testing available. PCR tests are also available at some pharmacies, such as Kinney Drugs, but multiple ZIP codes on Kinney Drugs' website returned no testing slots.

"Efforts to provide testing (are) an ongoing process," department spokesperson Ben Truman said.

"We are continuing to stand up PCR and take-home testing opportunities in as many areas as possible, as logistics and supplies allow," he said. He encouraged Vermonters to visit the department's website or contact pharmacies and other non-state test providers to check for updates.

The state's test-positivity rate hit a nearly unprecedented 11% on Monday, double the pre-holiday rate of around 5%. The last time Vermont hit a positivity rate above 10% was in early spring 2020, when testing was far more limited.

However, officials have cautioned that Vermont's positivity rate may skew upward with the availability of antigen tests. Asymptomatic people may opt for antigen testing; the net result is likely to raise the positivity rate of PCR tests.

As of Monday, about 8% of tests reported by the department over the past week are "probable" cases, meaning that the results are based on antigen tests and either Covid-19 symptoms or confirmed exposure to a Covid-19 case. The department asks Vermonters to self-report their antigen test results.

Breakthrough case data

The department also provided some data on cases among vaccinated Vermonters, but included cases only up to Dec. 25 — before the massive case increase that occurred the following week.

And, the reported cases are not all omicron variants, since those were still only 44% of New England strains at the time, according to Centers for Disease Control and Prevention data. Experts have said that Covid-19 vaccines are less likely to prevent transmission of omicron than earlier versions of the virus, although they still provide strong protection against severe disease.

For the week of Dec. 19-25, Vermont reported 1,301 Covid cases among unvaccinated people and 1,274 cases among vaccinated people. Since there are far more vaccinated Vermonters than unvaccinated, that means that the rate of cases among unvaccinated people is much higher — 780 per 100,000 people, compared to 278 per 100,000 vaccinated people.

Hospitalizations were similarly higher for unvaccinated Vermonters. There were 16 hospitalizations that week among unvaccinated Vermonters, or 9.6 per 100,000 people. By comparison, vaccinated Vermonters had 10 hospitalizations for a rate of 2 per 100,000 people.

The state does not report the underlying data for deaths, but the rate of death among unvaccinated people was higher, too — about 12 per 100,000 people, compared to 4 per 100,000 people for vaccinated Vermonters.

This data does not account for the big differences between the two populations, such as the fact that vaccinated Vermonters tend to be older. In addition to the Vermont statistics, controlled scientific studies provide even stronger evidence for the effectiveness of the vaccine.

State adopts new CDC guidance for isolation, quarantine

Additional recommendations added

On Dec. 30, the state of Vermont has adopted the new Centers for Disease Control and Prevention (CDC) recommendations for Covid-19 isolation and quarantine, while adding an additional layer of protection.

In addition to the CDC guidance, the Dept. of Health guidelines allow Vermonters to end isolation on the fifth day if they have gone 24 hours without a fever and have two negative antigen tests performed at least 24 hours apart, beginning no sooner than day 4 of their isolation period.

Continuing to wear a mask around others through day 10 of the isolation period is strongly recommended by both the CDC and the health department.

The CDC announced its new guidance earlier this week. Governor Phil Scott and Health Commissioner Mark Levine, MD said on Tuesday, Dec. 28, that Vermont would be adopting the guidance but needed to review it and state data to ensure it met the needs of all Vermonters, including workers, employers and other sectors.

This guidance does not apply to health-care workers, for whom updated CDC guidance was published on Dec. 23.

A person's isolation period is the time following a positive test or symptom onset. Quarantine follows exposure to an infected person when a person is a close contact but for the moment is free of infection.

Under the new state guidance, a person with a positive test — regardless of vaccination status — should stay home and isolate for five days and notify close contacts that you have tested positive.

Four requirements for ending home isolation on Day 5:

- You have two negative antigen tests performed at least 24 hours apart beginning no earlier than day 4, and
- You never had symptoms, or your symptoms have improved and you feel better, and
- You have had no fever for at least 24 hours without the use of medicine that reduces fevers, and
- You wear a mask around others through day 10.

Dr. Levine said, "While not requiring testing, we strongly recommend Ver-

monsters adopt this 'testing out' strategy to add an important additional layer of protection while exiting isolation, especially in light of the high levels of community transmission of omicron variant we are experiencing."

Updated quarantine guidance depending on vaccination status:

- If you have had your booster shot, or completed the primary series of Pfizer or Moderna vaccine within the last 6 months, OR completed the primary series of J&J vaccine within the last two months:
 - You do not need to quarantine but should wear a mask around others for 10 days.
 - A test on day 5 is recommended. If you test positive, follow guidance: What to do if you test positive for Covid-19.
 - If you develop symptoms at any time, get a test and stay home and isolate from others until you receive your test results.
- If you completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted, OR completed the primary series of J&J over two months ago and are not boosted, OR are unvaccinated:
 - Stay home and quarantine for 5 days.
 - You can leave your home after day 5 if: you have no symptoms, and you have one negative PCR or LAMP test on or after day 5 OR two negative antigen tests performed at least 24 hours apart beginning no earlier than day 4, and you wear a mask around others through day 10.
 - If you test positive, follow guidance: What to do if you test positive for Covid-19
 - If you develop symptoms at any time, get a test and isolate from others until you receive your test results.

For more information visit: healthvermont.gov/covid-19.



EDITORIAL

Fight indifference in 2022

By Angelo Lynn

It's no surprise that Covid-19, the delta variant and its effect on our collective lives will be remembered as the top story of 2021. It's likely the twists and turns of this pandemic will remain dominant in our lives in 2022 as well.

To that end, it's not hard to see the challenge in front of us and to move in productive ways — as individuals and as a community — to navigate those waters as best we can and get on with the more agreeable, more enlightening, more satisfying rituals of life.

In short, a successful 2022 will be in understanding how to manage Covid-19 and its inevitable variants, so that we can rediscover the energy, passion and enthusiasm of living a full and rich life. More specifically, so that we build our communities into centers of camaraderie, divergent interests, and commercial enterprises that spark growth and new ideas in ways that support our youth, families and entrepreneurial spirit.

Utopia? Is that what this whacked-out editor is talking about? Is he feeding us more of what Adam Grant, an organizational psychologist at Wharton, described earlier in 2021 as “toxic positivity — that quintessentially American pressure to be upbeat at all times.”

Why doesn't he address our reality and admit that the answer to the greeting, “Hey, how are you?” is that we haven't been that great; that 2021 was a downer; that we lost that jingle in our step, that twinkle in our eye. That it's been hard to see life in an optimistic framework and truly believe in it.

Fight indifference > 29

LETTERS

More heroes than we thought

Dear Editor,

It has taken post-World War II America a long time to figure out that police, firefighters and the military are not the only heroes in our society.

It is true that country music singers, rappers, movie stars and billionaires have been getting more and more traction in

America finally realized we had to lean on health care workers.

recent decades. Outstanding individual pay-it-forward-type citizens have stood out as well.

But once the pandemic broke out, America finally realized we had to lean on health care workers, teachers and even factory, transportation and retail workers more than ever before. And those workers stood up to the task amazingly well.

In our democracy, especially in its economic

Heroes > 11

Killington's community of giving

Dear Editor,

As the new executive director and vicar at Mission Farm, I am impressed and overjoyed at the outreach and kindness shown in the Killington community.

I have witnessed the partnership of the Killington Ski Resort and the town of Killington come together to help individuals, families and businesses through the difficult days of Covid. I understand this partnership extends to John Cumming and the family of the Powdr Corporation as well as individuals such as Pamela Martin who started a Go Fund Me campaign in the beginning of the pandemic; the volunteers who have helped collect and distribute food; Castleton College for the use of their lodge and the involvement of virtually every department of the town of Killington.

Mission Farm was the recipient of this kindness in the form of a commercial refrigerator for our community food outreach and an additional donation this holiday season. We also

Giving > 11

A way to give the unvaccinated the treatment they want

Dear Editor,

All indications are that, with the new omicron variant, we are in for another surge in Covid hospitalizations. After more than a year and half into the pandemic, our health care workers are exhausted and our hospital facilities stretched.

At the same time, those who do not wish to take the vaccine and prefer alternative treatments are, in many instances, becoming even more entrenched in their beliefs. On Friday, the Valley Regional Hospital, just across the Connecticut River in Claremont, New Hampshire, had a lockdown after staff reported threatening phone calls regarding a man's Covid-19 treatments.

According to the Valley News, “An online group

started a social media campaign giving contact information for providers when the family of a Covid-19 patient called upon the hospital to respond to their demands for alternative treatment.”

One way to both ease the pressure on our health care workers and hospitals and provide an option for vaccine skeptics and those who believe in alternative cures would be to set up a high-quality field hospital for those who are unvaccinated who get Covid-19.

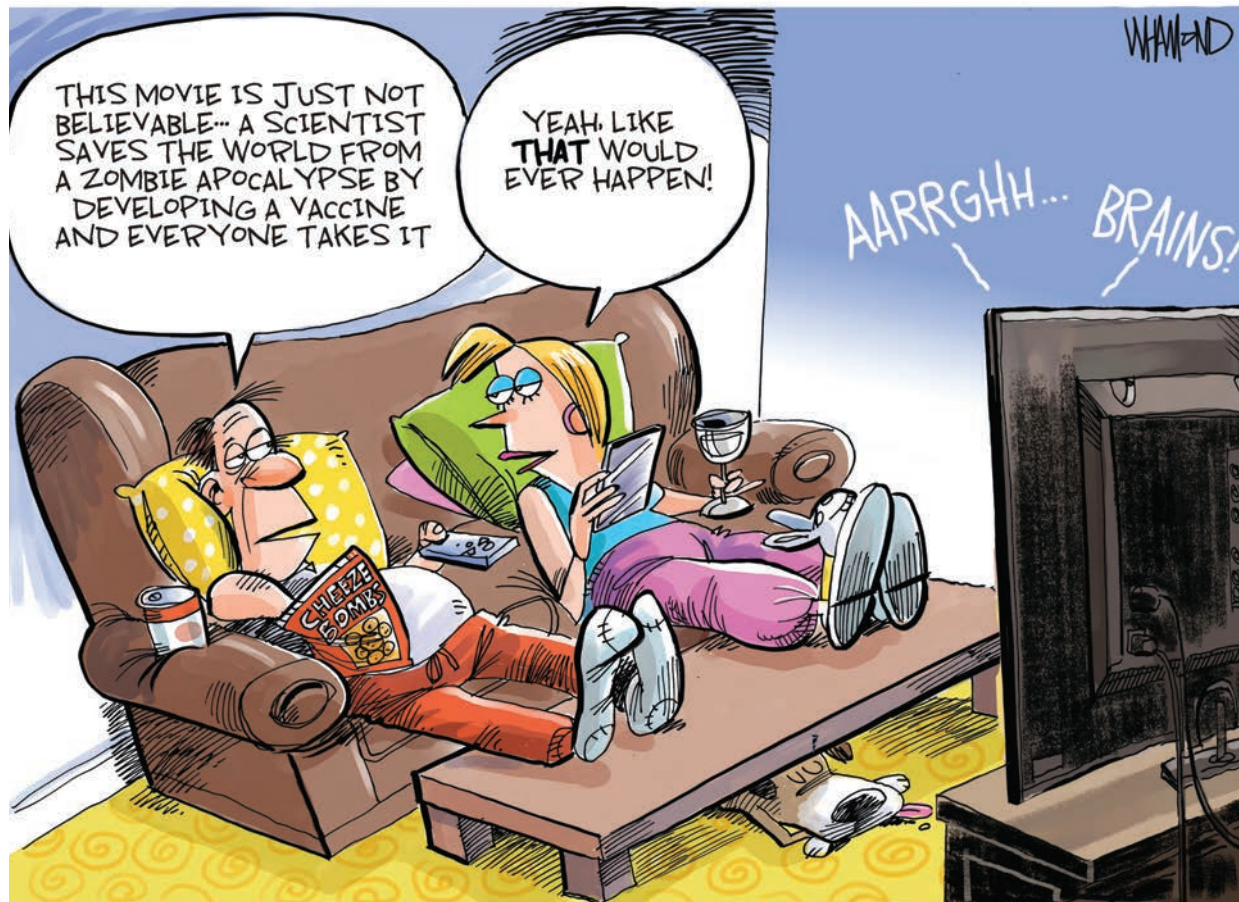
There, they could receive any treatment they wanted. Ideally it would be staffed by medical and support personnel who have refused to get vaccinated. If patients

Unvaccinated > 11



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In a Real Zombie Apocalypse by Dave Whamond, Canada, PoliticalCartoons.com

Stop the fluoridation of the Rutland City water supply

Dear Editor,

The Rutland City Aldermanic Public Works Committee is preparing to re-examine the practice of fluoridation of the water supply. I made the request for this fresh look at the Nov. 1 Aldermen's meeting, and the request was supported by 11 local and area citizens and approved unanimously by the board.

Here are seven reasons justifying not only the request to re-examine fluoridation but ending the practice altogether. Citizens who spoke out Nov. 1 made many of these same points.

1. Fluoridation is an obsolete public health measure that poses unreasonable risks to infants and adolescents and likely risks to adults.

2. Fluoridation is unethical. Residents may be unaware they are ingesting a tooth decay drug, or they may be unable to afford the cost of buying fluoride-free drinking water.

3. The effectiveness of fluoridation remains unproven after 70 years of government support. An affordable, more effective alternative exists in fluoridated toothpaste. The CDC agrees topical application

of fluoride, with toothpaste for instance, is most effective.

4. Fluoridation is wasteful and a risk to the environment. Most of Rutland's fluoridated water goes down the drain and into Otter Creek, untreated.

5. The fluoride put in Rutland's water is fluorosilicic acid, a highly corrosive substance that would be illegal hazardous waste if dumped into a river or stream. Yet it runs through our water system and bodies and winds up in the environment.

6. Most of the world rejects community fluoridation, even if allowing fluoride as an additive to salt or milk. The CDC's claim that fluoridation is one of the “10 great public health achievements” of the 20th century is not supported by science. The refusal of most developed countries to adopt the practice of fluoridation gives the lie to the CDC claim.

7. The city faces unknown liability from harm that fluoride can cause to its residents and visitors.

Jack Crowther,
Rutland

CAPITAL QUOTES

On the start of 2022...

“2022 is the year we will end the filibuster, save voting rights and protect our democracy,”

Said Rep. **Peter Welch** said on Twitter on Dec. 30.

“As we look forward to the New Year, I am hopeful because of the compassion, kindness, and generosity of Vermonters I see everyday in every corner of our state. I look forward to all we will accomplish together in 2022,”

Said Lt. Gov. **Molly Gray** on Twitter on Dec. 31.

“As we head into 2022, I want folks to remember: There’s not a single thing America cannot do when we do it together. As I reflect on 2021, I’ve never been more optimistic about the future of this country. With hope and unity, let us come together and build on our progress in the year ahead,”

Said President **Joe Biden** on Jan. 1.

“Jane and I want to take this opportunity to wish you and yours a safe and healthy new year. 2022 is not a time for despair or cynicism. Now is a time for hard work. Now is a time to stand up and fight for the country that we know we can become,”

Said Sen. **Bernie Sanders** on Dec. 31.

COMMENTARY

Vermont Chamber is focusing on workforce talent and growth

By Betsy Bishop

Editor’s note: Betsy Bishop, of East Montpelier, is the president of the Vermont Chamber of Commerce.

The last two years changed our communities and how we do business. During the Covid-19 pandemic, Vermont businesses rallied, innovated and pivoted. Still, not every business was able to stay open. And now, as we work to recover from the health crisis and economic downturn, a severe labor shortage spans across every industry.

There is a long road ahead, with business operations and consumer expectations permanently changed. The health of our state’s economy and workforce depends on the evolution of our businesses and continued support from government leaders. In 2022, the Vermont Chamber will focus on the most pressing issue that our businesses are facing: growing and retaining Vermont’s workforce to address our labor shortage.

In every policy discussion, we plan to evaluate the impact on Vermont’s economic and workforce growth. We will continue advocating for continued or increased support for:

Funding training programs and RETAIN

Training programs like the Vermont Training Program and Workforce Innovation

Opportunities Act give Vermonters the ability to upskill and enter high-need industries like manufacturing, information technology and health care. Vermont is also participating in the U.S. Department of Labor’s RETAIN program to help workers with injuries and illnesses stay at or return to work.

Supporting career and technical education

We support the Vermont Futures Project recommendation to strengthen the Career Technical Education system so that more high school students can pursue post-graduation career opportunities, including through alternative funding and governance models and integrated academic offerings focused on expanding the workforce supply.

Funding relocation grants and programs

The Vermont Chamber has long supported funding relocation grants, and this program is even more important now, as the labor shortage puts pressure on an insufficient number of workers. The Vermont Futures Project identified that Vermont needed 10,000 more workers in the labor force before the pandemic. That number has more than doubled.

The Vermont Department of Financial Workforce > 31

← Heroes: Health care workers deserve all the praise from page 10

cally and socially declining phase, we should also consider the existence of other, largely unrecognized, categories of heroes. In my mind these include non-profit founders, public health, welfare and justice system officials

(yes, even judges), small business owners and newspaper editors.

And if we are somehow able to think like an actual free people, we can’t overlook our own family ancestors, our churches, our elected officials and

especially the founders of our nation.

Heroes are not defined alone by muscles, courage and money. They must also have knowledge, public spirit and exemplary lives.

Kimball Shinkoskey, Woods Cross, Utah

← Giving: Killington community shows support over holidays from page 10

benefited from volunteers who helped to distribute food at Mission Farm through Everyone Eats Program. All of these contributions help us to provide meals to those in need and (eventually) to

offer a permitted space for community food production at Mission Farm.

Thank you to all involved. We are deeply grateful to be a part of a community that cares for one another.

With gratitude, hope and joy in this New Year,

The Rev’d Lisa M. Ransom, executive director and vicar and the Community at Mission Farm, Killington

← Unvaccinated: With rise of omicron, options for care are critical from page 10

wanted treatments like ivermectin or hydroxy-chloroquine, let them have it. Unvaccinated patients could also choose more standard care or a combination of care options. Patient outcomes would be tracked and could provide a useful measure of the efficacy of different treatments.

Covid-19 funds could be used to cover the setup of the field hospital, with

patient insurance covering costs of treatment.

Those who have profited mightily from pushing vaccine skepticism and alternative treatments, like Chelsea Green Press, might be willing to help fund such an effort as well.

A high-quality field hospital dedicated to the care of unvaccinated, where they could get the treatment they want, could

lessen some of the tension now felt between the vaccinated and unvaccinated, while freeing up our hospital space for traditional care and lessening the burden on health care workers.

It is admittedly a bit of an audacious idea, but it may well fit the unusual times we are in.

John Freitag, South Strafford

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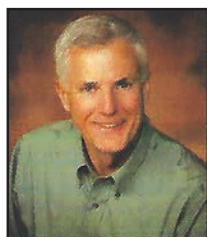
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Bridgewater resident robbed, hit with hammer on New Year's Day

A woman and her boyfriend were arrested after they broke into a Bridgewater residence around 4:30 p.m. on Jan. 1, struck a man with a hammer, slashed his tires, and stole multiple items.

Police said Edwin O'Neil, 64, was hit "multiple times" with a hammer inside his home by Orlando Cruz, 37. Cruz and his girlfriend, Tessa Haven, 36, also slashed three of O'Neil's car tires and stole two firearms, a wallet, a cell phone and two air guns from his home on Stevens Road.

Cruz and Haven were arrested by the Rutland City Police Department two days

later, on Jan. 3. Police said O'Neil knew Hazen and Cruz. Neither of them have a permanent address.

Both are being held at Marble Valley Regional Correctional Facility. Cruz is being held for lack of \$50,000 bail and is charged with assault and robbery with injury, burglary of an occupied dwelling, aggravated assault with a deadly weapon, unlawful mischief, and interference with access to emergency services. Hazen is being held for lack of \$30,000 bail and is charged with assault and robbery as well as burglary of an occupied dwelling.

← **Caira:** Woman represents hospitality field during worker shortage from page 5

protocols offer some challenges. We have to be especially agile to adapt as circumstances change. And we are always on the lookout for qualified candidates to join our team.

MT: Any experiences or influences that were significant for you?

CC: It was the combination of all of my experiences that led me to where I am today. The most significant change occurred when I started working for Vail Resorts. I have learned so much about the ski industry in the past three years.

Working for an enterprise with such diverse outlooks that really embraces technology has been incredibly beneficial to my growth as a leader.

MT: What are the changes and challenges you've seen in the hospitality field?

CC: During the pandemic, the world was turned upside down. So many people in the hospitality field pursued careers in different fields. The cost-of-living in ski

towns and housing challenges have played a significant role in attracting new talent.

MT: How do you spend your time outside of work?

CC: I love spending time with my husband, my two daughters and two grandchildren. My hobbies are sewing and cooking. I spend lots of time at the yoga studio and love hiking, kayaking, snowshoeing and skiing.

MT: How would you describe the mountain and ski town lifestyle?

CC: It's a blast!! Working for a resort allows you to ski or snowboard more often and enjoy an active, outdoor lifestyle.

MT: What advice would you give someone who wanted to work at a ski resort?

CC: Go for it! Have fun! Take advantage of the benefits and opportunities to grow. Work hard, play harder!

MT: Any advice or words of wisdom?

CC: Enjoy life, be happy and be kind.

← **Outbreak:** Resort deals with surge of Covid over busy holiday period from page 3

there were a number of cases there on Monday," health department spokesperson Ben Truman reported. "It's being considered an outbreak as of today."

Killington's was the largest known outbreak affecting a Vermont business, according to Truman. There were a total of 1,352 new cases reported Thursday, Dec. 30. Killington Resort employs over 1,000 employees.

"Like many businesses, especially those who are customer facing, we have seen an increase in positive Covid cases given the highly contagious Omicron variant and at this time a small percentage of our staff has tested positive," Michael Solimano, president and general manager of Killington and Pico, said via email.

Mandatory masking was reinstated at both Killington and Pico resorts Monday, Dec. 27. "This policy requires all guests and employees, vaccinated or not, to wear a face mask covering their nose and mouth while indoors or riding our gondolas," according to an announcement on the resort's website.

Both Killington and Pico instituted a vaccine and mask mandate for all staff and volunteers before opening for the season, offered weekly testing on site throughout November and December, and provided paid time off and rides to employees so that they could obtain booster shots.

"We also canceled base lodge music and closed indoor bars where we cannot control capacity and shifted focus to outdoor bars and dining locations encouraging guests to treat their car as their base lodge and of course staying home if they feel sick," Solimano wrote.

Additionally, the resort made the decision to cancel the New Years' Party at The Wobbly Barn. Killington has taken all the appropriate prevention and precautionary measures, Truman said, as well as steps to support employees. "Obviously the outbreak is, in a word, unfortunate, but it is not unexpected," he said, given the wide reach of the virus and the rising statewide count. "It's present in the workforce and it's circulating," Truman said. "There's no patient zero situation. It's out there with the folks who have it and it's circulating around the community." Auditi Guha/VTDigger contributed to this reporting.

"Obviously the outbreak is, in a word, unfortunate, but it is not unexpected," he said



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FIBER FLOOSIES AT THE GODNICK CENTER

WEDNESDAY, JAN. 5 AT 10 A.M.

Submitted

WEDNESDAY, JAN. 5

Baptiste Flow yoga

9 a.m. True Yoga Vermont, 22 Wales St., Rutland. \$49 for a month of unlimited classes.

Join True Yoga Vermont for an hour long morning Baptiste Flow session. For more info visit trueyogavermont.com.

Fit and Fun exercise class

9:30 a.m. Godnick Center, 1 Deer Street, Rutland. \$15/month. Low impact, aerobic, and stretching routines; move to lively, sing-a-long music led by Marilyn Sheldon. Feel better, increase strength, balance and flexibility. Preregistration required. Limited space. Call 802-773-1853 to reserve your spot.

Fiber Floosies

10 a.m. Godnick Center, 1 Deer Street, Rutland. Free. This fun group will be meeting in the Godnick Center Craft Room starting in December. Attendees bring their projects in rug hooking, knitting, cross-stitch, or any fiber arts. Attendees must complete a membership form for the Godnick Center. No cost to participate. For more info call 802-773-1853.

Jamaican Jamboree

11 a.m. - 2 p.m. Jerk Jamaican Mountain Grill at Skyeship Mid-Station, Killington Resort in Killington. Take a break from the slopes and stop off for lunch at the Jamaican Grill located at the Skyeship Gondola mid-station. Red Bull will be on hand with some free giveaways while playing rockin' tunes out of the Red Bull event truck. You can also grab your friends for a picture at the tropical photobooth and see views of the slopes from the newly expanded Yeti deck. For more info visit killington.com/things-to-do.

Movers and Shakers

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

Zentangle Workshop with Jenny Dembinski

2-4 p.m. Virtual. Free. Take your doodles to the next level while getting in touch with your zen. Jenny Dembinski, long-time Woodstock resident and certified Zentangle instructor, will lead a series of online workshops. Join her for one class or all four held on 1/5, 2/2, 3/30, and 4/27. Zentangle is great for everyone, children (12+) and adults, even if you don't draw. Nothing is planned and there are no mistakes. The only requirement is to bring an intention of gratitude and appreciation of the drawing practice. For more info visit normanwilliams.org/events/zentangle-workshop/all. Email programs@normanwilliams.org to join.

Al-Anon and Alateen

7 p.m. A Good Shepherd Lutheran Church, 6 Church Hill Road in Rutland. Free.

Al-Anon and Alateen are organizations that aim to help relatives, friends, coworkers, and others affected by the drinking of people they know. Al-Anon meetings are open to everyone, while Alateen meetings are for teenagers (and occasionally preteens). Collectively, the meetings are known as Al-Anon Family Groups (AFG). For more info visit good-shepherd.org/events/al-anon.

18+ Costume party at Wobbly Barn

9 p.m. - midnight. Wobbly Barn, Killington. 21+ free entry; Ages 18-20: \$5 cover charge. Killington Resort and Bud Light Seltzer will be hosting a one-of-a-kind party during this year's College Week. Come dressed in your craziest costumes to the world-famous Wobbly Barn. Didn't pack your favorite onesie? No worries, costumes are not required. There will also be surprise giveaways throughout the evening from our friends at Bud Light Seltzer. Taking the Wobbly stage at 9 p.m. will be Red Bull DJ Ryan Getek! Originating from VT, Ryan Getek (AKA Goretek the Assassin) got his start in Burlington back in 2008. Opening for acts such as Bauer, DJ Theory, RL Grime, JSTJR, Vilify, and more, he has also been booked for a handful of music festivals in VT and NY. From DJing multiple events for Red Bull and acquiring residences in Burlington, he has developed an eclectic style of music ranging from house, disco, hip-hop/rap, to drum & bass and more. It's always a fun ride when he's in the driver's seat. *Please note, we will require proof of vaccine or negative COVID test within 72 hours to enter.

THURSDAY, JAN. 6

Baptiste Flow yoga

6 a.m. True Yoga Vermont, 22 Wales St., Rutland. \$49 for a month of unlimited classes.

Join True Yoga Vermont for an hour long early morning Baptiste Flow session. For more info visit trueyogavermont.com.

Free Thursday Meditation

6 a.m. and 6 p.m. Eagles Nest Studio, 2363 US-RT4, Killington. Free. Reoccurring Free Thursday Meditation offered in the former Mountain Meadows building, below Base Camp Outfitters. Limited to 8 people. Please RSVP at 802-356-2946 or email VTeaglesnest@gmail.com.

Line Dance: Groovey Grannies

9:30 a.m. Godnick Center, 1 Deer Street, Rutland. \$5/class. Intermediate line dance, mostly country with a little variety. No partner is needed. Marilyn Sheldon leads the dancing on Thursday mornings at 9:30 a.m. For more info call 802-773-1853.

Circle of Parents

10 a.m. Virtual. Free. Virtual. Circle of Parents is a professionally facilitated, peer led self-help support group for parents and other caregivers. Participants meet weekly for 60-90 minutes online in virtual meetings. To find a group appropriate for you, call 1-800-CHILDREN (1-800-244-5373) or 1-802-229-5724 or email pcavt@pcavt.org.

Tai Chi Level 2

10 a.m. Godnick Center, 1 Deer Street, Rutland. Free. Often described as "meditation in motion," Tai Chi is a mind-body practice, originating in China as a martial art. This class is a fun, relaxing, and enjoyable way to move with mindfulness and enjoy the camaraderie of others while practicing. For more information call 802-773-1853 or email aprilc@rutlandrec.com.

Killington Bone Builders

10 a.m. Sherburne Memorial Library, 2998 River Road, Killington. Free. In the meeting room at Sherburne Memorial Library. Weights provided. For more info call Pat 802-422-3368.

Meditation for Your Life

11 a.m. Godnick Center, 1 Deer Street, Rutland. Free. Meditation for Your Life is easy to learn and easy to practice. Meditation creates the ability to improve all of our daily challenges. We believe that meditation will be beneficial to seniors and we will gear our classes to accomplishing a healthy attitude and spirit for all. Sessions are lead by Brian Salmanson. All participants will be sitting on a chair. To reserve your spot call 802-773-1853.

Drive-up pick-up meals

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

Tai Chi Level 1

2:30 p.m. Godnick Center, 1 Deer Street, Rutland. Free. Often described as "meditation in motion," it is a mind-body practice, originating in China as a martial art. This class is a fun, relaxing, and enjoyable way to move with mindfulness and enjoy the camaraderie of others while practicing. Call 802-773-1853 or email aprilc@rutlandrec.com for more info.

Circle of Parents in Recovery

3 p.m. Virtual. Free. Support group meets weekly online on Thursdays from 3-4:30 p.m. For more info and to join a group contact Amber at amenard@pcavt.org or 802-498-0603.

NAMI Connection peer support group

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

Circle of Parents for Grandparents

4 p.m. Virtual. Free. Meets weekly online. Run by Prevent Child Abuse VT. For info and to join a group contact Amber at amenard@pcavt.org or 802-498-0603.

Kids Yoga

5 p.m. Chaffee Art Center, Rutland. \$10/class. Learning the basics of yoga and mindfulness to increase focus and concentration. A fun way to stay playful and healthy inside and out. Students must pre-register by the day before class. For more info and to register visit chaffeeartcenter.org.

FRIDAY, JAN. 7

Inferno Hot Pilates

6 a.m. True Yoga Vermont, 22 Wales St., Rutland. \$49 for a month of unlimited classes. Join True Yoga Vermont for an hour long early morning Inferno Hot Pilates session. For more info visit trueyogavermont.com.

Hangover Yoga

8:30 a.m. Long Trail Pub at the Snowshed Base Lodge, Killington Resort in Killington. Free. For the early risers, there is a free yoga class on the upper level of the Snowshed Lodge from 8:30-9:30 a.m. Enjoy the amazing views of Killington while basking in the sunshine from the windows of the Long Trail Pub. All participants will be entered into a raffle for a free Subaru yoga mat. For more info visit killington.com/things-to-do.

Prioritizing wellness for your body and business

8:30 a.m. Virtual. Free. "Wellness" is a multi billion-dollar industry in the United States. With minimal regulation for certain products and services and different laws in each state, rampant misinformation, and countless options, how should you prioritize where to spend your money? In this interactive workshop, we will explore and experience low/no-cost evidence-based wellness practices, identify "red flags and green flags" in wellness marketing, and create mini action plans for including wellness in your business strategy. This event is led by Melanie Giangreco and host by Women Business Owners Network Vermont. For more info and to register visit bit.ly/WBONWellness.

Noon time hockey

12-1 p.m. Wendell A. Barwood Arena in Hartford. \$5/play. Season passes available. Noon Time Hockey is for the hockey enthusiast, ages 15+. This program is open play. Participants are required to have some hockey experience and must have complete hockey gear to play. For more info and to purchase tickets and season passes visit bit.ly/Noontimehockey.

Hartford general public skating

1:15-2:30 p.m. Wendell A. Barwood Arena in Hartford. Prices vary. Season passes available. Enjoy public skating at the Wendell A. Barwood Arena (WABA). Skate rentals and sharpening are available on site. Rentals are \$5 per pair and skate sharpening are \$5 per pair. Public Skating Memberships are available online, at the Recreation office, or at the WABA. For more info and to purchase season passes visit bit.ly/HartfordSkate.

Introduction to Smelt Fishing

4:00 p.m. Joe's Pond Fishing Access in Danville. Free. The Vermont Fish and Wildlife Department has scheduled a series of free ice fishing clinics for anyone who would like to learn about the latest proven ice fishing techniques. Each clinic will last 2.5 to 3 hours. Exact location details will be given when people register for the event. Topics to be covered include ice safety, hole drilling, equipment and techniques, regulations, and different techniques for different fish. Pre-registration is required. For more info and to register visit vtfishandwildlife.com.

← **Calendar:** Email events@mountaintimes.info
from page 14

“Spider-Man: No Way Home”

7:30 p.m. Woodstock Town Hall Theatre, 31 The Green in Woodstock. \$9/adult; \$8/child and senior; \$7/Pentangle members. For the first time in the cinematic history of Spider-Man, our friendly neighborhood hero's identity is revealed, bringing his Super Hero responsibilities into conflict with his normal life and putting those he cares about most at risk. When he enlists Doctor Strange's help to restore his secret, the spell tears a hole in their world, releasing the most powerful villains who've ever fought a Spider-Man in any universe. Now, Peter will have to overcome his greatest challenge yet, which will not only forever alter his own future but the future of the Multiverse. All patrons, staff, and volunteers must show proof of full vaccination, 14 days past their final vaccination shot, or proof of a negative Covid-19 test within three days of the event. Masks required inside the theatre, regardless of vaccination status, except while enjoying Concessions. For more info and to purchase tickets visit pentanglearts.org.

SATURDAY, JAN. 8

Introduction to Smelt Fishing

8:30 a.m. Lake Paran Fishing Access in Bennington. Free. The Vermont Fish and Wildlife Department has scheduled a series of free ice fishing clinics for anyone who would like to learn about the latest proven ice fishing techniques. Each clinic will last 2.5 to 3 hours. Exact location details will be given when people register for the event. Topics to be covered include ice safety, hole drilling, equipment and techniques, regulations, and different techniques for different fish. Pre-registration is required. For more info and to register visit vtfishandwildlife.com.

Playing with Penguins: Kids paper crafting class

9 a.m. - 12 p.m. Hartford Town Hall in Hartford. \$20/Hartford residents and \$30/non-Hartford residents. Learn the basic skills of card making; paper, stamps, and inks. We will be making up to 20 note cards. All supplies are included. Children under 12 years of age must be accompanied by an adult and will be working together. For more info and to register visit bit.ly/PenguinPaper.

Billings Backyard Series: Felted soap workshop

10-11:30 a.m. Billings Farm & Museum in Woodstock. \$15/person. Learn new skills, embrace your creativity, and have some good, clean fun. Using locally made soaps and wool from Billings Farm & Museum's sheep, instructor Tiana St. James will walk participants through the processes of both wet felting and needle felting to make a charming and sustainable product. For more info visit billingsfarm.org/events/making-felted-soap.

Book sale

11 a.m. - 2:30 p.m. Isley Public Library, 75 Main St. in Middlebury. The Friends of Isley Public Library will hold a used DVD, book CD, and book sale. The sale will be held in the Isley Library community room. Come check out their selection of books for all ages, DVDs, and book CDs, most priced at \$2 or less. Some specially priced books are also available. Proceeds support Isley Library programs. Masks and distancing requested. For more info visit friendsolisley.com.

'SPIDER-MAN: NO WAY HOME' AT WOODSTOCK TOWN HALL THEATRE

FRIDAY, JAN. 7 AT 7:30 P.M.



Courtesy pentanglearts.org

“Street Gang: How We Got to Sesame Street”

3 p.m. and 5:30 p.m. Billings Farm & Museum in Woodstock. \$15/person; \$12/BFM member. Over two showings on Saturday, Jan. 8, at 3 p.m. and 5:30 p.m. in the Billings Farm & Museum Theater, Street Gang will take viewers inside the minds and hearts of the Sesame Street creators to help us understand not only how they produced this groundbreaking show, but also what it was like to be at the center of a cultural and social phenomenon. For more info and to purchase tickets visit billingsfarm.org/product/street-gang.

Hartford general public skating

4:15-5:45 p.m. Wendell A. Barwood Arena in Hartford. Prices vary. Season passes available. Enjoy public skating at the Wendell A. Barwood Arena (WABA). Skate rentals and sharpening are available on site. Rentals are \$5 per pair and skate sharpening are \$5 per pair. Public Skating Memberships are available online, at the Recreation office, or at the WABA. For more info and to purchase season passes visit bit.ly/HartfordSkate.

Vermont Mandolin Trio

7:30 p.m. Next Stage Arts Project in Putney. \$18 in advance or \$22 at the door. Next Stage Arts Project and Twilight Music present an evening of bluegrass, jazz, gypsy, classical, and roots music by three of Vermont's finest mandolinists - Matt Flinner, Will Patton, and Jamie Masefield - accompanied by acoustic bassist Pat Melvin. The Vermont Mandolin Trio performs the music of Bill Monroe, Django Reinhardt, J.S. Bach, and everything in between - all with the flair of virtuosity and originality. Fiddler/singer Lissa Schneckenburger will open the show. For more info visit nextstagearts.org/event/vermont-mandolin-trio.

SUNDAY, JAN. 9

Original Hot Yoga

8 a.m. True Yoga Vermont, 22 Wales St., Rutland. \$49 for a month of unlimited classes. Join True Yoga Vermont for an hour long morning Original Hot Yoga session. For more info visit trueyogavermont.com.

Mini Shred Madness

9 a.m. - 12 p.m. Red's Backyard, Killington Resort in Killington. \$20/participant. Join us at Red's Backyard on Sunday, Jan. 9 and compete for prizes in a friendly and fun environment. Grom skiers and riders 13 years and under will get a feel for park riding and experience the rules and navigation of the park. Mini Shred Madness is all about having fun in a competition setting. Not to mention, there will be all sorts of free giveaways being handed out at the event to competitors. For more info and to register visit killington.com/things-to-do.

Rutland Winter Farmers' Market

10 a.m. Vermont Farmers Food Center, 251 West Street in Rutland. Free. The Vermont Farmers' Market is proud to hold an indoor market in Rutland throughout the winter time. From farm fresh veggies to artisan cheeses, handcrafted breads, maple syrup, Vermont crafts, hot prepared food, and more - find it all at the indoor market. Every Saturday from 10 a.m. to 2 p.m.

Hartford general public skating

3:10-4:30 p.m. Wendell A. Barwood Arena in Hartford. Prices vary. Season passes available. Enjoy public skating at the Wendell A. Barwood Arena (WABA). Skate rentals and sharpening are available on site. Rentals are \$5 per pair and skate sharpening are \$5 per pair. Public Skating Memberships are available online, at the Recreation office, or at the WABA. For more info and to purchase season passes visit bit.ly/HartfordSkate.

House of Waters

6 p.m. Next Stage Arts Project in Putney. \$17 in advance or \$20 at the door. Fresh off a globetrotting touring schedule in 2018-2019 including 4 tours of Europe, their first tour in India, and numerous shows and festivals in the USA, House Of Waters saw their 2020 touring schedule derailed by the Covid-19 pandemic. Gratefully, in 2021 House of Waters are back on the road again and eager to please their loyal fans. Proof of vaccination or negative COVID test within 48 hours required for entry to indoor shows. Masks required while inside the venue. For more info and to purchase tickets visit nextstagearts.org/event/house-of-waters.

MONDAY, JAN. 10

Inferno Hot Pilates

6 a.m. True Yoga Vermont, 22 Wales St., Rutland. \$49 for a month of unlimited classes. Join True Yoga Vermont for an hour long early morning Inferno Hot Pilates session. For more info visit trueyogavermont.com.

A Community of Parents

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

MINI SHRED MADNESS AT KILLINGTON RESORT

SUNDAY, JAN. 9 AT 9 A.M.



Courtesy Killington Resort

Killington Bone Builders

10 a.m. Sherburne Memorial Library, 2998 River Road, Killington. Free. In the meeting room at Sherburne Memorial Library. Weights provided. For more info call Pat at 802-422-3368.

Drive-up pick-up meals

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

Bone Builders

1 p.m. Godnick Center, 1 Deer Street, Rutland. Free. An Osteo Exercise Program. All you need to bring with you is a bottle of water. The weights are provided. For more info and to RSVP call 802-775-8220.

Open Discussion and Support Group for Frontline Workers

3:30 p.m. Virtual. Free. Join this facilitated discussion to share and learn from your peers in front-line positions about how best to manage during this time. COVID Support VT staff will provide a structured environment for discussion and tips for coping and wellness. For more info visit bit.ly/frontlineworkerssupport.

NAMI Connection peer support group

7 p.m. Virtual. Free. Struggling with managing your mental health? NAMI Connection Peer Support Group can help. This is a free, 90-minute recovery support group for people living with a mental health condition. For more info., visit namivt.org/support/peer-support-groups or contact Nick Martin at nickmartin@namivt.org.

Calendar > 16

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← **Calendar:** Email events@mountaintimes.info
from page 15

TUESDAY, JAN. 11

Inferno Hot Pilates
9 a.m. True Yoga Vermont, 22 Wales St., Rutland. \$49 for a month of unlimited classes. Join True Yoga Vermont for an hour long early morning Inferno Hot Pilates session. For more info visit trueyogavermont.com.

Henry & Mudge and the Sparkle Days
9:30 a.m. Stone Valley Arts in Poultney. \$10/class pre-registered for the complete series; \$12/class pre-registered by individual class; \$13/class drop-in. This January, Stone Valley Arts will team-up with WoodSpryte Arts Early Learning Adventures for literacy-based integrative arts program for the very young led by instructor Rosemary Moser. Classes are open to children ages 2-8. At this time of year as we begin to prepare for family gatherings, Stone Valley Arts will explore what that's like and how we get there by painting cars, trucks, planes, and other transportation vehicles. Zoom right in!

Line Dance: Country
9:30 a.m. Godnick Center, 1 Deer Street, Rutland. \$5/class. Join the Godnick Center on Tuesday mornings at 9:30 a.m. with Marilyn Sheldon. Come for a fun cardiovascular workout with both new and old-line dances. No experience necessary. No partner needed. For more info call 802-773-1853.

Knitting Group
12:30 p.m. Godnick Center, 1 Deer Street, Rutland. Free. Gather your knitting (or crochet) project and let's come together! We are trying a new way of gathering with our creative interests. To RSVP call 802-773-1853 or email aprilc@rutlandrec.com

Planning Your Payroll
1 p.m. Virtual. \$35/two-part workshop. Estimating employee costs and trade-offs with mechanization. Participants will learn how to estimate the complete cost of their employees, including payroll taxes, workers' compensation and any benefits beyond regular hourly wages, as well as explore how investments in mechanization can affect labor needs and costs. This workshop is held by the University of Vermont Extension New Farmer Project, in collaboration with University of New Hampshire Cooperative Extension and the University of Wisconsin Center for Integrated Agricultural Systems. For more info and to register visit go.uvm.edu/farm-labor-wrkshp.

Chess Club
4 p.m. Godnick Center, 1 Deer Street, Rutland. Free. Are you new to the game or have you been playing for years? This is an opportunity for players of all levels and ages to play chess. Bring your own chess set if you are able, some sets will be available. For more info contact club organizer Gregory Weller at gawchess802@gmail.com.

Circle of Fathers
4 p.m. Virtual. Free. Fathers Support Group. Run by Prevent Child Abuse VT. For more info contact Amber Menard, Family Support Programs Coordinator, at 802-552-4274 or amenard@pcavt.org.

Circle of Parents in Recovery
5:30 p.m. Virtual. Free. Virtual support group. Run by Prevent Child Abuse VT. For more info contact Cindy Atkins, Family Support Programs Coordinator, at 802-498-0608 or catkins@pcavt.org

'HENRY & MUDGE AND THE SPARKLE DAYS' AT STONE VALLEY ARTS

TUESDAY, JAN. 11 AT 9:30 A.M.



Grief support
6 p.m. VNA & Hospice of the Southwest Region's Rutland office at 7 Albert Cree Drive, Rutland and virtually. Free. The VNA & Hospice of the Southwest Region, (VNAHSR) will provide grief support services both in-person and virtually every Tuesday from 6-7 p.m. at the VNA & Hospice of the Southwest Region's Rutland office on 7 Albert Cree Drive. Led by Spiritual and Bereavement Coordinator, Collin Terenzini. Space is limited. To register call 802-855-4533.

The Long and Winding Road of Developing New Cancer Therapies

7 p.m. Virtual. Free. This is the first class in the Teen 4-H Science Pathways Cafes. Cafes are informal, interactive programs that promote exploration, curiosity and life-long learning about current and cutting-edge ideas in science and technology. Teens engage in lively discussion and hands on learning with experts. Recording of all Teen Science Cafes will be available to view on Youtube at go.uvm.edu/4hteensciencecafes. Advance registration is required for each Cafe. For more info and to register visit uvm.edu/extension/youth/announcements.

Did we miss a local event?

Email your upcoming event to email events@mountaintimes.info.



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Serving locals and visitors alike since 1998, dinner at the Birch Ridge Inn is a delicious way to complete your day in Killington. Featuring Vermont inspired New American cuisine in the Inn's dining room and Great Room Lounge, you will also find a nicely stocked bar, hand crafted cocktails, fine wines, seafood and vegetarian options, and wonderful house made desserts. birchridge.com, (802) 422-4293.



Choices Restaurant & Rotisserie

Choices Restaurant and Rotisserie was named 2012 "Ski" magazines' favorite restaurant. Choices may be the name of the restaurant but it is also what you get. Soup of the day, shrimp cocktail, steak, hamburgers, a variety of salads and pastas, scallops, monkfish, lamb and more await you. An extensive wine list and in house made desserts are also available. choicesrestaurantkillington.com (802) 422-4030.



Dream Maker Bakers

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



Inn at Long Trail

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



Jones' Donuts

Offering donuts and a bakery, with a community reputation as being the best! Closed Monday and Tuesday. 23 West Street, Rutland. See what's on special at Facebook.com/JonesDonuts/. Call 802-773-7810.

killington market

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



Liquid Art

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



Lookout Tavern

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



Moguls

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



Mountain Top Inn

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



Rosemary's Restaurant

Rosemary's Restaurant at the Inn at Long Trail is serving dinner Thursday through Saturday 6-9 pm, with casual fine dining specializing in comfort foods. Our chef blends the flavors of Ireland and New England, featuring locally sourced products. Enjoy the scenery of our indoor boulder and illuminated boulder garden view. Reservations appreciated. 802-775-7181



Rutland CO-OP

The Rutland Area Food Co-op is a community-owned grocery and wellness market situated in downtown Rutland. As a food cooperative, we are owned by a membership base of around 2,000 members. We aim to provide affordable access to high-quality, local, organic and sustainable foods and goods. At the same time, as a mission-driven, community-oriented business, we proudly strengthen our region by carrying products of more than 180 local businesses. 77 Wale St. Rutland. rutlandcoop.com 802-773-0737



Sugar and Spice

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[MUSIC Scene]

By DJ Dave Hoffenberg

Listings for Jan. 5-11 (Some places require reservations, some proof of vaccination or a negative covid test within 72 hours, so please call ahead before making a drive.)

WED.
1/5**KILLINGTON**

5 p.m. Wobbly Barn – King Arthur Junior

8:30 p.m. Jax Food & Games – Chris Powers

9 p.m. Moguls Sports Pub – DJ Dirty D

9 p.m. Wobbly Barn – College Costume Party with Red Bull DJ Ryan Getek

LUDLOW

6 p.m. Du Jour VT – Jim Yeager and Melissa Dee Phipps

POULTNEY

7 p.m. Taps Tavern – Open Mic hosted by Danny Lang

RANDOLPH

7 p.m. One Main Tap & Grill – Open Mic hosted by Silas McPrior

RUTLAND

9:30 p.m. Center Street Alley – Open Mic hosted by Tom Irish

THURS.
1/6**BRANDON**

6 p.m. Ripton Mountain Distillery – Open Jam

KILLINGTON

5 p.m. The Foundry – Ryan Fuller

6 p.m. Liquid Art – Open Mic

6 p.m. Rivershed – King Arthur

6 p.m. Wobbly Barn – Acoustik Ruckus

8 p.m. Pickle Barrel Nightclub – Higher Education
8:30 p.m. Jax Food & Games – Jenny Porter and Krishna Guthrie**LUDLOW**

6 p.m. Du Jour VT – BYO(Damn) Mic: Open Mic hosted by George Nostrand

PROCTORSVILLE

5 p.m. Neal's Restaurant & Bar – Sammy B

QUECHEE

6:30 p.m. The Public House – Trivia

RUTLAND

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

9 p.m. Center Street Saloon – International Night

FRI.
1/7**CASTLETON**

6 p.m. Ice House Bar & Grill – Aaron Audet

KILLINGTON

4 p.m. The Foundry – Jamie

4 p.m. Wobbly Barn – The Gully Boys

6:30 p.m. Wobbly Barn – Chris P Trio

7 p.m. The Foundry – Jenny Porter

7:30 p.m. McGrath's Irish Pub – Tom O'Carroll

8 p.m. Pickle Barrel Nightclub – Lost in Paris

9 p.m. Moguls Sports Pub – Fiddle Witch

9:30 p.m. Jax Food & Games – Jamie

9:30 p.m. Wobbly Barn – Laura Lea and Tripp Fabulous

LUDLOW

5:30 p.m. Calcuttas – Sammy B

6 p.m. Du Jour VT – Rebecca Turnel

POULTNEY

7 p.m. Taps Tavern – Mean Waitons

SAT.
1/8**KILLINGTON**

4 p.m. Pickle Barrel Nightclub – Jamie's Junk Show with guest opener Jenny Porter

4 p.m. The Foundry – Happy Hour with Jacob Butler

4 p.m. Wobbly Barn – Nikki Adams

4:30 p.m. North Star Lodge – Tom Irish

6 p.m. Summit Lodge – Fiddle Witch

6:30 p.m. Wobbly Barn – Krishna Guthrie Band

7:30 p.m. McGrath's Irish Pub – Tom O'Carroll

8 p.m. Pickle Barrel Nightclub – Lost in Paris

9:30 p.m. Jax Food & Games – King Margo

9:30 p.m. Wobbly Barn – Laura Lea and Tripp Fabulous

LUDLOW

6 p.m. Calcuttas – Quincy Medaglia Band

6 p.m. Du Jour VT – Eric King

PROCTORSVILLE

8 p.m. Neal's Restaurant & Bar – Cuzin It

RUTLAND

9 p.m. Center Street Alley – DJ Mega

SUN.
1/9**KILLINGTON**

10 a.m. Ramshead Red's Backyard – Mini Shred Madness with DJ Dave

5 p.m. The Foundry – The Foundry Jazz Trio

6 p.m. Liquid Art – Tee Boneicus Jones

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

LUDLOW

5 p.m. Mr Darcy's – Rebecca Turnel

PITTSFIELD

6:30 p.m. The Clear River Tavern – Trivia

STOCKBRIDGE

1 p.m. The Wild Fern – The People's Jam with Rick Redington

MON.
1/10**KILLINGTON**

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

LUDLOW

8 p.m. The Killarney – Open Mic with host King Arthur Junior

PROCTORSVILLE

5 p.m. Neal's Restaurant & Bar – Sammy B

TUES.
1/11**KILLINGTON**

4 p.m. Wobbly Barn – Rick Redington

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

LUDLOW

7 p.m. Du Jour VT – Taco Tuesday with Dustin Marshall

POULTNEY

7 p.m. Taps Tavern – Open Bluegrass Jam

QUECHEE

5 p.m. The Public House – Jim Yeager



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WORDPLAY

'Blood donation' Word Search: Find the words hidden vertically, horizontally, diagonally and backwards.

SUDOKU

Solutions > 26

A	L	R	N	C	L	U	K	E	G	N	I	R	Y	S	O	C	S	B	B
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CROSSMATCH
DISEASE
- DONATION
DONOR
DOSAGE
ENDOTHELIAL
ENZYMES
GENETIC
- GROUP
HEALTH
STEM
SYRINGE
THERAPY
TYPE

CROSSWORD PUZZLE
Solutions > 26

CLUES ACROSS
1. Struck firmly
6. Shirt part
12. Nevertheless
16. Article
17. Adornment
18. Educator's helper
19. Healthcare pro
20. Atomic number 28
21. Extinct flightless bird
22. Mystic syllable
23. College sports decision maker (abbr.)
24. Edible mushrooms
26. Venerable English monk
28. Surrounded by
30. Forming fractional numbers from 4 onwards
31. Eastern France river
32. Short cry or yelp
34. Brew
35. Ornamental box
37. In a way, surfaced
39. Attired
40. Peculation
41. Netted
43. It shows you paid (abbr.)
44. Payroll firm
45. Antidiuretic hormone
47. Japanese classical theater
48. The first two
50. Ancient burial chamber
52. Type of card
54. Expression of sorrow or pity
56. Hectoliter
57. Morning
59. NYC subway dweller
60. Law enforcement
61. Sodium
62. Elevated subway
63. Facility where wild animals are kept
66. Integrated circuit
67. Seaman's tool
70. Drink to
71. Small group

CLUES DOWN
1. Poem
2. Everest is one (abbr.)
3. Olympic legend
4. Portable tent
5. When you hope to get there
6. Unwavering
7. Back muscle
8. Within
9. Excessive fluid accumulation in tissues
10. Six
11. Involved as a necessary part
12. 2002 Liotta, Patric film
13. Living thing
14. Type of gin
15. Moved around in pursuit of fun
25. Makes light bulbs
26. Story of one's life
27. Small island in a river
29. A type of bliss
31. Genus of large herons
33. A way to make dry
36. One's grandmother
38. Vocal style
39. Pronunciation mark
41. American Indian chief or leader
42. Insecticide
43. Go bad
46. Capital of Zimbabwe
47. Polish river
49. Cast out
51. People of India and Sri Lanka
53. Cleaning fabrics
54. Very skilled
55. Pouches
58. Restaurant must-have
60. Native Americans from
Arizona
64. Remaining after all deductions
65. Fleece
68. Dorm official
69. It cools your home

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.

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

Level: Beginner

Guess Who?

I am an actor born in California on January 7, 1971. I was nominated for an Academy Award for Best Actor for a role as a military sergeant. Later, I went on to play a key role in Marvel's Avengers movies.

Answer: Jeremy Renner

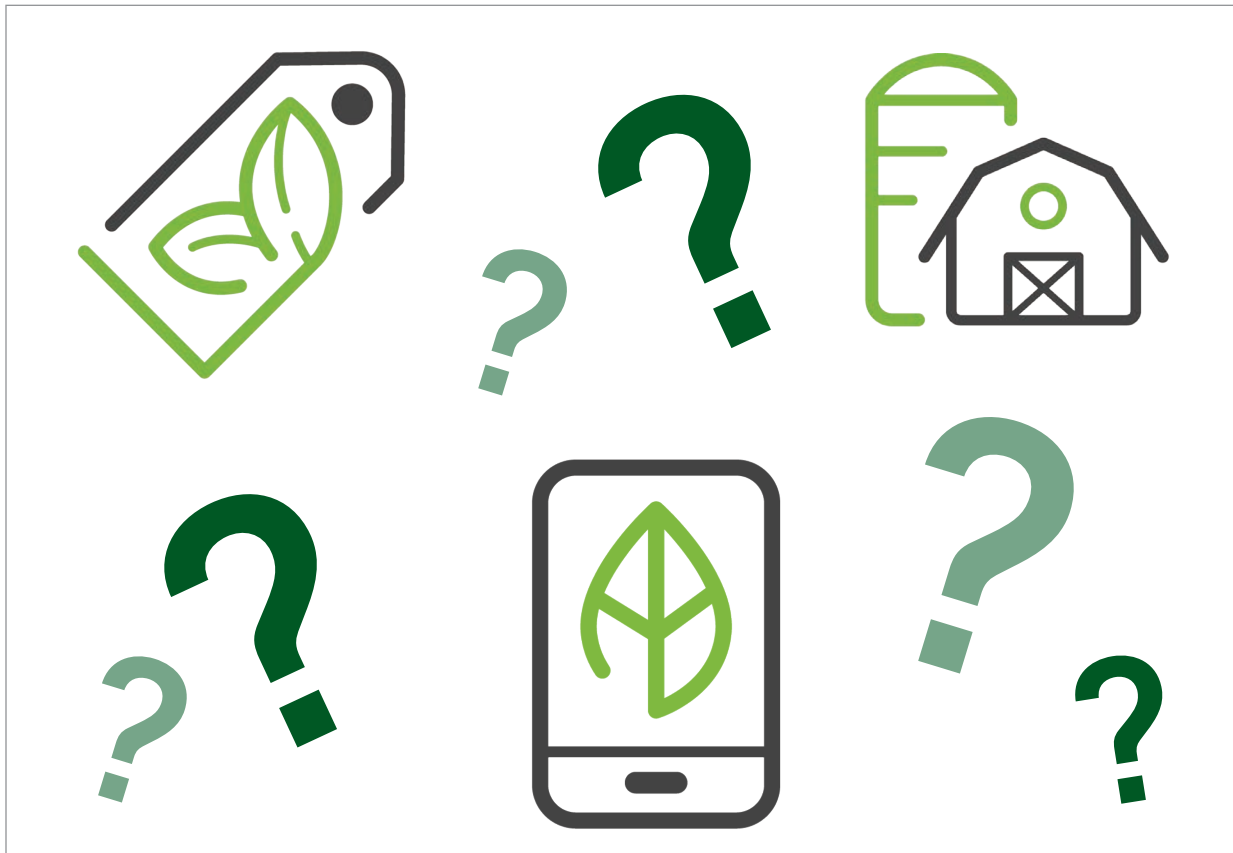
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MOUNTAIN TIMES

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Sherburne UCC "Little White Church," Killington, VT



New farmer online workshops address labor questions

VIRTUAL — Finding and retaining good labor is one of the biggest challenges that beginning farmers face. To help these farmers gain the knowledge and tools needed to successfully recruit and manage employees, the University of Vermont (UVM) Extension New Farmer Project, in collaboration with University of New Hampshire Cooperative Extension and the University of Wisconsin Center for Integrated Agricultural Systems, will host an online workshop series, beginning Jan. 11.

The workshops are geared to both diversified livestock producers who are new to managing employees and to farmers who are considering changes to how they arrange for, and manage, labor on their farms.

The fee for each two-part workshop in the 2022 Farm Labor Dashboard Workshop Series is \$35. Scholarships and discounts if registering for multiple workshops are available but must be requested and approved in advance of registration and payment to receive a voucher code. Decisions are typically made within three business days although individuals are encouraged to apply early.

Advance registration is required for each workshop. For details about the sessions, financial assistance or to register, go to go.uvm.edu/farmlabor-wrkshp. To request a disability-related accommodation, contact UVM Student Accessibility Services at access@uvm.edu or (802) 656-7753.

All workshops will be held from 1-2 p.m. with the exception of the Feb. 1 session, which will run from 1-2:30 p.m. Dates and topics are as follows:

- **Jan. 11 and 18:** Planning Your Payroll: Estimating employee costs and trade-offs with mechanization. Participants will learn how to estimate the complete cost of their employees, including payroll taxes, workers' compensation and any benefits beyond regular hourly wages, as well as explore how investments in mechanization can affect labor needs and costs.
- **Jan. 19 and 26:** Building Your Human Resources Toolbox, Part 1: Practical Communication Tools for Employee Management. This workshop will introduce common and effective tools and prac-

tices to improve communication and employee performance with an opportunity to use an online personnel policy generator to develop a customized farm policy manual.

- **Feb. 1:** Getting the Best from Yourself and Your Employees. This session focuses on strategies for farmers to be better communicators and better managers of employees, customers and family members. By using the DiSC Workplace Profile, they will identify communication and management preferences and how these impact recruitment, hiring and retention of employees. Note that this session is 90 minutes and requires preregistration by Jan. 26 to allow time to complete a self-assessment prior to the workshop.
- **Feb. 9 and 16:** Building Your Human Resources Toolbox, Part 2: Hiring and Retaining Employees on Your Farm. Participants will learn effective strategies for hiring and keeping employees and ways to help them optimize their talents. They will learn how to use an online job description generator to develop job descriptions for their operation with feedback from educators.
- **March 8 and 15:** The Art of Negotiation: Getting What You Need. This workshop will delve into what negotiation is, including preparation and execution of a successful negotiation and how to preserve a relationship when the negotiation is unsuccessful. Participants will role play negotiation approaches relevant to common labor management situations and develop a written plan for a negotiation.
- **April 5 and 12:** Cultivating a Safe, Healthy and Productive Crew. The discussion will focus on training employees to safely use tools and personal protective equipment and ergonomic approaches to farm tasks that will support season-long productivity and prevent injuries and lost work time.

Registration deadlines vary. For information on deadlines or scholarships, email newfarmer@uvm.edu or leave message at 802-476-2003 x204.

'Street Gang: How We Got to Sesame Street'

A visionary gang harnessed the power of television

Saturday, Jan. 8 at 3 p.m. and 5:30

p.m. — **WOODSTOCK** — It's no shock that "Sesame Street" was born from a mixture of idealism and academic seriousness. Created by TV producer Joan Ganz Cooney and psychologist Lloyd Morrisett, then the vice-president of the Carnegie Foundation, the show aimed to bridge socioeconomic rifts and reach kids who were falling behind in their education before they had even started kindergarten.

What does come as a bit of a surprise when watching the documentary "Street Gang: How We Got to Sesame Street" is the reminder that the legendary series was thought of as an attempt to harness the addictive powers of an inescapable mass medium for the forces of good.

Over two showings on Saturday, Jan. 8, at 3 p.m. and 5:30 p.m. in the Billings Farm & Museum Theater, "Street Gang: How We Got to Sesame Street" will take viewers inside the minds and hearts of the creators to help us understand not only how they produced this groundbreaking show, but also what it was like to be at the center of a cultural and social phenomenon.

The documentary concentrates on the most experimental and groundbreaking period of "Sesame Street." The original surviving creators weave together personal narratives, and behind-the-scenes footage to reveal how they collaborated to push every boundary that confronted them, changing television, and changing the world.

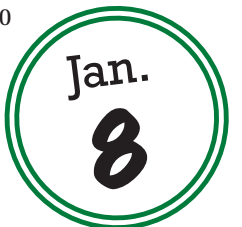
"After more than 50 years, 'Sesame Street' still has something to teach us" wrote reviewer Ben Kenigsberg in The New York Times after the film was released this spring.

This season the 12th annual Woodstock Vermont Film Series will present a selection of 10 diverse films reflecting Billings Farm & Museum's vision to share place-based stories of people near and far, to engage our audiences, and to inspire conversations that increase connections with each other and our world. The Woodstock Vermont Film Series is curated and directed by award-winning filmmaker Jay Craven and produced by the Billings Farm & Museum, with generous support from local sponsors.

In re-opening the Billings Farm & Museum Theater to the film series, the health and safety of guests is a top priority. The theater has been upgraded with a MERV 13 filtration system. Film attendees are required to wear masks in the theater at all times and to show proof of vaccination to enter. For a full list of films and to purchase tickets, visit billingsfarm.org/filmseries or call 802-457-5303.



Courtesy Screen Media



Make homemade felted soap with fiber artist Tiana St. James

Saturday, Jan. 8 at 10 a.m. — WOODSTOCK — Try out new skills, embrace your creativity, and have some good, clean fun while learning how to make your own felted soap! The Billings Backyard Series presents felted soapmaking with fiber artist Tiana St. James on Saturday, Jan. 8 from 10-11:30 a.m.

Using locally made soaps and wool from Billings Farm & Museum's own sheep, instructor Tiana St. James will walk participants through the processes of both wet felting and needle felting to make a charming and sustainable product. Felted soap lasts longer and helps exfoliate as it cleans. Felted soap makes a great gift too.

This presentation takes place at Billings Farm & Museum and is followed by a 30-minute Q&A period. The workshop costs \$15/person; \$10/BF&M member. Space is limited. Reserve your spot at billingsfarm.org/classes-workshops or call 802-457-2355.

Billings Backyard is a series of workshops designed to teach sustainable living skills to adult participants and is underwritten by a generous grant from the SpringRiver Private Foundation Trust. Each workshop includes hands-on demonstrations and concrete steps for incorporating these skills into everyday life.

Upcoming workshops:

- Jan. 22: "Kimchi, Kraut and More!" with Billings Farm's Chef Emery
- Feb. 26: "Seed Starting & Garden Planning Like a Champ" with Master Gardener Ben Pauly



Vermont Mandolin Trio with opening guest Lissa Schneckenburger

Saturday, Jan. 8 at 7:30 p.m. — POULTNEY — Next Stage Arts Project and Twilight Music present an evening of bluegrass, jazz, gypsy, classical, and roots music by three of Vermont's finest mandolinists Matt Flinner, Will Patton, and Jamie Masefield, accompanied by acoustic bassist Pat Melvin. The Vermont Mandolin Trio performs the music of Bill Monroe, Django Reinhardt, J.S. Bach, and everything in between; all with the flair of virtuosity and originality. Fiddler and singer Lissa Schneckenburger will open the show.

Grammy-nominated mandolinist Matt Flinner has made a career of playing acoustic music in new ways. Whether it's with his own Matt Flinner Trio or with Phillips, Grier, and Flinner, the Frank Vignola Quartet, Darrell Scott, Steve Martin, the Ying Quartet, Tim O'Brien, Leftover Salmon, or the Modern Mandolin Quartet, Flinner's style and compositional ability have established him as one of the most accomplished and musically diverse mandolinists in the world. He has won the National Banjo and National Mandolin competitions, received three Grammy nominations, and become one of the leading writers of instrumental classical and string band music in the acoustic world.

Multi-instrumentalist Will Patton has been leading bands since he was 13. He has performed in Rio de Janeiro, Paris, and the Caribbean, as well as across the U.S. and Canada, playing rock and roll,

folk, bluegrass, Brazilian music, and jazz. His bands have opened for Van Morrison, Ray Charles, Bonnie Raitt, Earl Scruggs, Maynard Ferguson, John McLaughlin, and Toots Thielemans, and he is featured on many recordings as a bassist and mandolinist, including those by his quintet The Will Patton Ensemble.

Jamie Masefield's background playing traditional New Orleans jazz on the tenor banjo has influenced his mandolin playing over the years on his way to becoming one of the most widely-recognized jazz mandolinists in the country. He is perhaps best known for his groundbreaking group, the Jazz Mandolin Project, which toured the U.S. extensively from 1996 to 2006, and helped carve out new territory for the mandolin in the jazz and jam band scenes. Jamie has also toured and recorded with virtuoso guitarist Frank Vignola and Phish drummer Jon Fishman.

Inspired by her parents' interest in folk music, Lissa Schneckenburger began playing fiddle at the age 6. In 2001, she graduated from the New England Conservatory of Music with a degree in contemporary improvisation, and has been performing and teaching music around the world ever since. She is currently one third of the Brattleboro-based trio, Low Lily.

Proof of vaccination or negative Covid-19 test within 48 hours required for entry to indoor shows. Masks required while inside the venue.

DeCormier centennial concert postponed

Originally scheduled for Sunday, Jan. 7 at 3 p.m. at Rutland's Grace Congregational Church, the Robert DeCormier centennial concert will be postponed until later in the year.

A link for new tickets will be available closer to the concert date. Visit gracechurchvt.org for updated information regarding the concert.

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**AGNES**

I am a beautiful 8+-year-old female mixed breed. I came in as a stray and was never claimed. I am housebroken and very well behaved. I am such a good girl I get to live in an empty cat room instead of in the kennel area. I adore people and food, but I do not do well with other dogs. I have not been cat tested yet, but willing to meet a cat if you have one. I am very smart and know sit, down and shake. I enjoy belly rubs and will be your very best friend in the whole world. If I sound like the girl for you please fill out an application or give us a call.

This pet is available for adoption at

Springfield Humane Society

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

*Open by appointment only. spfldhumane.org

**OLIVER**

I'm a 7-year-old neutered male. I came to Lucy Mackenzie with my BFF, Sara. We're both quite shy, but are very friendly. We'd like to live somewhere quiet (just like our personalities), and with a family that preferably doesn't have dogs or children. (Though cats are more than alright with us, of course!) And, we'd love to be adopted together as we're quite fond of one another. So, if you'd like two deserving and sweet little kitties like us in your life, then why not call the shelter today to make an appointment.

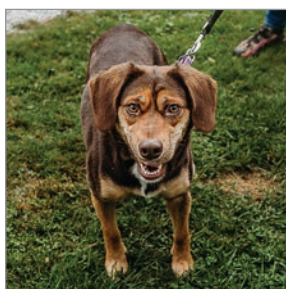
This pet is available for adoption at

Lucy Mackenzie Humane Society

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

*(By appointment only at this time.) Tues. - Sat. 12-4 p.m. & Thurs. 12-7 p.m. • lucymac.org

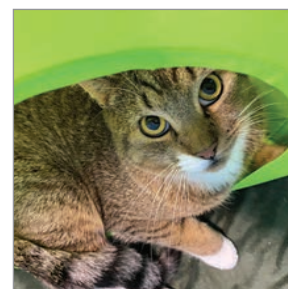
Rutland County Humane Society



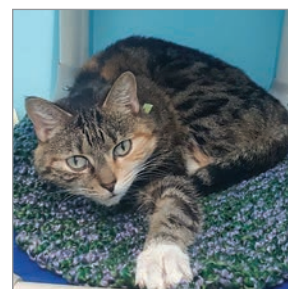
ABIGAIL — 3-year-old. Spayed female. Hound mix. Brown and tan. I am a medium size hound dog mix looking for my forever home. My colors and markings are stunning!



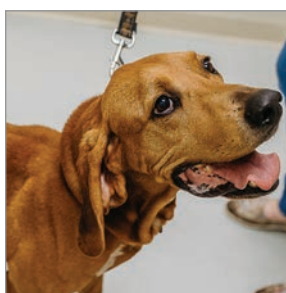
CARIBOU — 2-year-old. Neutered male. Lab mix. Black and tan. Energetic sweet guy looking for forever home. I need a family that likes the outdoors and is active.



EDWARD — 2-year-old. Neutered male. Domestic Shorthair. Brown tiger and white. I am a bit timid, but I know when I get settled into a home, life will begin for me.



JASMINE — 6-year-old. Spayed female. Domestic Shorthair. Torbie. I've been curled up on my seat taking a nap all day, I love to sleep the day away in a cozy cubby.



DIESEL — 8-year-old. Neutered male. Hound mix. Brown. Being outside is the best but I do a lot of barking, I am a hound dog right?

**DEXTER**

4-year-old. Neutered male. Hound mix. Black and tan. I love people and hanging out with them. Lots of leisurely walks with my family would be wonderful.



TULIP — 2-year-old. Female. Pit mix. Black and white. I love people and am excited about the possibility of finally finding my forever home.

All of these pets are available for adoption at Rutland County Humane Society

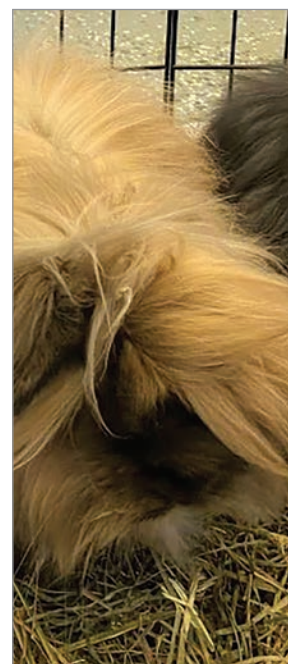
765 Stevens Road, Pittsford, VT • (802) 483-6700

Tues. - Sat. 11-5p.m. for adoptions

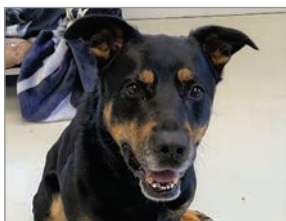
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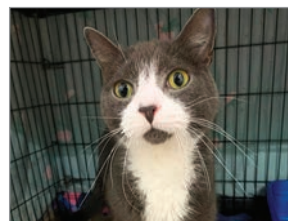
PANDA — 3-year-old. Female. Lionhead angora rabbit. Black. I am a bunny who likes to sit and watch the world go by in between eating and playing.



BAMBOO — 4-year-old. Neutered male. Lionhead angora rabbit. Brown. I like to investigate any new toys, especially cardboard boxes and tubes!



GOOSE — 6-year-old. Neutered male. Rotti mix. Black/brown. I just don't understand why I am still here at the shelter. I am a lovely and funny guy!



BUDDY — 4-year-old. Neutered male. Domestic Shorthair. Grey/white. Special needs: I love to be around people and soak up all the attention I can get!



CARRIE — 10-year-old. Spayed female. Domestic Shorthair. Torbie. If you are looking for a laid-back companion, then I am your girl!

Keep your pets safe in the cold winter weather

The Rutland County Humane Society (RCHS) would like to remind you that pets need special care during the cold winter months. Dogs and cats should be inside when the temperature drops. If your dog is outside, it must be protected by a dry, draft-free doghouse. Windchills can be especially difficult for animals and can threaten their lives. You also want to make sure that pets who are outside have water that isn't frozen and is in a plastic bowl, as metal bowls can get very cold and their tongues can stick and freeze to them. Wipe your animal's paws after it has been outside to remove any salt and other chemicals that it may come in contact with, as these chemicals can irritate paws. Be especially careful with antifreeze as it is a deadly poison but has a sweet taste which attracts animals. Watch for frostbite on ears and other areas. For more information and tips, call 802-483-6700.

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Cosmic Catalogue

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Aries

March 21 - April 20

It's your professional life and your reputation that is under the cosmic radar right now. Sure, the idea of grinding may seem attractive to you, but you may need to consider if that is what you really want? Instead, the idea of alignment is far more pleasing and likely to be longer-lasting. Give some thought to what you want not just in the short-term, but also over the next eight years career - wise.



Leo

July 21 - August 20

When will you catch a break in 2022? That's a good question. The tension is still there, for sure, but your stars do look amazing from May. For this week though, work and rework your schedule. Surely there are many things you're doing for others that you could empower them to do for themselves. When you free up more time and space just for you, you'll have the energy and enthusiasm to embrace what's coming.



Sagittarius

November 21 - December 20

It's your home and domestic life that are poised for the most growth and expansion in 2022. Whether you're looking to buy, sell, renovate or relocate, Jupiter in Pisces will urge you to make meaningful changes at home. Right now though, much of what you want or wish to do will be determined by finances. You may need to make some reevaluations, but that doesn't have to mean settling for second best neither.

Venus is retrograde again

The New Year starts much like the old one ended, with Venus retrograde, or in reverse motion. Over the past few weeks, you may have noticed a shift in your priorities, what's important to you and what and with whom you spend your time.

Venus retrograde is a

ly ok, too! Venus retrograde can put all your feelings and relational patterns into a process re-evaluation. For many of us, this isn't easy and in fact, can be quite upsetting.

The good news is, this week, the first week of a new year sees Venus become fused with the Sun. A turn-

A turning point of sorts may arrive... though you don't have all the outcomes just yet, you at least have arrived at an answer

deeply personal cycle and this particular iteration closes a chapter that began around the same time in 2013-2014. You might recognize just how much you've grown since then, how much more mature or empowered you've become.

If you haven't that's total-

ing point of sorts may arrive. This might mean that even though you don't have all the outcomes just yet, you at least have arrived at an answer and that in itself can provide clarity and comfort. In Capricorn, Venus knows what she wants and isn't keen on settling for less.

Why would you in 2022?



Taurus

April 21 - May 20

2022 is going to bring much of the same as 2021 did. That may be an exciting or a daunting prospect, nonetheless, change is coming. As the stillness of the current moment offers the chance to reflect, enter the year by deciding what is truly meaningful to you. There are the things we have to do and the things we want to do. When we can align with our wants, the have-to-do's are so much easier.



Virgo

August 21 - September 20

2021 sure had its highs and lows, didn't it! Right now, you're in the process of reevaluating what fun, joy and happiness truly mean to you. Time is slipping away so fast and unless you prioritize joy, life simply becomes all work and no play. This year, ground yourself. Be helpful to others for sure, but also remember that giving from an empty cup simply isn't possible. Practice your powers of discernment in matters of the heart, too!



Capricorn

December 21 - January 20

So much of your astrology right now is all about you. A cycle of personal growth is helping you realize exactly what you want. This could be the deep and meaningful stuff or it could simply be the desire to change up your style, habits or attitudes. I generally don't buy into the New Year/ New Me ethos, but if that's what you're thinking this year, then you've got the stars on your side to go for it!



Gemini

May 21 - June 20

Are you ready for a huge year? You've got amazing stars in 2022, especially when it comes to your career and your ability to access good fortune. Your mission if you choose to accept it is to spend this week reflecting on what these opportunities are actually worth to you. Saying yes to all those things will satisfy your need to be busy, but unless it makes bank, activity won't equate to achievement.



Libra

September 21 - October 20

How did your holiday season go? No doubt, it wasn't what you thought it would be. Family upsets, changes in traditions and expectations all became a part of the package. For some, this was what the cosmic doctor ordered, while others may still be reeling from the experience. Either way, take the lessons learned from recent weeks and let them set the tone for what you're prepared to give and receive in 2022!



Aquarius

January 21 - February 20

This is a beautifully restful phase for you right now. Enjoy it while it lasts because soon enough, you'll have your nose back to the grindstone and smashing some personal goals. Even if times do feel hard or relentless, which they will, you can either opt for a scarcity mindset or one of abundance. If you keep your mind open and grateful this year, amazing things can happen! The choice is always yours.



Cancer

June 21 - July 20

Relationships are a real sticking point for you right now. With Venus retrograde in your partnership sector, you may like to consider new goals, new directions and new outcomes for 2022. Honesty will be required above wishful thinking or hopes and dreams. True, you may have to separate yourself from certain people in your life, or at the least, redefine the connection you have. Choosing wisely may feel a little calculating, but clear is kind - especially to yourself!



Scorpio

October 21 - November 20

When it comes to joy, romance and fun, you've got the cosmic green light to go for it until May. This might mean spicing up your romantic or dating life. Doing more things you love to do and with whom. If there is a creative outlet stirring within your soul, the next few months will be ripe for letting it out. While there will be certain pressures that remain, you do have a balm for the soul that will make life feel better in 2022.



Pisces

February 21 - March 20

This week will put focus on your friends and social circles. You might reconnect with those you've lost touch with or opt to spend less time with those you did in 2021. With so much opportunity available to you this year, it may serve you well to be intentional about who you keep in your closest circles. After all, they do say who you spend the most time with determines your success.

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

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Winter larder: The underground caches of moles and shrews

In November, I was making soup to stock the freezer when I looked out my kitchen window and spotted a red squirrel rustling through the leaves in search of acorns. Both of us were preparing for harder days ahead — me for an upcoming hip replacement surgery, the squirrel for the approaching snowy season. What other animals, I wondered, were preparing for winter — and how?

Some animals, of course, spend the cold, dark months of winter hibernating. Others, like the squirrel searching for acorns, stock their winter larders and hope they have food to last until springtime. Among the latter group are shrews and moles. Their diet comprises insects and other invertebrates, and they have mastered the art of keeping a fresh meal on hand at any time of the year. Both moles and shrews maintain special underground chambers for storing live prisoners beneath the snow.

“Shrews are one of the most predacious small mammals, eating constantly,” said Dan Feller, an ecologist with Maryland’s Dept. of Natural Resources. “They basically attack anything that moves.”

Shrews are also the only venomous mammal in North America. Northern short-tailed shrews (*Blarina brevicauda*) have 32 teeth for chewing on invertebrates, plants, and small mammals. Unlike venomous snakes, whose hollow fangs contain the venom, these shrews instead have a submaxillary gland that produces venom, and grooves in their lower incisors that transmit that venom into prey, which becomes paralyzed within minutes of being bitten by a shrew.



HAIRY-TAILED MOLE

Shrews may move their alive-but-immobile prey back to a special live hoarding chamber. One study found that shrews cached approximately 87% of their captured prey. Making their own shallow runways under surface litter, they often utilize tunnels of mice and moles — and they use echolocation to navigate and locate prey. Shrews have the highest metabolic rate of any mammal in North America, a heart rate of approximately 700 beats per minute, and have been recorded to have 12 body movements per second.

If a shrew does not eat within a few hours, it will likely die.

Shrews diligently store snails, beetles, mealworms, and other prey. Studies of shrew caches reveal that a mealworm can remain alive and paralyzed for up to 15 days.

The hairy-tailed mole (*Parascalops breweri*) is another winter cache-er and tunnel digger extraordinaire. These moles use a combination of temporary surface tunnels and deeper permanent tunnels, some 15 inches below the surface, for transportation, sleeping, and (of course) special chambers for holding live prey. Strong, spade-shaped front feet push soil under their body while back legs kick it backwards. Soil from surface tunnels tends to be pushed upwards, cre-



The Outside Story
By Tiffany Soukup

ating tell-tale molehills. Velvety fur offers no resistance to dirt, which allows these moles to move forward or backward with ease.

In summer, hairy-tailed moles can dig a 160-foot tunnel in just one night. For comparison, that would be like a human digging a tunnel half a mile long. This digging — and the creation of molehills — means moles are often considered pests. But all that digging helps to aerate the soil, and moles eliminate unwelcome insects. In winter moles remain active in permanent tunnels below the frost line. Successive generations may use the same tunnels for eight or more years.

Moles locate their prey using their strong sense of touch and smell and have a varied diet of insect larvae and pupae, slugs, snails, and centipedes, although earthworms are a favorite food. Like short-tailed shrews, moles have toxins in their saliva. A bite to an earthworm’s head immobilizes the victim, which moles then store in a feeding chamber within their network of tunnels.

In “Earthworm Ecology,” edited by renowned entomologist Clive Edwards, researcher James P. Curry noted, “Large quantities of mutilated earthworms are stored in caches within a mole fortress as future food.”

One study found 470 live earthworms in a single chamber. This amounted to nearly two pounds of worms. A study of moles in Britain found a single mole consumes approximately 39 to 70 pounds of earthworms annually.

As we endure whipping winds, freezing sleet, and icy winter conditions, beneath our feet there are tunnel systems full of life — including caches of immobilized prey. When I next catch a glimpse of a shrew or mole, I will wonder how many prisoners this little creature has in its underground hoard.

Tiffany Soukup is a writer, photographer, park manager with Vermont State Parks, and traveler. *The Outside Story* is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of the New Hampshire Charitable Foundation: nhcf.org.

Shrews are also the only venomous mammal in North America.



SHORT-TAILED SHREW



The health and wealth connection

Are good physical and financial health driven by the same fundamental psychological factors?

Many believe it’s true that people who value their future selves enough to regularly put money aside for their futures are likely to also make healthy decisions now to improve their health in the future.



Money Matters
By Kevin Theissen

This concept is supported by a study entitled, “Healthy, Wealthy and Wise: Retirement Planning Predicts Employee Health Improvements” by Timothy Gubler and Lamar Pierce of Brigham Young University.

They explained their primary question and findings of the study as: “We found that the decision to contribute to a 401(k) retirement plan predicted whether an individual acted to correct poor physical-health indicators revealed during an employer-sponsored health examination.”

They continued: “We found that existing retirement-contri-

“We found that the decision to contribute to a 401(k) retirement plan predicted whether an individual acted to correct poor physical-health indicators revealed during an employer-sponsored health examination,” said Timothy Gubler and Lamar Pierce of Brigham Young University

bution patterns and future health improvements were highly correlated. Employees who saved for the future by contributing to a 401(k) showed improvements in their abnormal blood-test results and health behaviors approximately 27% more often than noncontributors did.”

If you’ve procrastinated to save for retirement, you may want to take a look at your physical health as well. If one is off, it’s likely that the other also needs attention — similar to diet and exercise.

This idea is also supported by Dr. Talya Miron-Shatz, a medical and health decision making consultant and author, who believes that the primary personality trait might be conscientiousness. She was quoted as saying: “... those who save and take care of their health are high on the personality trait of conscientiousness... it’s the people high in conscientiousness who are tidy, don’t skip school, take their medication on time and avoid temptation in other ways, including not spending when they feel like it.”

If you believe that you are not yet one of the highly conscientious, don’t stress. It’s never too late to be more organized, aware, and actionable. Don’t try to do it all at once and rather try to improve just a little each day — continuously. Your physical health and bank accounts in retirement will thank you.

Kevin Theissen is the owner of HWC Financial in Ludlow.

Shooting from the hip

It was May 11, 1980, and the Philadelphia 76ers were playing the Los Angeles Lakers for the NBA Championship. The Sixers were down two games to one heading into the crucial fourth game.



**The Movie
Diary**
By Dom Cioffi

With 7 minutes and 35 seconds left in the fourth quarter, Julius “Dr. J” Erving, one of the most charismatic and entertaining basketball players in history, broke from his defender on the right side of the court and drove baseline toward the basket.

In an instant, he leapt into the air and floated for what seemed like an unreasonable amount of time. His body moved behind the backboard, and just when you thought he was going to come down, his right arm stretched out and with a quick flip of his wrist, he spun the ball upwards off the backboard from the opposite side. The ball glanced off the glass and then jumped into the basket.

In that 3-second moment, Dr. J created one of the most iconic moments in NBA history. To this day, there isn’t a serious basketball player in the world who hasn’t marveled at that shot or tried to recreate it on their own.

I can’t remember watching that moment unfold, but given my age (13 years old), my love of basketball, and my devotion to the Lakers, I have to believe I was sitting in front of my television taking it all in as the events transpired.

If I did witness that epic moment, I have little doubt that I spent the remainder of the game and much of the rest of that day trying to recreate Dr. J’s shot on my Nerf Hoop.

My Nerf Hoop was one of my most prized possessions as a kid. The puff ball accompanied by a small plastic rim with metal clamp for a door and flimsy net with a cardboard backboard couldn’t have cost more than \$10 back in the early ‘80s. I had one growing up, one in col-

lege, and one in my first apartment. I even hung one in the first home I purchased and had one in the office of my first serious job.

Shooting hoops indoors was something I did to relax. I also liked the challenge of throwing a ball through a target. In fact, throughout my entire life, this has been a consistent theme. I don’t care if I’m at a cookout, a wedding, the beach, or in a friend’s garage, I’m likely scanning the area for something to throw at a target.

If you were going to come over to my house as a kid, there was a huge chance I was going to rope you into a game of Nerf horse. I would then do everything in my power to show you how dominate I was at the game, resorting to a variety of trick shots that took months to figure out.

When my son was young enough to understand the concept of basketball, I bought him a Nerf Hoop and placed it in our playroom above the garage. For years, it was his go-to activity whether he had friends over or not. (As I’m sitting here writing this column, I can actually hear him jumping around in that same room – the only difference being that his 6’2”, 180-pound frame makes a lot more noise than it used to.)

Nowadays, the concept of the Nerf Hoop has been expanded with professional looking mini hoops that utilize hard plastic backboards and small leather balls that recreate the game of basketball on a miniature level. I bought three of these as soon as they came out, placing one in our garage, one in our playroom, and one for my



office just above the garbage pail.

It doesn’t matter if it’s a crumpled piece of paper or a puff ball, I still get a thrill out of shooting a basket from across the room. Back when the workplace was where we went each weekday, I would occasionally throw a ball to someone who came into my office and then coerce them into trying to make a basket. The results were usually less than stellar but occasionally someone would show some legitimate form and on a rare occurrence, they might even admit to having their own Nerf Hoop back in the day.

This week’s feature, “Licorice Pizza,” written and directed by Paul Thomas Anderson (“Boogie Nights,” “Magnolia,” “There Will Be Blood”) is a coming-of-age film about two “kids” growing up in California during the early 1970s. But before you scoff at the adolescent theme, let me assure you

that this is a brilliantly made motion picture.

The two lead characters are likely no one you’ve ever heard of: Alana Haim and Cooper Hoffman — both being handpicked by Anderson because they fit the exact model of what he was looking for. I guarantee you that you’ll fall for both.

Check this one out if you feel like being in the 1970s for a couple hours or if you just want to revisit the wonderment of being a teenager.

An endearingly nostalgic “B+” for “Licorice Pizza,” available at theaters everywhere.

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

First time magic on the slopes — it's all about the fun of it

With big eyes, she looked out at the carpet with trepidation. You could see her tiny little mitten wrap around her father’s leg as she made sure her support system was intact. She stood, barely holding herself up, as her dad bent down to help her kick the soccer ball and then squish the bug with the tiniest little ski boots one would ever see. Her helmet was barely on her head, sitting atop her favorite hat. There was adamantly “No” goggles and with no wind to be found there was no need to fight the battle.

Today would be the culmination of a lifetime of hard work. Her 2-year-old lifetime. Her ski-addicted parents had been given a pair of wooden skis upon her birth and she had used them as toys since the beginning. They would lie next to her at nap time. She would use them to help her learn to crawl and the strap-on bindings were a desirable teething assistant. And now she was extremely adamant that they were “my skis!” And could point them out across the room.

She had grown up to a combination of ski songs from both Bob Gibson and Cocomelon, learning about skiing as she ate pizza and French fries for lunch. She could stomp like a dinosaur with her big ski boots on and learned open and close by playing with the

buckles on her daddy’s ski boots.



**Livin' the
Dream**
By Merisa
Sherman

With her mittens tucked underneath her jacket and her ski jacket all zipped up, she looked like combination of a ski bum and the kid from “A Christmas Story” as we loaded the Magic Carpet lift. Instantly, she looked around to daddy and tugged on his arm. With his daughter between his skis, Dad began making turns left and right, letting her skis run along the surface of the snow and trying to run over the colored whiskers drilled into the snow. They were green and blue and yellow — all colors she new the names of — and much to her delight, the pair skied to every single one!

On the third time up the carpet, she had forgotten about the cookies. “To the Top,” her little voice squeaked as she pointed her tiny mitten toward the top of the carpet. And so ever so slowly, I backed up, letting her stand by herself just like a big girl. When the carpet randomly stopped, she wobbled a bit but stood her ground. It was amazing. As she got to the top, you saw both hands reach out in front of her, and she slid off the carpet and slowly onto her back like the Rockette Soldiers at the end of the Radio City Christmas Show. But she had done it herself like a big girl and we grabbed her and threw her into the air, and you could

Livin' the dream > 31



By Blair Kay (Mom)

Two-year-old Margot makes her first independent slide toward dad Will Rizzuto from Auntie Mer.



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< PUZZLES page 19

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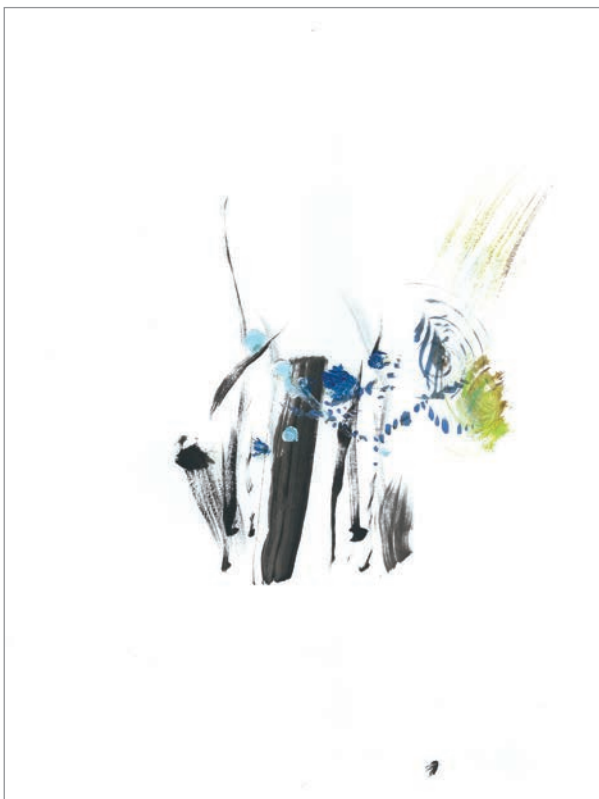
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Courtesy Sandra Dee Owens
Sandra Dee Owens swims in near freezing "inspiring" waters.



By Sandra Dee Owens
"Pristine" — acrylic / oil / ink

The blessings of cold

Have you ever noticed that young children are not judgemental about the weather?

They simply go outside and play in whatever mother nature is dishing out that day.

Sadly, our acceptance of weather narrows with age.

Cold weather often means hard work, discomfort, and even danger, bringing out a gripe and grumble mindset for something we cannot change.

This November, while reflecting on things I was grateful for, the word "cold" popped into my mind. I was surprised to think of cold as something to be grateful for, but I was.

Instead of focusing on its many challenges, I counted the many blessings of cold.

Cold kills germs, bacteria and disease.

Cold keeps most poisonous critters south of an invisible line that would kill them if crossed.

Cold turns rain into one-of-a-kind snow crystals to ski and toboggan on.

Cold turns creeks, ponds and lakes into skateable ice.

Cold is too cold for black flies and mosquitos.

Cold turns lakes and mountain streams into healing, cold water swim spots.

Cold is loaded with healing. It is my healthiest time of year.

Shedding the sick gremlin

Every once in a while, when I cannot get to an open, winter-water source for adventure and holistic wellness, I use snow.

A few years back, I got sick during the winter. Nothing special, just an average head/chest/achy/fever type thing.

For days, I wandered around the house gripping pocketfuls of tissue and staring out the windows as the snow and air temperatures fell and fell and fell. By the end of the third day, I was thoroughly sick, of being sick.

At that time, I was three winters into snow swimming, my out-the-door winter, run-swim-run activity that combined adventure, fitness and healing. Any illness, booboo or foul mood I struggled with before getting into frigid, open water, was not there when I got out.

But that day, I felt too yucky and congested to do the 2-mile run down my road, take a dip in the open stream, redress and run home. The invisible sick gremlin was whispering in my ear that I would not be able to find wellness in



**The
Funologist**
By Sandra Dee
Owens

that subzero, deep-snow world.

But I knew better than to listen to that gremlin and instead reminded myself that there was another voice, an inner advisor, that had my best interest at heart. I call it my "Wild Voice."

I trusted that I knew how to find healing, and began to contemplate what I had to work with.

I had cold—and snow.

Shedding my "sick" bathrobe, I pulled on the passed-down fur coat from my Canadian mother and its matching hat, then stepped into my warm winter boots. I headed out in the storm, and slowly climbed the steep hill behind my house.

At the top, I found pristine, waist-deep snow, and hanging my coat and hat in a tree, I

pulled off my boots and sank to the ground. Rolling over and over, I vigorously scrubbed my face and body with the smokey-cold, snow crystals. Their sharp points stung, then burned my bright red skin, taking my breath away.

I felt the sick gremlin loosen from my bloodstream, lungs, mind, skin and pores.

I slowed my breath, and inhaled deeply once, twice—then stood up.

Clumps of snow fell off me, taking my sickness to the frozen ground.

Hopping from foot to foot, I felt a rush of exhilaration and gratitude at discovering yet another way to use cold to heal myself.

I redressed quickly and ran downhill in a different state of wellness than before my snow bath. From that moment on, I stopped thinking of myself as being sick and started thinking of myself as being well. Because I was.

It was a great reminder that I always find wellness in my backyard. Whenever I recognize the voice of the gremlins and choose to listen to my wild voice instead.

It never fails.

To gain the blessings of cold, I needed to shift my relationship with discomfort. I needed to stop backing away from it—and get over it.

So I began a new practice. I imagined that discomfort was a simple stone wall I needed to climb over. Easy peasy. Just up and over it.

I do this because every time I climb over that wall, I find magic waiting for me on the other side.

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Classifieds > 29



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DEVELOPMENT REVIEW BOARD PUBLIC HEARING NOTICE

The Development Review Board will hold a public hearing on **Thursday, January 20, 2022 at 6:30p.m.** at the Sherburne Library Meeting Room at 2998 River Road with attendance available in person or via video conference (Zoom) to review the following application:

Michael and Irene Fitzsimons will be appealing the decision by the Zoning Administrator to deny a permit for application 21-069, which was submitted to add a garage with living space above the existing structure located at 60 Brookside Drive, parcel 43-044. The permit was denied for violating the maximum coverage of 5% as currently stated for Residential 3 zone in the town's zoning regulations.

A copy of the appeal may be viewed at the Town Offices at 2706 River Road between 9:00 a.m. and 4:00 p.m. Monday through Friday by appointment by calling 802-422-3241 Ext. 3. The appeal with multiple attachments may also be requested, in whole or in part, in portable document format (PDF).

Participation in this local proceeding in person, via video conference (Zoom), or through written statement is a prerequisite to the right to make any subsequent appeal. It is requested that written statements be submitted at least seven (7) days prior to the hearing for review by all.

For participation via videoconference (Zoom), a meeting link will be on the day of the hearing on the Town Website Calendar (www.killingtontown.com).

Dated at Killington, Vermont this 27th day of December 2021.

Chuck Claffey, Zoning Administrator, Town of Killington, Vermont.

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← **Classifieds:**
from page 28

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← **Fight indifference:** In 2022 we must not languish, but rather recommit to thriving despite challenges and care about ourselves and others
from page 10

Grant has a term for this mental state: languishing. “Languishing,” Grant says, “is the void between depression and flourishing — the absence of well-being. You don’t have symptoms of mental illness, but you’re not the picture of mental health either. You’re not functioning at full capacity. Languishing dulls your motivation, disrupts your ability to focus, and triples the odds that you’ll cut back on work.”

It’s an interesting observation of the times. Grant goes on to say that “part of the danger is that when you’re languishing, you might not notice the dulling of delight or the dwindling of drive. You don’t catch yourself slipping slowly into solitude; you’re indifferent to your indifference.”

That last phrase strikes a chord.

When the pandemic hit the nation two years ago this coming March, Vermonters rallied to take care of each other. We bravely sacrificed for the good of others; we scrubbed our hands until they were raw; we wore masks, worked from home, shuttered businesses as told, and soldiered on. Two years later, we’ve drifted into indifference to the virus, but also an indifference that life won’t be as joyful as it once was.

That, of course, is nonsense.

The world as we know it has weathered much greater crises. The challenge we face today is to rededicate ourselves to making progress on the challenges we face, while not getting sidetracked with the daily worry of the pandemic.

On the global stage, little is more important than addressing climate change, the rise of nationalism, and the undermining of democratic norms (and objective, proven truths). On the state and local stage, here’s an idea of what some of

those challenges will likely be in 2022.

Schools: At most school districts the need to address student “dysregulation” in the classroom must be addressed — that is, student disruption caused by a number of issues, mostly pandemic-related, but also magnified by labor shortages in the schools. How we tackle that issue will be key to student success in the coming year.

Labor shortages: It’s long been obvious that one of the biggest challenges is a shortage of labor — skilled and entry-level workers. As a consequence, business sustainability is at risk, growth a distant dream for most.

Affordable Housing: A shortage of affordable housing exacerbates the labor problem in Rutland and Windsor Counties. It’s unlikely we can move the needle on this front in a single year. But we can work toward two fronts: on housing shortages, zoning regulations can be changed to allow greater housing density in our downtowns. By allowing so-called mother-in-law apartments, by relaxing permitting processes for condominium or apartment complexes and other commercial buildings, we can make housing more affordable and encourage more commercial development.

Health & Wellness: More immediately, as communities, we can take the maximum precautions to keep our population healthy. That means taking personal responsibility to wear masks in public places, self-quarantine when sick or exposed to others who are, and in general behave in ways that stop the spread of the virus. A healthy population keeps our current workforce on the job, not at home convalescing or taking care of others.

Economic development: The bright side of the

pandemic is that it has poured millions of dollars into our local economies in the form of infrastructure improvements — from addressing water pollution from municipal wastewater treatment plants to toxic pollutants in our water supplies, to repairing bridges, fixing roads, and spurring economic development. Used wisely, these funds can spark growth for the next decade and lay the foundation for continued renewal.

In Rutland, new businesses filling vacant building downtowns provide signs of revitalization that should prompt a renewed energy and excitement among residents. Cultivating that enthusiasm and directing it into a force of dynamism is the challenge of the community’s new generation of leaders.

The arts, and outdoor recreation, are strong throughout our communities and can provide vital energy in our drive to create towns that attract others to the county’s high quality of life — an attribute that is not to be over-sold, nor undervalued. Many communities throughout the country are selling this same idea — and many are doing it much more successfully. Doing it better here is a challenge we must embrace.

As we look ahead to 2022, the first challenge is to clear the fog created by the pandemic, to fight the indifference, and to find joy and satisfaction in making progress toward our priorities.

Start with small steps and small victories — something that helps where you work or making sure your home environment is better — then something to help the environment, your church, your community. It doesn’t matter how small the action is, the fact is that you can make the world around you better by taking positive actions.



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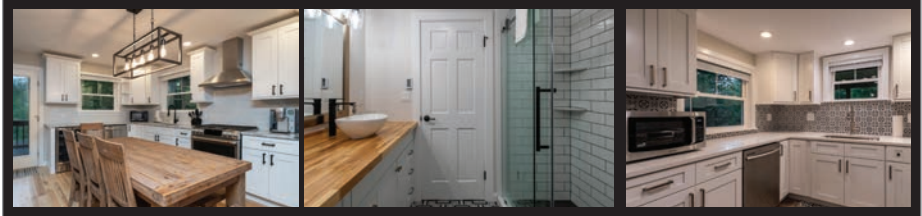


Mountainside Properties

2023 Killington Road, Killington, VT 05751
Mountainsideproperties@aol.com
mountainsidepropertiesvt.com/glades/
802-236-1360

47 M^CCLAREN DRIVE, MULTI FAMILY
KILLINGTON, VT

Scan QR code to view listing.



This gorgeous, deeded **2-family, 7 bedroom** ski chalet has undergone a complete renovation. The **upper unit** is a 2-level mountain oasis with open living space with 2 beds and full bath on the 1st floor and another 2 beds, bath & laundry on the 2nd. The **lower unit** features 3 beds and 1 full bath with beautiful new shaker kitchen and open living space, complete with brick propane fireplace, plank flooring, barn-board accent wall and fashionable finishes and fixtures. **\$999,000**

Call for a private showing of this property.

802.422.3610 killingtonvalleyrealestate.com



Bret Williamson
BROKER, OWNER



Judy Storch
BROKER



Sarah Vigneau
REALTOR®



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CONDOS

#1 Killington Real Estate Office

Sunrise



2BR/2BA
ON the ski trail
Completely updated
\$449,000

Winterberry



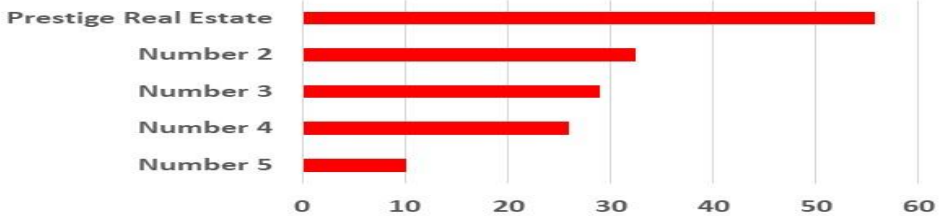
4BR/3BA Townhouse
Pico & Killington views
Private hot tub
\$599,000

King's Pines



3BR/4BA Townhouse
Walking distance to
Bars & Dining
\$699,000

2021 Killington Real Estate Sales by office (\$ millions)*



*Revenue is doubled to reflect credit for listing and selling office.



Base Camp at Bear Mountain

- 3000+ square feet
- Ski in/ski out townhomes
- Bear Mt ski trail views
- 4-bedrooms, 4-baths
- 2-car heated garage
- Starting at \$2,050,000



Artist renderings subject to change

LAND



10 acre building lot in
Killington basin w/5BR
septic permit
Potential mtn views
\$248K

Workforce: Vermont Chamber of Commerce outlines focal issues to support businesses, grow economy from page 11

Regulation recently released a report quantifying the effectiveness of the incentive programs, which shows that for every dollar spent by the state on this program in 2019, there was \$66.26 in economic activity generated. The Stay-to-Stay program has also proven to be an important component of the recruitment and retention effort, as the report further illustrates how these programs are a key component of the state's strategy to attract and retain new workers.

Removing tax on military retirement pay

In 2022, we will continue pushing for a military retirement pay tax exemption. Better incentivizing military retirees to move to Vermont would increase the diversity of our communities while also strengthening our workforce.

Increasing funding for refugee resettlement

For years, the Vermont Chamber has supported additional funding for refugee resettlement in Vermont. Welcoming refugees to our state is part of the Vermonter spirit, helps our economy, and grows our workforce when we need it most.

Encouraging second chance hiring

Employers have worked to reduce barriers to workforce participation, specifically in second chance hiring for Vermonters entering the workforce after struggling with addiction or leaving the corrections system.

Supporting child care investments

A report by the U.S. Chamber showed that, of states examined, losses averaged \$1 billion annually in economic activity due to breakdowns in child care. Even before the pandemic, three out of five of Vermont's youngest children didn't have access to child care they needed. We will continue supporting investments in child care to make it easier for parents to work and to attract new families to Vermont.

Supporting new housing

Aging housing stock, tight supply, and rising prices near employment centers have forced people to make difficult choices about where to live and work. We need to increase the overall amount of housing units while also focusing on creating housing options for low- and middle-income Vermonters.

Fostering diversity, equity and inclusion

The Vermont Chamber is also focused on making Vermont an equitable and inclusive state, where all feel welcome—the only way to attract new residents and workers. And Vermont businesses are doing their part. Between the summer of 2019 and the summer of 2021, wages increased by 13%.

This pandemic is a marathon, not a sprint. Political attention to Vermont business issues and aid for them must continue. In 2022, growing our workforce is paramount.

Livin' the dream: Teaching a 2-year-old that skiing is fun from page 25

hear her giggles as her skis swung up to the sky.

For the next few runs, we grownups made absolute fools of ourselves, as grownups are wont to do when a little one is around. We skated up the hill, skied backwards, did flat spins, tried to ski upside down, sidestepped like it was our favorite thing in the world and quacked like very loud ducks as we herringboned around. Drenched in sweat, we continued to laugh and giggle, just like we would have done skiing thigh deep powder on the best of ski days.

It was amazing.

All we wanted to do was show her that skiing was fun. Period. We were ski friends and we were inaugurating her into our ski family. There was no other goal. Each run we held her differently, making small adjustments to her balance and giving her more and more control so that hopefully,

eventually, she would be able to stand on her own. Not ski, not turn, not walk — just stand on her skis and have fun.

And then, one run, it finally happened. I could feel her moving from me toward her daddy who was skiing backwards in front of us. Her arms were reaching out and I could feel her begin to really stand on her own. She didn't notice. The only thing she knew was that she was smiling and this was fun. I could feel her weight begin to transfer to her own feet. The moment came and I very quietly whispered, "Go give daddy a big hug" and then let go.

It wasn't much, but it was there. For 5 whole seconds, she floated along on her own skis her arms reaching forward for her daddy. He kept skiing backwards, his arms reaching out for his 2-year-old daughter as his grin got bigger and bigger. The ginormous smile on her face said it all. Margot is officially a skier!!






Dreaming of making a home in Killington?

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FOX HOLLOW – 1-LEVEL 2BR/2BA UNIT <ul style="list-style-type: none"> 1-level, 2BR/2BA, woodburning place Gas range, lots of storage, Propane heat Kitch w/double sink, wood laminate floors On site: Paved parking, Outdoor Pool & Tennis Located diagonally across to Pico entrance. Furnished & equipped. Turn key. \$240K  <p>ON DEPOSIT</p>	HAWK MTN HOME — PITTSFIELD <ul style="list-style-type: none"> 3BR/2BA, 1.3AC, furnished & equipped Private, on cul de sac New septic tank, pump system being installed now. New Water Heater. New Electric baseboards throughout. New shake shingle roof. \$279K  <p>ON DEPOSIT</p>
LOCATION – UPDATED – TURN KEY <ul style="list-style-type: none"> 4BR/2.5 BA 1,736 finished sq.ft., 1 Ac. NEW: flooring, kitchen appliances Updated baths, Vintage Fireplace & Chimney Furniture, 7-person hot tub, etc. Make an appointment to view this well-located, furnished & equipped home today \$575K  <p>ON DEPOSIT</p>	PLYMOUTH - POST & BEAM HOME <ul style="list-style-type: none"> 3BR/3BA, 2,467 finished sq.ft, open floor plan Vaulted ceilings, radiant heated wood floors Mudroom, laundry, bonus room, cti vac, alarms Unfinished walk-out basement w/radiant heat Gig-spd 1/net, metal roof, mostly furnished \$765K  <p>ON DEPOSIT</p>
SNOWGOOSE CONDO - STOCKBRIDGE <ul style="list-style-type: none"> 3 BR+LOFT/2 BA, 1,720 SQ.FT. Woodstove, lots of natural light Washer/dryer, deck, furnished Near: skiing, golf, snowmobiling, I-89. Common area: basketball court & River Beach access \$219K 	MTN GREEN - LOCATION- LOCATION! <ul style="list-style-type: none"> MAIN BLDG: 2BR/2BA. includes: a Lock-out en suite Rent 1 RM & keep rest for yourself Ground level, open door, let dog out In bldg amenities: pool, steam room, hot tubs, racquetball crt, restaurant, ski shop. \$299K BLDG 2, 1BR/1BA: \$175K 
LOCATION - LOCATION - LOCATION <ul style="list-style-type: none"> 2BR+office, 3BA, 2,250 SQ.FT. Winter Ski Trail Views, wet bar, radiant heat, circular driveway Gas range, laundry rm, unfurnished - Deck ready for your hot tub \$750K 	KILLINGTON LOT – CLEARED & READY <ul style="list-style-type: none"> 1 AC, driveway in place Land cleared & areas seeded 5BR septic design approved Mtn bike trails, Green Mtn Natl Golf Course, Kent Pond, all nearby \$149K 
SHREWSBURY- LOCATED BETWEEN KILLINGTON & OKEMO <ul style="list-style-type: none"> Short drive to downtown & Rutland Reg Med Ctr Well-maintained, 3BR/2BA 3,600 finished sq.ft. home. 10-ACRES, man-made POND. Lower level of home w/radiant heat as does 2-car garage (with a "man-cave" in mind) w/ dryer on 2 levels. Back up GENERATOR, 384 sq.ft. DECK, Vinyl siding & windows, recent roof replacement. \$490K 	NATURE ENTHUSIASTS – HAVE YOUR OWN PLAYGROUND! <ul style="list-style-type: none"> Hiking, biking & VAST snowmobile trails on the 118 Acres. May have Timber Value 118 Acres – with views of Killington Walking distance to town 3BR/3BA shown by appt. only \$948K 

Over 140 Years Experience in the Killington Region




MINI SHRED MADNESS

JANUARY 9, 2022 / KILLINGTON RESORT

Calling all Groms! Join us Sunday, January 9 as **Mini Shred Madness** kicks off at Killington! All skiers and riders 13 years and younger are invited to experience the rules and navigation of the park, while having fun in a competition setting. Not to mention, there will be all sorts of free giveaways being handed out at the event to competitors. More information at killington.com/events

WOODWARD
KILLINGTON / VT



SCAN TO REGSITER

