



## FORAGING IN SNOW

A retired biologist goes on a mushroom hunting expedition in the snowy woods and discovers 20 different mushrooms — including the oyster mushroom (pictured).

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## PEACE PARK OPENS

Snowboard legend Danny Davis will be on the scene from 10 a.m. to 1 p.m., Saturday, Feb. 5.

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## FAT TIRE BIKES ARE GRABBING TRACTION

But Covid-19 has put the brakes on inventory.

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## ARTS, DINING & ENTERTAINMENT

Find local events not to miss this week.

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Courtesy U.S. Ski Team

# Killington's Hannah Soar heads to Olympics

By Katy Savage

Hannah Soar heard it growing up. As she bumped down the moguls of the Outer Limits trail at Killington Resort as a child, other skiers told her, “You’re going to be an Olympian,” Soar remembers.

Soar, a fearless child, just liked to be on snow and though she was talented, she wasn’t sure she wanted to go to the Olympics at first.

“I had points where I was like, ‘I don’t want to be an Olympian —

that’s a lot of work. That’s a lot of pressure,’” she said. “You really need your stars to align just perfectly — there’s a lot of luck to that.”

It wasn’t until 2018 that Soar, a Killington Mountain School graduate, decided to make a four-year plan that started with qualifying for the World Cup and ended with getting a medal at the Olympics.

“It’s definitely been a master plan,” Soar said.

So far it’s worked out the way she wanted it to. Soar finished sixth in Freestyle skiing on the World Cup last year. In December, she found out she made the Olympic team for Freestyle skiing. Now Soar, 22, is in Beijing waiting to start her first Olympic event on Feb. 3.

“I was in complete shock,” Soar said. “It’s not just that I want to go — this is my plan to go.”

Soar grew up in Connecti-

cut and came to Killington every weekend as a child — the mountain her father TJ Soar has skied since he was young.

After a day of skiing, TJ reflected on his daughter’s success and said there’s something that sets Soar apart from the other Olympic athletes — the Killington community.

Dozens of local skiers watched Soar grow up. From her first time

Soar > 4

# Killington town, residents champion TIF, seeking approval

By Polly Mikula

The Vermont Economic Progress Council (VEPC) met with the town of Killington and its residents via Zoom Thursday, Jan. 27, for a public hearing on the town of Killington’s tax increment financing (TIF) application. The town hopes to utilize future incremental municipal and education property tax revenue to finance planned infrastructure that would serve property development within the TIF district as established by the town on Jan. 4.

VEPC will spend the next two months reviewing the town’s application and qualifications before making a decision on whether to permit the district to use tax increment financing as a tool to spur development.

The hearing Thursday was the only one that includes public comment.

The meeting began with an overview presentation by Stephanie Clarke, of White + Burke Real Estate Advisors. She explained

that the \$66.5 million plan includes two crucial infrastructure projects over an eight-year period. The first bond is projected to be \$39 million and would spur an estimated \$300 million in increased property value. Initial financial projections indicate that the TIF fund would be cash positive in three years, with 70% of the state property tax going to the TIF fund and 30% to the education fund (this would also net the state \$27.5 million of additional tax revenue).

But such development will not happen without VEPC’s approval for the town to use future incremental municipal and education property tax revenue from development within the district to finance the public infrastructure costs needed to get those projects off the ground.

The proof is in the stop-and-start history of Killington champions TIF > 8

# Rutland man sets goal to summit Pico everyday to benefit children

Randy Crossman, a 62-year-old woodworker and seventh-generation Vermonter from Rutland, has crossed the halfway mark in his goal to summit Pico Mountain 365 times in 365 days, a project he calls “PicoSummit365.”

He began the project in summer 2021 and just recently exceeded 200 hikes. Crossman is an avid outdoorsman who committed to this goal to raise awareness and funds for Building Bright Futures (BBF), where his daughter Morgan Crossman serves as executive director.

Building Bright Futures is a nonprofit organization working to improve the wellbeing of young children (from prenatal to age 8) and families in Vermont. BBF monitors Vermont’s early care, health and education systems while advising governor, administration and legislature on policy improvements.

“I started hiking and running Pico when I was 14 years old, so I’ve grown up on this mountain,” Crossman said. “When I started PicoSummit365 last summer, I told myself I would try it for 30 days. I made it to 30 and decided to go for 50. I needed a cause to motivate me, so I told Morgan I wanted to raise aware-

Crossman > 9




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# Working group discusses new net-zero \$75 million Woodstock middle/high school

By Curt Peterson

Their first meeting in 10 months brought members of the Windsor Central Unified Union School District's (WCUUSD) new build working group up to speed regarding developments and status since last spring.

The group's goal is a new \$75 million middle and high school to be built at the current campus in Woodstock. Designed to accommodate 700 students, the project, in planning since 2016, might be completed in five years.

Group co-chair Ben Ford of Woodstock said the primary application for project approval by the Agency of Education may get favorable attention because WCUUSD has already performed important steps that usually follow submission.

The project has to be "shovel-ready" before the district solicits construction bids, which will require site design necessary for Act 250 and other applicable permits, Jason Drebitko, local consultant, said. Further building design development will also be required. According to Drebitko, Leigh Sherwood, principal of Lavalley Brensinger Architects, said "shovel ready" status will take approximately 11 months. No cost estimates are available yet.

WCUUSD Superintendent Sherry Sousa said she will, assuming board approval, review detailed architects' drawings with district administrators and department heads to gather design ideas with working conditions in mind.

Raising construction funds will be a challenge, Ford admitted. WCUUSD will avoid trying to use a bond to raise total funding, as several other districts have failed using that strategy.

State funding has been on hold for a few years, there are no obvious federal sources, and the project doesn't qualify for ARPA (American Rescue Plan Act) funding, Ford said. The group is looking at the U.S. Department of Agriculture low-interest loan available for rural school districts to fill in some of the gap. The onus for remaining funds will be on private fundraising.

The Woodstock Economic Development Commission provided \$50,000 that the district hopes to use to hire Mar-

lena McNamee, a part-time fundraising consultant.

Costs to date have been paid with money donated for specific parts of the project. As of this moment, Ford said, no private donations have been raised for the building itself.

The group spent quite a bit of time discussing their "net-zero" energy goal for the new building as a private pledge of \$500,000 is dedicated to sustainability.

The upfront cost of solar installation and geothermal energy wells can be avoided by partnering with investors, Matt Stout of Woodstock said. An investor could own the facility, and gets the generous government tax credits available, while the district, which isn't eligible for the tax credits, leases the facility from the investor.

"We might pay the going rate, or even a little more, for the electricity," Jim Fenn, WCUUSD director of finance and operations, explained. "But we would

The current complex recently suffered \$80,000 in damages from the cold weather.

be saving the delivery costs because the power is being produced on our site."

Net-zero energy sources pay for themselves with savings in five years, according to Fenn.

Meanwhile, the decades-old building is deteriorating quickly. District buildings and grounds director Joe Rigoli said the current complex recently suffered \$80,000 in damages from the cold weather.

Sousa said newly-installed air flow units improved conditions, but are noisy and make teaching and hearing the students difficult.

Jim Haff of Killington, the chair of the district buildings and grounds committee, warned the group about consequences from failing to repair and maintain the middle/high school. If maintenance is deferred for another five years while the new facility is built, the building might fail and have to be shut down, Haff said, adding that the board refused to listen to his committee's cry for investments needed to keep the older building functioning.

"When something is broken, you have to fix it," Haff said. "You can't just put it on hold."

## Pittsford eyes broadband for all

By Ariadne Will

A presentation to the Pittsford Select Board by the Otter Creek Consolidated Communications District (OCCUD) asked the panel to consider allocating ARPA funds to broadband infrastructure in the community.

Tony Ferraro, a representative from the communications district, explained OCCUD's plan to deliver broadband service to all Pittsford homes over the next several years.

Ferraro's presentation included a breakdown of houses served, underserved and unserved by current broadband infrastructure. He explained that the goal of the OCCUD — which is currently run by an all-volunteer staff — is to create a fiber-optic network from scratch by using an estimated \$70 million and partnering with existing broadband providers. He explained that the project will be funded by a combination of federal and state grants, ISP partner capital, revenue bonds if needed and optional town contributions.

Once completed, the operating cost

of the system would be paid by way of a small subscriber service fee.

Ferraro's presentation was followed by testimony from Pittsford resident

Shawn Good... reported driving his son, who was a freshman in high school when the pandemic hit, to the parking lot of the public library on an almost daily basis to access reliable internet for his son's online learning.

A current option if for Good to pay

Shawn Good... reported driving his son, who was a freshman in high school when the pandemic hit, to the parking lot of the public library on an almost daily basis to access reliable internet for his son's online learning.

Shawn Good. Good's home is located on Blue Quarry Road, in a place that does not receive quality broadband access and is considered — by the standards of Ferraro's presentation — unserved.

Good told the Select Board that he has been working for a while to try to fix this issue, which has been exacerbated by the need to have a steady internet connection during the pandemic. He reported driving his son, who was a freshman in high school when the pandemic hit, to the parking

\$2,400 out of pocket for Comcast to link his and his neighbor's households to broadband infrastructure. Good said that at this point, he is willing to take the company up on the offer, but that this pricing depends on the neighbor also paying \$2,400 to be connected.

Good asked the Select Board to consider putting ARPA money towards helping unserved residents such as himself access broadband and described living without it as "unsustainable."



# Ruppel prepares for tenure as Otter Valley Union High School new principal

On July 1, 2022, Michael Ruppel, 33, will become OVUHS's new principal, replacing Principal James Avery, who after 30 years with the RNESU district — 27 of which he served as associate principal and principal — announced his retirement in November.

An aggressive search process got underway immediately, and among several applicants, Ruppel was picked for the position and has accepted.

Ruppel was born and raised in Dutchess County, N.Y., and graduated from Webutuck High School (a school smaller than OVUHS) in 2006, and then the University of Delaware in 2010. His degrees were in economics and international relations, he said, "but I decided to put my math minor to use and pursued an alternative route to a teaching certification in Providence, Rhode Island" by teaching at Central High School.

He got his MA in math at Providence College in 2014, and his administrative training was through the Upper Valley Educators' Institute in Lebanon, New Hampshire, in 2018. He has spent the past eight years in Vermont, and the past three years as assistant principal at Springfield High School.



Submitted

Michael Ruppel

But that hardly describes this active, ambitious and fast-leaning educator.

"Outside of school," he said, "I like to do lots of outdoor things (hiking, trail running, occasionally kayaking and cross-country skiing) and also am pretty content at home," adding that he is "really into cooking."

He's also excited to get out on the local trails for a run. "I've heard there are

some pretty great trails near the OV campus, and I'm excited to try them out!"

In a question and answer format below, Ruppel answers questions about OVUHS and his education and encourages all district residents to reach out to him via email between now and the start of the next school year with comments that might help him better understand the district communities and OVUHS.

## Q&A with Michael Ruppel

*You've said your educational "wheelhouse" is instructional practices. Could you define that term and why you think that approach is successful?*

Michael Ruppel: Essentially, what I believe (and research shows it's true!) is that teachers and teaching are the biggest drivers of school improvement. This means that I need to spend most of my time focusing on the teaching and learning happening in the school. Sometimes that means directly observing teachers and giving feedback, but it also means making sure that our instructional systems (policies, schedules, expectations, supports) are helpful and promote good instruction.

As an instructional coach I worked OV > 7

## OBITUARY



Submitted

## LeRoy 'Roy' Erwin Prior, 82

LeRoy "Roy" Erwin Prior, 82, died on Jan. 26 at home in Mendon, Vermont. He was born to Lucy R. Hunt Prior and Erwin Wilson Prior in their home in West Bridgewater, Vermont.

Roy graduated from Woodstock High School. He received a Bachelor's of Science Degree in Criminal Justice from Castleton College in 1988 and then attended the FBI Academy Class 155.

Roy's career began with the Vermont State Police. He took much pride in serving the people of Vermont for 27 years and retired as a Captain. Simultaneously, he spent 29 years with the U.S. Coast Guard Reserve Investigative Service. Career highlights include VSP polygraph training and supervisory role, scuba diving team, mountain rescue team and Boating and snowmobile safety instructor. His VSP polygraph expertise led to his own private business, Prior Polygraph. Roy worked for the US Marshals Service for 10 years.

As a volunteer for the American Heart Association he taught basic life support courses and served on the board of directors. He served his community as town forest fire warden and assisted in initiating the Mendon baseball field.

Roy was a great father and mentor. He enjoyed attending his grandchildren's football and softball games up and down the East Coast. He enjoyed teaching and became a YMCA certified scuba diving instructor throughout Vermont.

His hobbies included family and friend camping trips, an Alaskan Highway motorcycle tour, great trips to Maine and other travels, lobstering, woodworking and deer hunting Camp.

He married Ellen (Walukas) Prior, October 3, 1969 in Bennington, Vermont.

He was a member of the Mendon Fish & Game Club, The Veterans of Foreign Wars, The Fraternal Order of Elks, The Vermont Troopers Association and The American Legion.

Survivors are his wife of 53 years, Ellen; daughters, Janice Prior Olsen Wilhelm, of CT, and Julie Prior, of VT; son, Matthew Prior, of SC.; sisters, Betty Prior Putnam, of VT, and Doris Prior Dean of VT; grandchildren, Jeremy (Melanie) Canneto, of MA, Rocco Canneto, of NY, Harrison Prior Redkey, of NH, and Hunter Prior, of SC; great granddaughters, Stella Rose Olsen, of MA, and Faye Marie Canneto, of MA.

He was predeceased by his parents, Lucy H. Prior and Erwin W. Prior, his brother, Allen Prior, and his grandson, Worth Olsen.

In lieu of flowers, please make a donation to the Wounded Warrior Project at woundedwarriorproject.org or a charity of your choice.

A memorial and celebration of life will be held this spring. An online guest book can be found at cabotfh.com

## Hartland board discusses projects for rescue plan funds

By Curt Peterson

More than 30 people attended Hartland's second public meeting on Thursday night, Jan. 27 to discuss how the town might best invest \$1,050,000 in American Rescue Plan Act (ARPA) funds.

Everyone attended virtually but Rendy Strawbridge of Barron Hill Road, who sat with Town Manager David Ormiston in Damon Hall. Of the 30 or so Hartland homes with no broadband access, two, including Strawbridge's, are on that road.

"That's why I'm here instead of home," he said. "I can't attend virtual meetings there."

Sarah Wraight, the project manager for Two Rivers Ottauquechee Regional Commission (TRORC), facilitated the meeting, a discussion of 61 projects proposed by Hartland residents, town employees and Wraight and since the first ARPA meeting on July 13.

Although internet access got the most attention, other topics included a remedy for frequent breakdowns of the North Hartland private water system, digitizing town records, promoting social gatherings for seniors, affordable housing, and expanded child care accommodations.

It was agreed a few larger projects would be more manageable than multiple smaller investments — easier for the Select Board and town staff to oversee. A committee, yet to be named, will consider the ideas proposed and present a final list for Select Board consideration.

Federal regulations offer four eligible areas for using ARPA funds: Lost revenue, described as investments the town would have considered were it not for effects of the pandemic; public health projects related to fighting, recovering from, or preventing future events that might affect the town as the COVID pandemic has; premium compensation, meaning extra labor costs during the pandemic; and water, sewage or broadband problems.

Wraight said most projects other than water, sewage and broadband, will most easily qualify as lost revenue.

A short list of ineligible expenses includes reduction of pension liabilities, creating "rainy day" reserves, debt service, projects counter to official Covid guidelines, and

unlawful investments.

Wraight presented a spreadsheet showing the eligibility of 61 suggestions developed during the Jan. 13 meeting, then rating them according to criteria.

Strawbridge and resident Greg Daniels made passionate pleas for help in the broadband area. Daniels, an attorney, said he rents office space in Woodstock because he doesn't have internet service at home. Strawbridge has a similar situation, and his kids can't do schoolwork from home. Neither want to wait six months before ARPA projects might actually begin. Strawbridge said fiber cables are so close, he can see the last tower from his house.

"I'm even willing to pay for bringing fiber cables 'the last mile' myself. Could the town pay me back out of ARPA money?" Strawbridge asked.

Wraight wasn't sure.

Ormiston said money isn't the only issue. Dealing with VTel, the internet provider for much of Hartland — hasn't been great regarding larger projects.

Hartland Board of Listers chair Stacey Bradley said the general purposes of the ARPA funds are to compensate for physical and financial damage caused by the pandemic, or for investments to prevent or mitigate losses from similar events in the future.

Ormiston invited residents to contact him if they want to serve on the committee charged with researching the eligibility, practicality, appropriateness and benefits of a selected list of significant projects. He expects the committee to present its recommendations to the Select Board sometime in May. Their meetings will be public. Sarah Wraight said she will be available for guidance if needed.

Select Board member Phil Hobbie told the Mountain Times he hopes all the service groups in town will be represented on the committee.

"The committee has a lot of work to do," Hobbie said. "We want to make sure there are enough people on the committee to get the job done, but not so many they get in each other's way."





Submitted

Hannah Soar takes a break while prepping for the Olympics.



Submitted

Above: Hannah Soar wears tie-dye with a group of Killington skiers, who watched her compete in Deer Valley Resort Jan. 13.

By Paul Holmes

Below: Hannah Soar competes at Killington in 2018 practicing her backflip on the course she knows best. Good luck, Soar.

← **Soar:** Watch Killington's Hannah Soar compete in moguls in China at 5 a.m. on Feb. 6 from page 1

competing in the Bear Mountain Mogul Challenge at Killington when she was 8 to watching Soar travel the world for competitions, there's a group of Killington die-hards who have been Soar's fans since the beginning.

"The Killington community is unique — especially in ski country," TJ said. "She's one of the few skiers that have a community at that level."

To them, it was obvious Soar had the right character and work ethic to get to the top of the sport.

No spectators are allowed at the Olympics this year due to Covid protocols but about 30 people who ski weekends at Killington flew to Utah to see Soar compete at Deer Valley Resort for the 2022 Intermountain Healthcare FIS Freestyle Ski World Cup Jan. 13-14, where Soar took seventh place.

Lisa Magliano, a longtime ski friend, had bibs made for the group in Soar's signature tie-dye color with a photo of Soar printed on the front.

Tie-dye has been part of Soar's wardrobe since she was a child, taking after her parents, who are Grateful Dead fans. The group cheered so loud Soar could hear them from the top of the mountain.

"It was quite a scene," Soar said.

The entire group of skiers took turns with Soar after the competition — all in tie dye bibs.

Magliano, who remembers watching Soar as a baby in her parents' Subaru in the Killington parking lot so her parents could take runs together, said it was never a question of if Soar would go to the Olympics.

Magliano remembers telling Soar, "When you go to the Olympics, we're going."

By the time Soar was 4, she was skiing moguls with some of the best in Killington.

Soar competed in her first event — the Killington Bear Mountain Mogul Challenge — at age 8 and took fourth place.

By 11, she was doing back flips and full twists into an air bag at Killington. Soar qualified for the U.S. Freestyle Ski Team her junior year of high school. She landed her first World Cup podium in 2019, taking third in a dual moguls FIS World Cup event in China.

Soar has many friends her own age, but her hometown ski community mostly includes people who are decades older than she is.

"That's the remarkable thing about Hannah," friend Gary Hellman said. "She's very well poised, she's smart. She can be friends with people across a wide range of ages."

When Soar comes home from traveling the world for competitions, she's on the mountain everyday, following close behind the turns of all of her ski friends.

Soar's favorite is following behind other skiers, matching their lines, turn by turn.

Soar said it helps her be a better skier.

"I'm always skiing behind someone — just matching their turns. Skiing behind all those people is definitely how I got there," Soar said.

Sammi Sofer, a friend, said she schedules times to ski with Soar everytime Soar's home. Sofer and Soar call it "rabbit turns" when Soar skis behind her.

"The competition is so fierce and mentally demanding that for her to just want to ski with us and want to follow us, it's just so special," Sofer said.

Sofer, an eighth grade science teacher in New York, skis at Killington every weekend. Sofer made Soar's seemingly flawless ski turn into a science lesson on calculating rate and time.

"I ski with her all the time and my draw drops everytime I'm behind her," Sofer said.

Soar's friends and family can't be there with her, but they told her before she left: "Just listen to your heart and we'll be there," Sofer said.

"The best part of Hannah is that there she is in this huge competition but at the end of the day, all she wants to do is ski."

Soar will be the first Olympic competitor from Killington since Donna Weinbrecht took home gold in the first Olympic mogul competition in freestyle skiing, at the 1992 Winter Olympics in Albertville, France.



"I always looked up to Donna Weinbrecht and hopefully I can bring as much light to the community as she did," Soar said.

Soar took extreme caution against Covid-19 the weeks leading up to the Olympics.

She was tested for Covid everyday, rode chairlifts by herself and didn't go outside. If she were to test positive, she wouldn't be able to go to China.

"That thought comes into my brain like every 30 seconds," Soar said just before she left for China. "It's uncontrollable. It's unseen and it would change your life. It would be so devastating not being able to go based on a virus."

Soar isn't the only person representing Killington in China. Matt Gnoza, the head mogul coach for the U.S. Ski Team, was formerly Soar's coach at Killington Mountain School.

"He understands what I need," Soar said.

Gnoza also understands where Soar came from.

"Matt definitely gets me," Soar said. "He understands where my energy comes from."

Soar said there's artistry in picking the line to ski down a mountain and "skiing Outer Limits 100 times, but never skiing the same line."

"I love the socialness of mogul skiing," Soar said. "I love the free spirit-ness of it and the flow of it."

Picking her lines, changing her turnup based on the mogul in the moment is part of Soar's preparation. Before every competition, Soar picks a trail and goes freeskiing.

"It's a quick way to remind myself, I'm not here because I'm amazing at competing. I'm here because I love mogul skiing," Soar said. "With freeskiing I just get back into my flow state."

Several of Soar's local fans are planning to get up early to watch Soar in China. A watch party is scheduled at Snowshed at 5 a.m. Feb. 6.

As for getting a medal, Soar likes her chances.

"As long as I don't get in my own way, I feel like my chances of getting a medal are pretty good," Soar said.



# Killington hosts elite racers leading up to Olympics

Skiing competition has returned to Killington for the 2021-22 ski season. Last week Killington Resort hosted the Eastern Cup Slalom on Highline. The races took place over four days: about 80 women raced on Saturday and Sunday; and about 100 men raced on Monday and Tuesday.

As usual for an Eastern Cup, racers were from colleges such as Dartmouth, Middlebury, Williams and Colby and others and from ski academies such as Burke Mountain Academy, Green Mountain Valley School and Killington Mountain School. Racers also hailed from many countries including: Canada, Norway, Sweden, and Austria, to name a few.

Michel Macedo, who races for Middlebury College, will be representing his home country of Brazil at the Olympics. Macedo (Bib 6 pictured) finished 10th and 12th at Killington.

This will be his second consecutive trip to the Olympics. Macedo raced in the Men's Super G, Men's Giant Slalom and Men's Slalom at the 2018 Games in Pyeongchang. Macedo was the best Brazilian in the Youth Olympic Games in 2016 and participated in the 2018 Winter Olympics.

Also, Tucker Marshall of Pittsfield, who wore bib 3, podiumed twice, finishing third on Monday and first on Tuesday (he follows in his older siblings' footsteps in professional ski racing. Chelsea, Cody and Jesse Marshall were all on the U.S. Ski Team).

Killington will continue to host high caliber racing, perhaps the next most exciting (at least for spectators) being the NorAm Freestyle Mogul Finals Feb. 10-11.



By Paul Holmes  
*Michel Macedo, a junior at Middlebury College, will be representing Brazil at the Olympics. Macedo finished 10th and 12th at Killington this past Monday and Tuesday.*



By Paul Holmes  
*Tucker Marshall of Pittsfield finished atop the podium at Killington both days.*

# Two dozen athletes with Vermont ties named to U.S. Olympic team, races begin this week

By Kevin O'Connor/VT Digger

Two Vermont-trained gold medalists will join almost two dozen other athletes with ties to the Green Mountain State at the 2022 Winter Games in Beijing.

Mikaela Shiffrin, who learned alpine skiing at Burke Mountain Academy, and Jessie Diggins, who trains for cross-country in Stratton, are set to compete at the event Feb. 4-20.

The 26-year-old Shiffrin, who won gold in 2014 and 2018 as well as Killington's World Cup in November, hopes to race in all five women's alpine disciplines after testing positive for Covid-19 in December.

Diggins, for her part, is seeking to add to her own success at the 2018 games, where the now 30-year-old won the United States' first-ever Olympic cross-country gold medal.

**In addition to Shiffrin, alpine skiing will feature three other athletes with Vermont connections:**

1. Ryan Cochran-Siegle, 29, of Starksboro, who's returning to his second Olympics after breaking his neck a year ago. His

mother, Barbara Ann Cochran of Richmond's Cochran's Ski Area, won slalom gold at the 1972 Winter Games.

2. Paula Moltzan, 27, a former UVM student and NCAA champion who's set to become the oldest U.S. women's alpine skier to make her Olympic debut in nearly 75 years.

3. Nina O'Brien, 24, who boasts schooling at Burke Mountain Academy and Dartmouth College.

**In addition to Diggins, cross-country will feature five other athletes with Vermont ties:**

1. Julia Kern, 24, a graduate of Stratton Mountain School and Dartmouth College who trains with Diggins.

2. Sophia Laukli, 21, a former Middlebury College student now at the University of Utah.

3. Ben Ogden, 21, a Stratton Mountain School graduate and University of Vermont student from Landgrove.

4. Caitlin Patterson, 31, of Craftsbury, who with her brother

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## Pico school program gives kids the gift of skiing and snowboarding

By Brooke Geery

Not every child in Vermont has the chance to go skiing or snowboarding, but Pico Mountain's school program aims to change that. Since 2016, the resort has worked with area schools to bring groups of students from kindergarten through 8th grade to the mountain to experience the sports, part of the resort's Play Forever pledge.

Pico Ski and Snowboard school manager Andy Haskell went through a similar program himself in the 1970s and has been obsessed with skiing ever since. His office is decorated with thank you drawings sent by the students, and he beams with pride when talking about the program, through which thousands have passed.

"A couple years ago when we were doing this, there were 150 kids that would come all at once. It was a madhouse," he said. "They were just out there on the rope tow, and it was great, so much fun. The bottom line for this is, I don't particularly care how many skills they pick up, I want to hook 'em!"

Every student participating in the program receives rentals, six hour and a half lessons, and a pass good for 12 days on snow. The cost for each student is \$99, and that is covered by the schools.

"We've known for many, many years that it is not a money maker for us," Haskell said, "but exposing local children to what we do here, that may not normally get that opportunity, is so important. Statistics show that when you start children skiing when they're in kindergarten, the like-

Pico > 14

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Courtesy Jamie Anderson

*Snowboard Slopestyle competitor Jamie Anderson is on the road to get her third Olympic gold in China.*

## Hartland mom awaits daughter's third Olympics

Staff report

Lauren Anderson has been to the 2014 Pyeongchang Olympics and the 2018 Sochi Olympics, where she watched her daughter Jamie Anderson nab two gold medals and one silver, but Anderson will have to watch the 2022 Olympics on her couch in Hartland.

"It's weird what is happening in the world," Anderson said. "I would go if I was allowed to."

Anderson is the mother of Jamie Anderson, the dominant snowboard Slopestyle competitor. No spectators are allowed at the 2022 Beijing Winter Olympics due to Covid-19 protocols, but Anderson said Covid isn't getting her daughter down. "She tries to always stay in the positive and the high vibe," Anderson said.

Jamie, 31, is in China, looking for

her third gold medal on Feb. 5. Jamie won an Olympic gold in Slopestyle and an Olympic silver medal in Big Air in Pyeongchang in 2014. She won gold in Slopestyle in Sochi in 2018.

Anderson, who doesn't snowboard, moved from California to Vermont seven years ago to be closer to her aging parents in Connecticut and chase her dream of owning a farm.

Anderson now owns an alpaca farm in Hartland called Weaving Dreams Farm, where she also runs an Airbnb and gift shop.

Jamie, who was homeschooled with her eight siblings in California, started snowboarding at age 9.

Anderson said Jamie spent all day at Sierra at Tahoe with her siblings growing up. In 2006, Jamie became the youngest Winter X-Games med-

alist when she won bronze at the age of 15.

Jamie won her first X-Games gold medal in Slopestyle a year later, while her older sister Joanie won an X-Games medal in Snowboard Cross at the same time.

Jamie's career has risen since then. Just before going to the Olympics, she became the most decorated woman in X-Games history, earning her 20th medal, a silver, Jan. 22-23 in Aspen, Colorado.

"She really amazes me, what she does," Anderson said.

Anderson had simple advice for her daughter as she gets ready for China.

"Have a wonderful adventure and don't worry about a thing," Anderson said.



# Riddles

Since returning in person two weeks ago, our committee began a daily ritual of sharing a riddle just prior to the official start of our deliberations. One of my favorites from last week was “Why do seagulls live at sea? Well, if they lived in the bay, they would be baygulls (bagels).” Committee colleagues almost always get a laugh from our exchanges, although sometimes because the joke or riddle shared wasn’t even close at being funny.

You might ask what is the relevance of our daily ritual? To me, it’s a reminder that legislating is best done in-person. Sharing a laugh together is another part of building relationships, which hopefully leads to better give and take when we are reviewing various proposals before us. The opportunity to share a little levity or just laugh at ourselves, can go a long way toward improving communications.

Beginning on Tuesday, the House will take the next step to legislating in-person when floor sessions return to the House chamber (which has been virtual thus far). Members who need to stay away for Covid-related issues will still be able to participate remotely. Covid protocols will continue at the State House (masking, vaccination requirements, testing, social distancing).

While the measure to return to mostly in-person was approved by a voice vote on



By Rep. Jim Harrison

the prohibition on slavery and indentured service, which had passed the passed the Senate last session on a 29-1 vote and is expected to pass again in the House. Vermont’s slavery prohibition is already superseded by the U.S. Constitution. The second one deals with reproductive rights, including right to an abortion, will likely be more controversial, but is expected to pass. If both clear the House, they will be on the ballot in November for the voters to accept or reject.

- A key House committee is reviewing a proposal to institute a \$1,200 tax credit for each child under 6 years of age. The credit is estimated to cost more than the governor’s proposed tax reduction package, which includes help for seniors, tax credits for nurses and child-care providers, military pensions, relief for low-income Vermonters and some assistance for childcare. The question facing lawmakers will be a narrower, but higher tax break for a smaller group of Vermonters or smaller breaks to a larger group of people.
- The Senate approved changes the House made on legislation, H.157, to require home contractors to register with the state, carry certain levels of insurance and utilize written contracts for each job project. The governor’s position on the

The opportunity to share a little levity or just laugh at ourselves, can go a long way toward improving communications.

Friday, not all members were on board. Some have legitimate Covid exposure concerns and didn’t know if the guidelines gave them enough flexibility to participate remotely, while some, I suspect, may just like the convenience of working from home.

In the few weeks that House committees have met in person, I have been able to meet newer members, ask others their perspective on different issues and get updates from colleagues on other committee work.

Meanwhile, the 30-member Senate continues to meet all remote, with no plans to return in-person until at least March.

Items of interest:

- The Senate approved changes to Vermont’s patient choice end-of-life law, that would allow for telemedicine and a shorter waiting period to obtain the necessary prescription.
- The Senate Economic Development Committee is looking at increasing the minimum wage to \$15 and resurrecting a proposal to offer employees paid leave funded by a new payroll tax. Both measures have been previously vetoed by the governor. However, the new paid leave proposal may be optional for employees to participate in, which may address Scott’s prior objections.
- Two constitutional amendments will be up for consideration in the House this week. The first is clarifying language on

bill remains unclear, after the legislative proponents of the measure ignored his suggestion to raise the dollar threshold of who would be required to register.

- The House expanded a gun control measure, S.30, which had proposed banning guns in hospitals, to add changes to background checks. It would extend the period before firearms can be sold from the current three days to 30 days if there is a delay in getting the federal background check back. S.30 will return to the Senate for consideration of the changes. Firearms are already prohibited by most, if not all hospitals in Vermont, but S.30 would add a potential \$250 fine.
- Scott issued what is often referred to as the “Mary Jane” letter to appropriation committee chairs, Rep. Mary Hooper and Sen. Jane Kitchel, on the administration’s objections to the House-passed budget adjustment bill. The major concern, raised by the governor, was the House use of federal ARPA funds that could take away from other longer-term investments, such as housing, broadband, clean water, climate initiatives and workforce development.

Jim Harrison is a state house representative for Bridgewater, Chittenden, Killington and Mendon. He can be reached at: JHarrison@leg.state.vt.us.



**OV:** New principal takes the reins at Otter Valley Union High School  
from page 3

closely with teachers to help them set goals for their teaching, provide them feedback, and work together on curriculum and instruction. Although it’s harder to do this direct work with the daily “busyness” that the principal role has, it’s something I always try to carve out time for because it brings a ton of meaning and groundedness for me.

**You were named a Rowland Fellow in 2017 for your work in proficiency-based learning (PBL). Could you define PBL, and why it’s important in education today?**

MR: Proficiency-based learning, at its core, is teachers getting really tight on exactly what they want their students to learn, clearly communicating learning expectations to students, and making sure that assessments (tests, quizzes, projects, papers, etc.) are well-aligned to the skills that you are trying to teach.

It’s important today because frankly, teachers can’t teach everything that’s in the standards. There’s just too much. So when we try to cover too much, we end up teaching “a mile wide and an inch deep.” Proficiency-based learning helps us narrow the playing field and give us the opportunities to promote deeper learning outcomes for our students.

It’s also an equity strategy and, if we do it well, means that we honor kids for what they can do as they grow over time. I often use the metaphor of learning to parallel park. Failure is expected (the first few times) and we should treat that initial challenge as part of the learning process.

**OVUHS was in the process of implementing PBL. What stage is the school in, when will it be completed? What benefits in terms of performance will parents and students hopefully see?**

MR: I think it’s probably not accurate to say that proficiency-based learning will ever be “completed” as it is a way of doing business and not a “program” or “initiative.” My understanding is that OV was doing some good initial work in PBL, but that the pandemic slowed down the momentum. My hope is that I can work with the teacher leaders to get really clear on why they want to move to PBL and then spend time building curriculum, policies, and instructional practices that are grounded in that why.

The benefits are numerous if done well. It gives students, particularly students for whom school does not traditionally work well, the opportunity to find more engagement and meaning in their learning. Paradoxically, it also opens up some opportunities for students to take flexible pathways towards graduation that are as rigorous as traditional options. I also think that by getting clear on the essential learning in each course that we will see student readiness for post-secondary learning increase.

**What other benefits did you get from being a Rowland Fellow that will help you as principal?**

MR: I can’t say enough about what the Rowland Foundation did for me as a leader. The program taught me to see schools as interconnected systems and how to engage all stakeholders in the change process. It built up a portfolio of leadership skills that I think will make a difference in any change effort that we take on at the high school. My biggest takeaways are:

- (a) nothing you do in school is as important as improving the teaching and learning process
- (b) teaching is complex work, so school change is hard, slow, and iterative.

**What conflicts do you see manifested in schools today, and how can schools help the larger community address those issues?**

MR: I’m so glad you asked this question. Schools mirror society and the conflicts in society necessarily penetrate the schoolhouse walls. The difference — and this is both a challenge and an opportunity — is that public schools are places of public accommodation and that we work with students from all different backgrounds. There are very few of these shared experiences in society right now, so conflict is maybe more pronounced and visible in schools.

For me, it is incumbent upon schools to tackle these issues head on. What we can do as schools is model the processes in our classrooms that we believe should be happening across society: reasoned and evidence-based discourse, careful analysis, respectful dialogue, and shared decision-making. Students should experience a curriculum that allows them the opportunity to engage with the issues that lead to conflict in society, often in a historical perspective, using the processes I described above.

**Supt. Jeanne Collins has said that some of the ongoing problems at the school, like at most schools, is addressing some disciplinary practices and developing strategies for students who are not performing at class levels. Were there any practices at SHS that were successful?**

MR: We’ll never have a utopian school where nothing goes wrong. We need to use continuous improvement processes to be a little bit stronger at the core tomorrow than we were yesterday.

At SHS, we’ve leaned heavily into restorative practices as our approach to building and sustaining strong communities. It doesn’t mean that you get rid of a traditional approach to discipline. You start by making sure that students are included in the process of building the community, that they have connections to each other and the adults in the room, and that, when harm inevitably happens, you focus on making sure that student and adult needs are met (not just the consequence).

In terms of supporting students who struggle, there are a number of things I think need to happen to improve learning for students who are not well served by the system. A first is getting a number of supports in place during the school day. We also need to expand access to flexible pathways (like career and technical education, interdisciplinary learning, and online learning) so students can learn in environments that are well suited to their particular learning needs.

**What are your immediate goals, and more distant goals, as principal of OVUHS?**

MR: The short-term goals are to build relationships with a variety of stakeholders in the community; better understand the current status of the school (in terms of student learning data, student engagement, and teacher engagement); and to understand the vision of where those stakeholders want to go. In the long-term, what I want to do is to help realize that vision.

For more information reach out to Ruppel at: mruppel@mesu.org.



**Killingtons champions TIF:** Town leaders and residents champion project to VEPC in hopes of approval. All but one of the public comments were supportive from page 1

a planned Killington village, Clarke stated.

First, in the 1970s-1980s Preston Smith tried to get the village off ground but failed. Then, in the mid-'90s American Ski Company (ASC), which split to be a ski company and property company, tried and failed. In 2004 when SP Land took over the land company, there was a letter of intent for development with a reputable destination property company. That company spent from 2005 to 2007 trying to find a way for it to work, but in the end also abandoned the project in favor of doing a project at Loon Mountain. That project was completed in nine months because infrastructure was there.

Most recently, over the past few years, once again a development company had looked at the opportunity to invest in Killington's planned village — with all the permits in place, it seemed promising — but after a few years of trying, they also had decided that the lack of public infrastructure made it too costly to begin.

It was the town that reached back out to them, Selectman Jim Haff explained. They're now interested again if the public infrastructure can be built (municipal water is crucial both to the village development and for affordable housing, the road reconstruction supports both and is important to future development, safety and multi-modal access).

The town is fairly confident that once it receives approval for its TIF district from VEPC, then development agreements will be worked out within six months. The town is hoping to hold its first bond vote in November 2022 or March 2023 after all infrastructure design is complete.

After the project overview, Killington Town Manager Chet Hagenbarth gave the council a virtual tour via drone of the proposed water line and TIF district by phases.

VEPC board members then had the opportunity to ask questions, which were answered by members of the Select Board, town manager or Clarke.

#### Public comments

After a brief lunch break, a public comment period ensued. Five community members had signed up to speak to the council and were limited to seven minutes per person.

Art Malatzky spoke first and was the only resident to speak against the project. He began and concluded his comments by asking that the town withdraw its application or the VEPC board deny it in its entirety (his full speech is published as a letter on page 10).

Malatzky argued that this meeting was not properly publicized to encourage public comment. While he acknowledged that it "may all meet the legal requirements of providing notice under law" he said "it certainly does not publicize nor encourage comments from town residents and taxpayers."

He then pointed to a conflict of interest as White + Burke Advisors is employed by both SP Land and the town of Killington. "It cannot be denied that, at least initially, the single largest beneficiary of the millions of dollars of funds available through a TIF district would be SP Land. An impermissible conflict therefore exists, if not legally then in appearance," he said.

Then he highlighted the financial risk to the town, calling the development timeline unrealistic: "The development plan for SP Land's ski village envisions an eight year build out in four phases. Experience clearly suggests that this vision is strained, to say the least. Not only is it unrealistic to assume a two year build for each phase, it is almost impossible given that there are no concrete plans currently presented for even Phase 2... revenues will not be able to pay for the bonds, both interest and principle, until at least Phase 3 is completed," he said.

Killington Resort President Mike Solimano spoke next.

"I got here 21 years ago and that's the year that the Killington village was supposed to take place, that's what they told me at the time. I was the finance person then," Solimano said. "I've seen the ups and downs of trying to get

something going. From my perspective, being a numbers guy... I think this TIF project is really the catalyst that's going to get this project going and I don't think it's going to happen otherwise."

Solimano went on to outline how the resort has invested heavily in the mountain since Powder bought it in 2007 (for about \$80 million). But he said their purview is limited.

"We've been investing a substantial amount of money trying to grow the resort and make it a year round business.

We've put in around \$140 million into the business in that time [since 2007]... we grew our mountain bike business from 2,000 visits at that time to about 50,000. Now we're the fifth largest mountain bike resort in the U.S.," he said. "We've also been investing in employee housing as we continue to struggle with staffing, like many businesses. We've bought a couple different hotels for employee housing — and we're about to complete a 200-bed acquisition of a local motel,

but the downside when we do this is that it takes out rooms available for skiers that want to come here... that's definitely a challenge."

The resort bought Mendon Mountain Lodge on Route 4 in 2018. It houses about 60 employees in the 30-room lodge. The resort's acquisition of Hillside Inn — a 200 bed hotel off Killington Road — is underway. In all, the resort has spent over \$4.2-\$4.5 million on employee housing, Solimano said.

In summary Solimano said: "I guess the main point for me is that the mountain has been investing but the village isn't something that we're going to be able to get going... from my standpoint I don't think this will ever happen if we don't move forward with this project. They [the town] has been working on this plan for a long time and it looks pretty well thought-out to me."

Lyle Jepson, executive director of Chamber and Economic Development of the Rutland Region (CEDRR) spoke next. He focused on the need for housing across the region.

"You heard [Killington selectman] Chris Karr speak of the housing need from a business perspective earlier and I'm just here to say the housing need is real.

"This is not a 'build it and they will come' project. People are visiting and they want to stay but they can't find a place to live. People want to come here and work and enjoy our quality of life but there's no place to go. The infrastructure in Killington and along the Killington Road was put in decades ago and will no longer support the growing needs of the community or our region. But for the TIF — and I'll go back to emphasize that 'but for' piece that you hear and you want to hear — but for the TIF people will go someplace else. We'd like them to come to Rutland County, which includes Killington," Jepson said.

"Rutland County needs additional housing stock... New housing is not being brought online and we need that desperately. The housing supply in Rutland County has been declining over time... growth has been relatively stagnant since the 1980," he continued.

"Add to this the trend of short-term rentals, which you hear a lot about. From 2015 to 2019 short-term-rentals in Rutland County rose tenfold... So what does that do? In essence it takes them off the market for long term availability," he said.

"We are in desperate need of workforce and market rate housing for our Rutland County population. The Killington TIF district proposal will help that. There's demand for housing at all levels. The solution is to increase the supply. The solution is multi-faceted and it is in our control to resolve. A transformative step forward for housing is the approval of the Killington TIF district. The numbers speak

for themselves. The TIF is an economic development tool that is needed in Rutland County, and I applaud Killington for being innovative and proactive in their planning. We support their efforts and stand with them requesting your support of the TIF district. Just look at the numbers!"

Mary Guggenberger, principal at Killington Elementary school, addressed the council next.

"The quality of life offered here in Killington is sought after by many young families and people really desire to raise a family here and work and play in this community," she said. But "professionals looking to work at my school have had to decline positions, such as school nurses, because they can't find affordable housing within a reasonable driving distance to the school and that's a real hardship to our school community right now.

"Since the pandemic our enrollment has increased as more heads of households are able to work remotely ... those with homes already here have moved here permanently, but my sense is that we've plateaued in our enrollment because there is no housing," she said.

"Additionally, the vitality that the project will bring with the road connectedness will bring our community together, it will make everything more central and improve getting around in the town of Killington... the TIF project is the first step to getting us there."

Gerrie Russell, a retired resident, trustee of the Sherburne Memorial Library, and director of the Killington Active Seniors, was the last member of the public to comment.

"Some fear that this will raise our taxes," she said. "I'm a senior citizen on a fixed income. When you're retired you don't get bonuses, you don't get raises. I would not welcome higher taxes," she emphasized. "The new development will hopefully increase our grand list keeping taxes at the current rate or, maybe even lower. I also trust the Select Board and the town manager to do what they've said, which is to put all the checks and balances in place so that we are not left with our taxes to pay for all of it.

"One more thing: I would urge the town to apply for more grant money specifically for the purpose of eliminating the electric poles and lines. When the road is already torn up that's the perfect time to do this. This is my adopted home and I want Killington to be the best it can be. Sometimes you have to step out of your comfort zone and move forward. I wholeheartedly support this and I will encourage everyone to be knowledgeable and informed so that they can make a good decision when it's time to vote."

#### Looking ahead

After the public comment period, Wayne Elliott, president of Aldrich + Elliott water resource engineers, gave the council an update on the proposed water system and its capacity to serve the TIF district. He also touched upon the ongoing water quality issues that many businesses have faced recently — particularly the discovery of high PFOAs confirmed at about a dozen locations.

VEPC members did not have any questions for Elliott.

Abbie Sherman, executive director of VEPC, then concluded the meeting by reminding council members of the criteria for TIF districts and how the Killington application hopes to meet those qualifications.

She then suggested that VEPC pursue a master determination like TIF districts in Hartford and Burlington did. That determination would mean the district fits "general compliance," but would then submit a financing plan for its phases.

The next VEPC meeting is scheduled for March 3, when the council will continue to review Killington's application.

On March 31 a potential determination on Killington's application is expected to be issued, assuming any follow-up information requested is provided in a timely fashion, Sherman said.

"I wholeheartedly support this and I will encourage everyone to be knowledgeable and informed so that they can make a good decision when it's time to vote," said Gerrie Russell.



# Brandon Congregational Church names new pastor

The Reverend Sara Ann Rossigg has been selected as the new pastor at the Brandon Congregational Church and will begin her full-time duties in mid-January.

Reverend Rossigg is a graduate of Chicago Theological Seminary and is an ordained United Church of Christ minister. She has served churches in New Hampshire, Connecticut, Cleveland, Ohio, and Chicago. She also holds a degree in biological science from Michigan State University and previously worked in the conservation science field in her home state of Michigan.

Rossigg enjoys spending time with



Submitted  
Reverend Sara Ann Rossigg

her family and engaging in the wonders of the woods, vegetable gardening and playing the mandolin.

Some of her ministerial outreach experiences focus on neighborhood engagement, homeless youth advocacy, and food security justice. Her priorities center around building relationships with people — learning from and sharing with others from all walks of life — and becoming involved in the Brandon community.

Reverend Rossigg presided over her first official church service on Sunday, Jan. 23.

## Crossman: Rutland local makes pledge to summitt Pico Mountain everyday for a year to benefit children from page 1

ness of Building Bright Futures and the great things they're doing for Vermont families. As of today, I'm 218 days in."

Randy Crossman's endeavor is also inspired by his 4-year-old granddaughter Amelie Lataille, the daughter of Morgan Crossman.

"It's in my heart to make a picture of Pico Mountain to help my Bumpy's hiking," Amelie Lataille said, holding a Lite-Brite image of a mountain range in a December 28, 2021, post on the family's PicoSummit365 Facebook page.

Crossman's hikes have continued through all seasons, including in weather that reached 20 degrees below zero with 15 mile-per-hour winds. His project is on track to reach its goal on June 21, 2022, with his 365th summit of Pico Mountain.

point, I'm confident that my body can physically handle this adventure, but it's just as much mental as it is physical."

Crossman is the facilities director at Castleton University. In his spare time, he runs a custom wood-working business, Vermont Woodshop. On weekdays, he does his Pico hikes after work, which means that he often hikes in the dark.

To date, Crossman has climbed a total of more than 700 miles and nearly 400,000 feet of elevation gain, and he has raised more than \$6,000 in pledges. Crossman's wildlife encounters on the mountain have included seeing a moose, a bear, a porcupine and a whole family of turkeys.

Crossman grew up skiing and hiking on Pico Mountain, and for several years he served as a

his hike. Crossman is also using Strava to log his mileage and wearing a GoPro camera to document his experiences.

Since he had a knee replacement in 2019, Crossman consulted with his doctor before beginning his hikes. When he has needed to miss a day or two due to holidays or personal reasons, he summits Pico Mountain twice in one day to make up for lost time. Family members have also joined him on several of the hikes.

"A heart pumper and surely a physical test," Crossman's sister-in-law

Kim Levins said after joining Crossman on his 194th hike. "I cannot put into words how amazing he is to do this day after day after day. In most cases, night after night."

Building Bright Futures' Executive Director Morgan Crossman said, "I'm in awe of my dad's physical and mental toughness and am grateful for the continuous love and support he shows for our family and my work. I hope to spend some time on the mountain with him this summer, but I can't imagine that even if he carried Amelie up, I'd be able to keep up with him."



Submitted

Randy Crossman

"The summer was hard," Crossman said. "High grass, mosquitoes, high humidity and the pounding that your body takes every day, with no time for recovery. It got easier once the weather turned in the fall, but no hike is easy. Every day has different factors—rain, wind, dense fog, snow up to your waist. Maybe I'm not feeling well, or I had a hard day at work—but I'm still going out there. At this

volunteer rescuer on the mountain. He considers safety to be paramount for his undertaking, so he is using an app called Life360 to allow family members to see his location on each hike in real time. His family members receive notifications through the app as he reaches Pico Mountain's peak and base, so they can watch and wave through the mountain's live webcams as Crossman summits Pico and completes

# New Covid-19 subvariant has been detected in Vt

By Erin Petenko/VT Digger

A new subvariant of the now-dominant Omicron strain was detected in Vermont last week as part of genomic sequencing, the Department of Health reported Friday, Jan. 28.

The Broad Institute identified the subvariant in a sample sent to them as part of Vermont's "ongoing sequencing efforts," according to health department spokesperson Ben Truman.

The subvariant has been identified in about two dozen other U.S. states so far, but its prevalence remains below 1% in every state, according to Outbreak.Info, a multi-lab research cooperative. It's also been detected in 53 countries besides the United States.

BA.2 is not defined as a new variant but instead called a subvariant or sublineage of the main Omicron strain, called BA.1. The latest research shows that it has about 85 mutations from BA.1, enough to make it distinct from other subtypes but not yet enough to classify it as a new variant.

Scientific understanding of the subvariant and its effects is still evolving.

The subvariant does appear to be more transmissible but no more severe than the main Omicron strain.

"It is possible that BA.2 is a more contagious version of the Omicron variant," Truman said via email. "There is no strong evidence at this time that it leads to more severe illness or is better at evading immunity."

"Studies to understand the characteristics of BA.2 are still in their early stages, including about how well it spreads and if there is any impact on testing and vaccine effectiveness," he wrote. "At this time we have not seen areas that are cause for alarm."

The most evidence available comes from Denmark, where BA.2 now forms more than half of new infections. Danish Health Minister Magnus Heunicke said this week that the subvariant does appear to be more transmissible but no more severe than the main Omicron strain. The country planned to lift all Covid-19 restrictions Feb. 1.

The U.S. Centers for Disease Control and Prevention did not include BA.2 in its variant tracker as of Friday, but it found that Omicron comprises more than 99% of all samples in the New England region.

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## EDITORIAL

## Rebuilding faith in democracy one fact at a time

By Vermont Secretary of State Jim Condos and Deputy Secretary of State Chris Winters

It only takes just a few minutes online to get a snapshot of America in 2022; a country divided; a digital battleground of rhetoric where information is wielded as a weapon.

We hold faith that we can still heal this divide when we focus on our shared values and learn once again to put partisan motives and political differences aside for the common good.

Unfortunately misinformation, rumors and conspiracy theories about the elections process are eroding the public's

Transparency and honesty are the antidote to misinformation and outright lies.

faith in the integrity of our democracy as the keyboard warriors continue shouting at each other across the void.

Time and time again partisan political operatives have used outlandish claims about the electoral process to garner big headlines and get the immediate attention they crave as they try to dominate the news cycle and the Twitter hashtags each day. When they fail to produce evidence weeks or months later, there may be some coverage, a small afterthought of a story, perhaps, but by then the damage is done and the public and the media have moved on.

Any cyber expert can tell you these falsehoods are amplified by foreign cyber influence campaigns, seeking to sow chaos and distrust in the American public. Faulty informa-

Rebuilding faith > 11

## Adopt a school vaccine mandate; stop listening to foolishness

By Richard Balzano

*Editor's note: Richard Balzano of Ryegate, a Ph.D candidate in history, a former high school teacher, a stand-up comedian, and a veteran in the fields of human services and mental health. This is a letter he submitted to the Blue Mountain Union School Board, in Wells River, in support of a vaccine mandate.*

The United States has the worst Covid response in the developed world at this time. The virus is spreading and people are dying, thrown to the wolves of the economy and "business as usual."

This is not about personal/individual freedom; it's about an ugly, selfish form of sovereign freedom, lacking in conscience and social responsibility.

Historians will reflect on this period as one in which a public health crisis became politicized, wherein deliberately misinformed conspiracy theorists monkey-wrenched institutional responses to the public health crisis.

That we are allowing, or even entertaining, people

with no medical training/education to shape the trajectory of a public health response is abysmally unintelligent and a major institutional failure.

The phrase "we are only as strong as our weakest link" has never been more relevant. Imagine, if you will, several people

Mandates > 12



Supreme Court Battle by Dick Wright, PoliticalCartoons.com

## LETTERS

### We can take more steps to prevent child sex abuse

Dear Editor,

Tens of thousands of children are victims of sexual abuse and exploitation in the U.S. every year — in their homes, communities and online. Covid-19 has created a perfect storm for unprecedented levels of abuse by trapping children at home with their abusers and children are also spending an unprecedented amount of time online, increasing their risk to sexual targeting and exploitation. In December of 2020, a CDC report called for the immediate implementation of proven strategies to prevent child sexual abuse, as evidence has shown that public health emergencies exacerbate child sexual abuse risks because of increased stressors and loss of financial and social supports. Child sexual abuse remains reported and substantiated form of child abuse and Prevent Child Abuse Vermont's (PCAVT) proven strategies continue to drive down the incidence of child sexual abuse and improve outcomes for the children of our state.

PCAVT's developmentally-appropriate, trauma-informed programming is used to train childcare providers, teachers, students, parents, social workers, medical professionals and others since 1990 and has resulted in

the marked decrease of 71% in victims and 77% in youth who have sexually abused younger children. Though this success is unparalleled, we need to do more! The Vermont Legislature has the opportunity to pass bills into law this year that address human trafficking, define "grooming" for the purpose of sexually abusing a child, and end the possibility of forced child marriages in Vermont.

These crucial steps will decrease the likelihood of child sexual abuse occurring in Vermont and strengthen the path to intervention, healing and justice, should it occur. More than ever, this is an opportune time to improve Vermont's legal system and the protection it provides for children and adolescents from sexual abuse. Visit the Vermont Legislature's website and look for the bill regarding Human Trafficking S.103; the Grooming of Children H.659; and Ending Child Marriage H.631. Read these bills and contact your legislators to let them know now is the time to increase protections for children through passage of these bills into law.

Now is the time to use your voice to improve the lives of Vermont's children.

**Linda E. Johnson, executive director of Prevent Child Abuse Vermont**

### Remarks to VEPC

Dear Editor,

*Editor's note: The following letter is an adaptation of the testimony Art Malatzky gave to the Vermont Economic Progress Council (VEPC) on Jan. 27. VEPC is considering the town of Killington's application to utilize future incremental municipal and education property tax revenue to finance debt, if approved by the voters and incurred for infrastructure to serve expected real property development with the Tax Increment Financing District that as established by the town on Jan. 4.*

Thank you for the opportunity to speak this afternoon.

I am here to ask that the VEPC either request that the town withdraw its application or that the VEPC deny it in its entirety. There is so much wrong with this application that I do not have time to fit all the details into a seven-minute time limit so I will briefly state key reasons and follow up with written comments.

First, I'd like to note for the record that the legal notice announcing this meeting was published in the Rutland Herald and not, to my knowledge, in The Mountain Times, which is more widely read by local Killington residents. (If it was in The Mountain Times,

my apologies for overlooking it.) Furthermore, the notice was not publicized on the town's website and its TIF information link. This may meet all the legal requirements of providing notice under law but it certainly does not publicize nor encourage comments from town residents and taxpayers. (Note: It was subsequently pointed out that notice was printed in the Mountain Times and that the meeting information was on the town's website. However, as of the meeting time, it was shown under Select Board and not under the TIF link as would have been expected.)

This application must be read in the context of White & Burke, which prepared the application, working for both the town and SP Land. That is a clear conflict of interest and, while the Select Board voted on May 18, 2021 to sign off on a conflict waiver, it cannot be denied that, at least initially, the single largest beneficiary of the millions of dollars of funds available through a TIF District would be SP Land. An impermissible conflict therefore exists, if not legally then in appearance.

With that as the starting point, one only has to dig

VEPC letter > 13



## CAPITAL QUOTES

On Justice Stephen Breyer's announcement to retire on Jan. 27, after about 28 years of service. The decision will take effect when the court rises from recess in June or July...

**"The person I nominate to replace Justice Breyer will be someone with extraordinary qualifications. Character, experience, and integrity. And they will be the first Black woman nominated to the United States Supreme Court,"**

said President **Joe Biden** at a press conference.

**"I think there is a chance Kamala Harris is nominated to the Supreme Court in part because they can't stand her,"**

said Sen. **Ted Cruz**, R-Texas, in an interview on Jan. 31.

**"The court should reflect the diversity of our country, and it is unacceptable that we have never in our nation's history had a Black woman sit on the Supreme Court of the United States — I want to change that,"**

said Sen. **Patty Murray**, D-Wash, in a statement.

**"Biden's mistake: He should not be choosing a Supreme Court justice based on the color of their skin or sex, but rather on their qualifications & commitment to uphold our Constitution & the freedoms guaranteed to all Americans in that document which is the foundation of our nation,"**

said **Tulsi Gabbard**, a former member of the U.S. House of Representatives from Hawaii, on Jan. 29.

## OP-ED

# Early childhood education is as critical as K-12

By Janet McLaughlin

*Editor's note: This commentary is by Janet McLaughlin of Burlington, executive director of the Vermont Association for the Education of Young Children.*

Just before the calendar flipped to 2022, thousands of Vermont families with school-age children picked up free Covid rapid tests to ensure as safe a return to school as possible.

But for thousands more families, tests were not offered. There was no test giveaway for children under 5.

The only population age bracket ineligible for vaccinations is children under 5 — from birth to age 4. These infants, toddlers and preschoolers are enrolled in early childhood education programs throughout our state. As a society, we rely on these programs to stay open — both so that children have access to experiences that support early learning and so parents can go to work.

But when Vermont planned for a safe return to school, this entire cohort was left out.

This oversight reveals a persistent assumption: that early childhood education is not as critical as K-12 education. That assumption is wrong. Our youngest children need safe access just as much as older children.

Early childhood education is essential. Through exploration and play arranged by skilled teachers, children learn self-regulation, teamwork, cause-and-effect, motor skills, and hundreds of skills older children and adults are expected to use fluently and constantly. Without safe access, children lose opportunities to develop age-appropriate social behavior and critical thinking. Ask any parent of a young child whose program closed due to

Covid or the early childhood education staffing crisis. The impacts are both immediate and long-lasting.

This moment is a pivotal learning opportunity. When early childhood educators, families and advocates pointed out the inequity in

Vermont has the responsibility this legislative session to advance work toward lasting funding and equity in early childhood education, making it affordable and accessible for all Vermont families, and making it a realistic career choice for the skilled educators.

test availability, Vermont responded. A week later, the state announced a new "Test for Tots" program to provide rapid tests for early childhood education programs.

It matters that our state is responsive. Vermont state leaders are increasingly aware that the needs of young children, their families, and their early childhood education programs have been an afterthought for far too long.

Early ed > 13

## ← Rebuilding faith: In democracy, one fact at a time from page 10

tion can be seen and shared by millions of people in minutes.

Despite the lack of evidence of fraud or election rigging, and despite the integrity and accuracy of the 2020 election being proven through endless recounts, audits and the careful certification of results, many Americans have lost faith in our elections process.

As secretary and deputy secretary of state, we are dedicated to rebuilding the trust necessary for Vermonters to have confidence that our elections are fair and secure, and that when they cast their ballot their vote will count and be counted accurately.

It may take time to heal from the years of attacks on truth and common sense, but we are dedicated to doing so transparently, openly answering the questions Vermonters have about how we vote, how our elections are run, and what safeguards are in place to prevent cheating or abuse.

That's why we have launched an impor-

tant tool in this work: a myth vs. facts page of our website dedicated to reputable, factual elections information. We urge you to visit this page, link to it, and let us know what other questions you want answered about Vermont elections.

Misinformation, rumors and conspiracy theories about the elections process are eroding the public's faith in the integrity of our democracy as the keyboard warriors continue shouting at each other across the void.

As we look forward to the 2022 elections and beyond, we want to give Vermont voters a way to help discern fact from fiction. This compendium FAQ will be a living document: we will be adding to it as new questions or information arise. Transparency and honesty are the antidote to misinformation and outright lies, and are one way we will be able to restore faith in our democratic process, we are committed to providing Vermonters with large doses of both.



## CARTOONS

## CORONABOWL III



Coronabowl III by Curt Peterson



Olympics During Covid by Jeff Koterba, CagleCartoons.com



Groundhog Day after blizzard by Dave Granlund, PoliticalCartoons.com

## Mandates: Leaders should implement what works, not fall for foolish claims from page 10

on an emergency life raft floating aimlessly in the Pacific. They can argue and negotiate over which way to paddle or how best to collect drinking water with no acute existential risk. But if someone suggested poking a hole in the life raft, first because they didn't believe drowning was real, and then because they didn't need a raft to float, those opinions could not be entertained. They present an acute and obvious danger to the health and safety of others. Drowning is real and the raft is needed, whether or not someone believes it.

Covid is also real, and masks and vaccines are keeping (some of) us alive and healthy. Those who deny science and reject public health initiatives are not trying to poke a hole in our raft — they've already let the air out. They have made a suicide pact with society; some don't even realize it, while others profess a value system in which rampant Covid-related deaths are an acceptable consequence in exchange for personal freedoms.

By allowing this ignorance and self-destructive lunacy to occupy part of the dialogue (let alone alter the trajectory of public health), we are validating it. Perhaps we have reached pluralism's breaking point.

As people invoke "personal freedom" to defend the right to remain unvaccinated in the workplace, it becomes clear that freedom-loving Americans are confused about what individual freedom actually is. Sociologist Orlando Patterson wrote "the book" on slavery ("Slavery and Social Death"), and he once outlined the differences between individual freedom and sovereign freedom.

Individual freedom was defined as the ability to do what one wishes as long as one did not infringe upon the freedoms of others; in other words, you cannot directly or indirectly do harm to others. Sovereign freedom was defined as the ability to do as one wishes even if it infringes on the freedoms of others; examples of sovereign freedom include owning slaves, exploiting labor, polluting water and public natural resources, etc.

Needless to say, we in the U.S. have a long history mistaking sovereign freedom for individual freedom. Resisting safety precautions and spreading pseudo-science during a public health crisis infringes on the freedoms of others — it is not one's individual freedom/liberty to do so, but rather it is a sovereign freedom that one is imposing on all she/he encounters. Just because she/he cannot understand that, or chooses to ignore it, does not negate the life-threatening consequences.

This is not about personal/individual freedom; it's about an ugly, selfish form of sovereign freedom, lacking in conscience and social responsibility.

That this is a politicized rejection of public health recommendations is evidenced by the weakness and inconsistencies in their arguments. Often it is framed, and even sincerely believed, to be altruistic, but the veil of altruism is quite thin. Will we see this level of skepticism toward big pharma the next time universal health care comes up as an election issue? Likely not. We see "my body, my choice" invoked over vaccine mandates, but do these same people apply "my body, my choice" to Roe v. Wade? Rarely, if ever.

Some believe they are looking out for teachers' rights. It seems libertarians have all of a sudden become labor advocates on behalf

of teachers who wish to remain unvaccinated.

Subscribers to free-market principles might get tripped up when the process is outlined in free-market terms: If an employer creates a policy, as is the employer's right, the employee can choose whether she/he wants to continue to work there.

Sadly, many American companies are not inclined to impose vaccination mandates, but medical and public institutions gravitating toward responsible public health compliance are instituting mandates. According to free-market principles, the constituent-consumer can choose to participate at her/his discretion. Free marketers can place their kids in private schools that follow rogue pseudoscientific health standards (if the law allows it), but community members should be able to send their children to a safe public school.

People in our community inverted this argument during the mask-mandate days, saying that safety-conscious pro-mask parents were free to send their kids to (hypothetical) private schools that mandated masks.

Their angle has always been one of denial. First, it was that Covid wasn't real.

Any staff/faculty who chooses not to get vaccinated without a valid medical excuse can move on. Good riddance. They're apparently not that smart to begin with.

Next, it was that masks didn't work. Now, it's the assertion that vaccines don't work, and that mandates infringe on individual rights. It's "I met a person who met a person who knew a doctor that said..."

It's incoherent.

And yet people with no comprehension of scientific method fashion themselves advanced epidemiologists these days. They'll cite inconsistencies with past public health crises, incapable of comprehending that all medical crises are unprecedented; the emergency itself, and the science and technology available to address it, and a host of circumstances relative to that moment in time are always different. Subsequently, so is the response. A lack of precedent or mirror image comparison doesn't negate the present response.

The conversation about how to respond to this virus should be taken up by qualified health professionals, not peripherally informed skeptics. We as a nation and a community need to stop being polite. We need to stop treating pseudoscience as an equal and opposing argument that deserves to be heard. We need to stop allowing pseudoscience to influence the health and safety of our community, our public institutions, and especially our public schools.

So let's move forward with a mandate at Blue Mountain, and let's view this as an opportunity. Any staff/faculty who chooses not to get vaccinated without a valid medical excuse can move on. Good riddance. They're apparently not that smart to begin with, and their destructiveness might inspire students to do the same.



## ← **VEPC letter:** Killington's TIF proposal is flawed and should either be withdrawn by the town or rejected by VEPC, assumptions are misleading and put taxpayers at risk from page 10

into the document to realize that the town's application does not pass the smell test.

We are told on page 10 that the development plan for SP Land's ski village envisions an eight-year build out in four phases. Experience clearly suggests that this vision is strained, to say the least. Not only is it unrealistic to assume a two-year build for each phase, it is almost impossible given that there are no concrete plans currently presented for even Phase 2.

Plans beyond Phase 1 are even more suspect when one learns that E2M Partners, the backer of SP Land, is apparently winding down its business, saying on

its website: "E2M Partners is no longer conducting advisory activities, seeking new investments, or raising funds for future investments." Are members of the Select Board even aware that E2M is on the way out? Is this another case, as it was with the Snowdon Wells, where Select Board members are in the dark about material information that is readily available? (For those not aware, several Select Board members as well as the town manager were apparently surprised to learn at the Jan. 4 meeting that the Valley Wells were not the only source of water available to SP Land under their Act 250 permit.) SP Land says that

if they use these well "their numbers don't work" but how could the town verify this statement if they were not even aware of the wells in the first place?

Given that TIF is not supposed to be a "build it and they will come" process, we are presented here with a "build it and they will come,

the application states quite clearly on page 19 that the plan assumes four issuances of debt for the four phases of work and it is assumed that the first two issuances of debt will initially be repaid with interest-only due to negative cash flow in the early years. In other words, revenues will not be able to pay for

One of the questions this morning was, "what are the top three risks this project faces?" Jim Haff basically dodged the question and provided a non-answer. There are obvious risks that the town simply doesn't want to discuss, several of which I have just described.

Another questioner mentioned that the region of Woodstock, Bridgewater, Killington and Plymouth, if I heard that right, has among the highest unemployment rates in the state. If I heard that right, it comes as quite a surprise as it seems every business in Killington is looking for employees. Again, if I heard that correctly, perhaps the problem isn't housing

but, rather, skills?

The application states quite clearly at the bottom of page 18 that the development will not go exactly as planned over the next 10 years and the town will likely return to the VEPC with modifications.

That being said, and given the obvious issues with this application just noted, the town Select Board should voluntarily withdraw the application at this time and resubmit it when and if better information and more concrete plans are available. Barring that, the VEPC should reject the application in its entirety.

**Art Malatzky,**  
**Killington**

We are left with a plan full of holes large enough for the town of Killington to fall through.

but we're not even sure it will be built" proposition given the lack of concrete development plans for the multiple phases. Add to that uncertainty the fact that

the bonds, both interest and principle, until at least Phase 3 is completed, and we are left with a plan full of holes large enough for the town of Killington to fall through.



Courtesy U.S. Ski Team

*Lindsey Jacobellis, a Stratton Mountain School graduate, will compete in snowboard cross.*

## ← **Olympics:** At least 24 Olympians with Vermont connections are in China from page 5

Scott (listed below) are graduates of UVM and competed in the 2018 Olympics.

5. Scott Patterson, 29, who unlike his sister Caitlin noted above, now lives in Anchorage, Alaska.

### **Biathlon features six athletes with state connections:**

1. Jake Brown, 29, of Craftsbury, who's making his Olympic debut.

2. Sean Doherty, 26, a Guard member and two-time Olympian in 2014, 2018.

3. Susan Dunklee, 35, of Craftsbury, a 2014 and 2018 competitor whose father, Stan Dunklee, cross-country skied in the 1976 and 1980 Olympics.

4. Clare Egan, 34, a 2018 Olympian and member of the Craftsbury Green Racing Project.

5. Deedra Irwin, 29, a Guard member from Jericho.

6. Leif Nordgren, 32, a Guard member from Hinesburg and Olympian in 2014 and 2018.

### **Freestyle skiing will feature five athletes with Vermont connections:**

1. Caroline Claire, 21, of Manchester, a Stratton Mountain School graduate who was the youngest Vermonter on the 2018 U.S. Olympic team.

2. Mac Forehand, 20, a Stratton Mountain School graduate who at age 17 won the World Cup slopestyle title for the 2018-19 season.

3. Devin Logan, 28, of West Dover, a 2014 slopestyle silver medalist and 2018 Olympian.

4. Megan Nick, 25, of Shelburne, who grew up hoping to compete in Olympic gymnastics.

5. Hannah Soar, 22, of, a graduate of Killington Mountain School.

### **Snowboarding will feature two athletes with Vermont connections:**

1. Alex Deibold, 35, a Stratton Mountain School graduate and 2014 Olympic snowboard-cross bronze medalist.

2. Lindsey Jacobellis, 36, a Stratton Mountain School graduate and 2006 snowboard-cross silver medalist who will be tying a U.S. women's record by attending her fifth Olympics.

### **Several athletes with Vermont ties will compete for other nations.**

In alpine skiing: Michel Macedo, a Middlebury College junior, will represent his home country of Brazil for a second straight Olympics. Ali Nullmeyer, a Middlebury College sophomore, will represent her home country of Canada. Laurence St. Germain, a UVM graduate, will represent her home country of Canada for a second straight Olympics.

In ski cross: Kevin Drury, a University of Vermont graduate, will represent his home country of Canada for a second straight Olympics.

And in hockey, Natálie Mlýnková and Tynka Pátková, current University of Vermont players, and Samantha Kolowrat, a UVM alumna, will play for the Czech Republic.

## ← **Early ed:** Students under 5 deserve same protection for education as K-12 from page 11

But we can't just play defense. We uncover systemic problems every day in our ongoing work to advance equity and excellence in early childhood education. Systemic problems cause harm on a daily basis, and eventually create crises.

So, let's put things in their proper order. Vermont has the responsibility this legislative session to advance work toward lasting funding and equity in early childhood education, making it affordable and accessible for all Vermont families, and making it a realistic career choice for the skilled educators who are called to this important, rewarding, and — for now — poorly paid work.

Vermont's young children began 2022 overlooked. By 2023, I hope Vermont recognizes our young children and the people who care for them as valued, and essential, in our communities.

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**Pico:** About 120 students got a chance to ski and snowboard and Pico at a heavily discounted price as part of a very popular learn-to-ski program from page 6

likelihood of them sticking with it is so much higher than even if you start kids in 7th or 8th grade."

Of the six schools taking part in the program this season, none has embraced it quite as wholeheartedly as Orwell Village School. The K-8 establishment initially brought its entire student body — nearly 120 kids.

Unfortunately, Co-vid-19 shut down the program mid-season in 2019/20, it took a pandemic pause in 2020/21 and for 2021/22 it has been scaled back so that only one school group of 50 children can participate at a time. Orwell has shifted its approach, bringing students in two groups — grades 4-6 on one day and grades 3, 7 and 8 on another.

Orwell program director and school board member Peter Stone said the program is a hit with nearly everyone.

"Out of the whole school, there might have been 15 kids that could go skiing, and because of the program now you have all these other kids that can go. We had a family of four students that didn't ski because their parents didn't ski, but now that the kids started skiing, and their parents have figured it out so they can take their kids other days," Stone said.

Initially, the funding for the program in Orwell was thanks to a local mom who loved to ski so much herself, she wanted

to let every child in on the fun. She raised money with other town residents to make it happen. It was such a success, the school took over, and now there is enough money allotted in the school's budget to not just cover the cost of the program, but bussing every student to Pico, as well.

The program doesn't just benefit the kids, but the parents, too, Stone explained.

"For parents who haven't been skiing before, it can be daunting to take their kids up to the mountain because they just don't know what it's about. Even though (Pico) is very helpful, it's still a lot for someone who've never done it. Many parents have vol-

unteered to help and then they are also able to see what skiing is all about. We have had some parents that went up and took the training and became instructors for Pico. Some of them kept going after the program ended and would teach classes on other weekends."

This season, Pico Mountain can accommodate and instruct 50 students at a time in morning and afternoon sessions on Mondays, Thursdays and Fridays.

Haskell's just glad to have the program back this season and is hopeful it will return to the participation levels seen in the early days.

"I certainly plan on expanding in the future when the world gets back to somewhat normal. Hopefully we'll have more

"Statistics show that when you start children skiing when they're in kindergarten, the likelihood of them sticking with it is so much higher."



By Brooke Geery, courtesy Killington Resort

*A Pico snowboard instructor helps a student learn to stand up and find balance.*

staff to bring in on it, because it is a very popular program," he said.

The biggest reward for Haskell is witnessing the kids on the hill. The thank you letters they receive afterwards are a bonus.

"We had a letter that came in five or six years ago, from a girl Anika, about how discovering skiing has changed her life,"

he said. "A bunch of us still have it. It gets really deep; the emotion you can get out of these kids. It's a neat thing, especially these days when it seems like every other kid doesn't have a two-parent family and they need some sort of structure. So coming here, and learning this, they really grab ahold of it."

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REQUEST FOR PROPOSALS

LOCAL HAZARD MITIGATION PLANNING SERVICES FOR THE TOWN OF KILLINGTON, VERMONT

Date of Issue: January 31, 2022

Closing Date: February 18, 2022, 4:00 p.m.

The Town of Killington, in Rutland County, Vermont, is seeking the services of a qualified consultant to create a new Local Hazard Mitigation Plan for the Town of Killington (2020 pop.1,407). The plan will be submitted to FEMA for approval.

The selected consultant(s) shall 1) demonstrate the ability to identify various hazard mitigation strategies that will eliminate or greatly reduce the impact of hazards that may affect the municipality and 2) have experience related to mitigation planning work.

Funding Source:

This work is funded by a Hazard Mitigation Assistance grant from FEMA. The selected consultant must be available and willing to complete the required work within 18 months of the date of the award of this contract, including FEMA approval.

It is anticipated that the FEMA grant funds will cover all of the consultant expense, which will account for 75% of the entire project cost. The Town of Killington will be responsible for the remaining 25% of project cost, through a combination cash and in-kind hours. Tasks that will be undertaken by the Town of Killington staff and officials include:

- General printing, photocopying, and other direct meeting expenses such as public notices.
- Public outreach and publicity efforts.
- Research (e.g. listers' data, flood levels and loss data).

The consultant will assist the Town of Killington in tracking and helping to maximize in-kind hours towards the required match.

The amount available for consultant expense is capped at \$8,500.00. **Cost-effectiveness and efficiency will be given very serious consideration.** The selected consultant will be expected to propose a budget and timeline that makes the most cost-effective and expedient use of all in-kind resources, as well as other cost-saving measures, such as teleconferencing.

Project Proposal:

The project proposal should be organized along the following steps (some discretion is allowed as long as the proposal is in line with the requirements of the FEMA Review Tool). Each step should indicate the consultant's role and responsibility, proposed date for completion, number of consultant hours required for each step, hourly rates and any associated direct expense. The Town of Killington brings to this project a willingness to align its resources in the most cost-effective manner possible, so consultants are strongly encouraged to suggest strategies for delegating responsibilities.

Step	Description
1.	Assemble planning team and meet with consultant(s) to review the planning process and confirm outreach strategy.
2.	Establish work plan with deliverables, timelines for completion and confirmed roles and responsibilities.
3.	Review information on hazards based on best available data.
4.	Review hazard data in one public meeting.
5.	Complete vulnerability assessment to quantify the extent of each hazard.
6.	Identify mitigation strategies.
7.	Review mitigation strategies in a public meeting.
8.	Submit plan to Vermont Emergency Management (VEM) and revise accordingly.
9.	Submit revised plan to FEMA, revise if necessary, and adopt plan.

The final plan document developed by the consultant will be available to the Town of Killington in an accessible format (e.g. Word) to be used in future plan updates.

Qualified, interested individuals should submit the following information no later than February 18, 2022, 4:00 p.m.:

1. Consultant's qualifications and resume. Please include references and contact information for similar emergency management or hazard mitigation planning projects.
2. Description of experience with grant-funded projects, especially FEMA or Vermont Emergency Management programs.
3. Project and cost proposal, itemized by project steps as identified above. Proposal should include all consultant hourly rates and any associated direct expenses.

Evaluation of Proposals:

Selection of a consultant(s) will be based on the proposal and:

- Documented experience in mitigation planning
- Technical staff capability to assess risks based on identified hazards
- Experience working with local, state, and/or federal government
- Ability to recommend viable mitigation actions
- References of past work in mitigation planning
- Cost
- Timeliness

The Town of Killington encourages responses from disadvantaged, women-owned, minority-owned and small local firms. Selected candidates should be prepared to execute a contract that contains pass-through provisions regarding Federal programs and assurance related to this grant-funded work, including policies regarding conflicts of interest, equal opportunity, non-discrimination, retention of and access to records, and audit requirements, when applicable. The Town of Killington reserves the right to reject any or all responses.

Please deliver responses and inquiries to:  
Lisa Davis, [lisa.davis@killingtontown.com](mailto:lisa.davis@killingtontown.com)







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**RUTLAND 60 U.S. Rte. 7 (near Kinney Subaru) 773-0677**





WORDPLAY

'Heart function' Word Search: Find the words hidden vertically, horizontally, diagonally and backwards.

SUDOKU

Solutions > 34

O	H	B	D	B	S	T	R	G	R	P	O	N	B	M	R	E	L	X	E
V	R	A	F	S	T	R	G	X	C	S	A	U	O	N	U	O	U	R	S
S	I	R	P	X	S	I	U	Y	P	F	S	T	B	R	H	M	U	R	L
A	G	T	B	X	R	C	S	G	S	N	N	R	A	A	O	D	N	H	U
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V	D	Y	C	R	M	P	A	B	I	E	L	N	N	P	L	R	B	E	C
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N	N	H	T	V	H	D	B	R	P	O	H	S	M	X	A	T	O	D	Y
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C	G	X	O	G	N	N	I	I	Y	A	T	A	V	I	D	V	D	I	B
A	Y	G	A	P	O	I	B	T	I	O	T	P	C	P	I	N	X	R	B
V	X	I	N	M	I	Y	D	V	R	R	I	L	F	L	A	V	R	T	E
A	O	H	L	S	A	I	V	R	I	A	E	D	N	V	C	X	B	F	U
U	Y	U	G	I	P	A	R	U	O	B	L	S	R	G	E	P	B	E	R
L	P	D	Y	B	L	C	M	I	A	O	L	H	E	A	V	E	U	L	I
O	U	X	I	V	V	A	M	P	X	I	C	L	T	U	B	R	L	O	P
U	V	N	E	P	V	E	I	N	I	P	R	D	T	H	I	M	A	I	S
M	X	L	G	L	D	B	Y	R	F	I	N	P	A	V	V	Y	O	I	C
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AORTIC  
ARTERY  
ATRIUM  
BEAT  
BLOOD  
CARDIAC

CHAMBERS  
COORDINATED  
HEART  
LEFT  
LUNGS  
MITRAL

NUTRIENTS  
OXYGEN  
PATTERN  
PULMONARY  
PULSE  
RIGHT

TISSUES  
TRICUSPID  
VALVE  
VEIN  
VENA CAVA  
VENTRICLE

CROSSWORD PUZZLE

Solutions > 34

CLUES ACROSS

1. \_\_\_ de Mornay, actress

8. Surrenders

13. Omission

14. The white poplar

15. They become butterflies

19. Used to chop

20. Select

21. Volcanic craters

22. Consumer price index

23. Utilize

24. "True Blood" actress Paquin

25. Got up

26. Sank in

30. Retail

31. Giants

32. Most bald

33. Changes color

34. Unit of loudness

35. Undresses

38. Fathers

39. Learned skill

40. Remove qualification

44. Covered with frost

45. Speak up

46. Nowhere to be found

47. Part of surgery (abbr.)

48. Type of wrap

49. Church seating

50. Mathematical

CLUES DOWN

1. Get back

2. Pass or go by

3. Having a sharp taste

4. Midway between east and southeast

5. Cairo Regional Airport

6. Peace officer

7. Brings to life

8. Automotive vehicles

9. One point south of due east

10. Football position

11. Goes by

12. Most attractive

16. Road divisions

17. Not the sea

18. Small, faint constellation

22. Cabbage

25. Least frequent

27. Change slightly

28. A country in NE Africa

29. Metric units of measure

30. More coherent

32. Make uninteresting

34. Nausea

35. Institution of Oceanography

36. Of little value

37. Hindu model of the ideal man

38. Biblical exclamation

40. You throw it at a board

41. Be about to happen

42. Brutal

43. Opened one's mouth widely

45. 19th letter of Greek alphabet

48. Saturate

51. The woman

52. Someone who is highly

53. A way to launch an attack on

54. Where golfers begin

56. Atomic number 58

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

## How to Play

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

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

Level: Intermediate

## Guess Who?

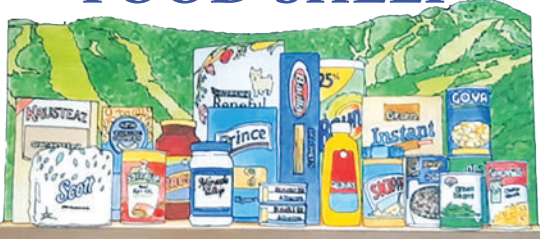
I am a singer/songwriter born in England on February 1, 1994. I rose to fame in a popular boy band, and later embarked on a successful solo career. The same year I went solo, I made my acting debut in a Christopher Nolan film.

Answer: Harry Styles

## Eat, Drink, Shop *Locally*

MOUNTAIN TIMES

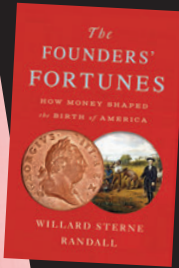
## KILLINGTON FOOD SHELF



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

Sherburne UCC "Little White Church," Killington, VT



Virtual  
event

## BOOK DISCUSSIONS ONLINE WITH PHOENIX BOOKS

FEB. 2, 3 & 8 AT 7 P.M.

Courtesy Phoenix Books

## WEDNESDAY, FEB. 2

### 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](http://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 Goodnick 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.

### 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. 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 [bit.ly/ZentangleVirtual](http://bit.ly/ZentangleVirtual). Please email [programs@normanwilliams.org](mailto:programs@normanwilliams.org) for the link to join.

### An Evening with J. Peter Cobb

7 p.m. Virtual. Free. Please join Phoenix Books for an evening with Vermont author J. Peter Cobb to celebrate the release of his new novel "To Alice." Alice Hammond is a troubled soul. She is a wonderful health and hospice aide, the quality of her work is high, and her patients love her. But Alice tends to become too involved with them. The boundaries between providing compassionate care and getting too involved are already blurred, when one of her patients leaves her all his property and \$125,000 and leaves his brother, who cared for him for nearly five years, nothing. Alice is faced with more than just trying to make sense of her life and getting over the terrible experience in medical school. She must contend with her patient's brother and he is furious. For more info and to register visit [bit.ly/ToAlicePeterCobb](http://bit.ly/ToAlicePeterCobb).

### The Future of Local Journalism

7 p.m. Virtual. Free. Vermont publishers/editors and Pulitzer Prize editor of Storm Lake Times featured in award-winning documentary, Storm Lake, discuss the future of local journalism and how publishers and editors are dedicated to keeping newspapers alive. Panelists include Art Cullen, Pulitzer Prize winning editor of the Storm Lake Times; Tim Calabro, editor/publisher, The White River Valley Herald; Angelo Lynn, publisher/editor, Addison Independent; Randolph Holhut, news editor, The Commons; Melanie Winters, news editor, The Brattleboro Reformer. The documentary and discussion poses the question "Does American democracy survive without the backbone of independent local journalism." To register, email [geoffburgess2@gmail.com](mailto:geoffburgess2@gmail.com).

### 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](http://good-shepherd.org/events/al-anon).

## THURSDAY, FEB. 3

### 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](http://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](mailto:VTeaglesnest@gmail.com).

### Kabbalat Shabbat: Introduction to the Shabbat Evening prayers

7:30-8:30 a.m. Virtual. Free. We will study the structure, choreography, and meaning of various prayers recited/sung during Kabbalat Shabbat (Friday evening service). Learn how those prayers fit into the arc of the service, as well as when and why we stand, sit, and bow. Each class will focus on different prayers including Lecha Dodi, Psalm 92, Barchu, Ahavat Olam, Hashkiveinu, the Shema, the Kaddish, Amidah, Aleinu, and Adon Olam. Jill Minkoff, who has explored the meaning of Jewish prayer and worship through illustration, will be joining us for several of the sessions. She is an active member of the Jewish community interested in spirituality and meaningful prayer. Knowledge of Hebrew is NOT required. This is a virtual only class. Please contact the RJC Office at 802-773-3455 for more information.

### 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](mailto:pcavt@pcavt.org).

### Killington Bone Builders

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

### Toddler Storytime

10:30 a.m. Norman Williams Library in Woodstock. Free. Join Norman Williams Library to read a few books on a theme of the week. Enjoy stories, socializing, and often a project tied into the theme. This storytime is meant for children aged 20 months to 3.5 years. It will last 30-60 minutes. For more info visit [normanwilliams.org](http://normanwilliams.org).

### 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.

### 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](mailto: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](http://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](mailto: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](http://chaffeeartcenter.org).

### Invasive Snake Worms: Why Care and What to Do

7 p.m. Virtual. Sliding scale fees. Healthy soils are key to our healthy landscapes, farms, and gardens. In this webinar, Dr. Josef Görres will inform us about the emerging threat that invasive snake worms pose to our soils and what we can do to be vigilant soil stewards to face this new challenge. To register visit [nature-museum.org](http://nature-museum.org).

### Turner Family Stories

7 p.m. Virtual. Free. Join Phoenix Books for a discussion with the editors and contributors to "Turner Family Stories: From Enslavement in Virginia to Freedom in Vermont." Featuring the work of six New England cartoonists and drawing on the rich personal and family stories of the remarkable Daisy Turner (1883-1988) of Grafton, Vermont, "Turner Family Stories" presents two of Daisy's accounts of the life of her father, Alec Turner, by Marek Bennett and Joel Christian Gill, and two stories from Daisy's own life by Francis Bordeleau and Lillie Harris. The comics are linked together through a story by Grafton native Ezra Veitch, based on a childhood encounter he and a friend had with Daisy one afternoon. Center for Cartoon Studies graduate Robyn Smith drew the volume's cover. The book also features a Foreword by Gretchen Gerzina, Introduction by Julian Chambliss and a Preface by Jane Beck. For more info and to register visit [bit.ly/TurnerFamilyStories](http://bit.ly/TurnerFamilyStories).

## FRIDAY, FEB. 4

### Mom's Day Off at Bromley Mountain

All Day. Bromley Mountain, 3984 Vermont Route 11 in Peru. \$25/Mom. Bromley Mountain Ski Resort will hold their Annual "Mom's Day Off" fundraiser to benefit women's breast cancer care at Southwestern Vermont Regional Cancer Center. During the event, moms (including honorary moms and pet moms) ski or ride for just \$25 when they show the ticket seller a snapshot of their kid or kids. Regular lift tickets cost \$89. The Cancer Center will receive the entire \$25 lift ticket cost as a donation. There will also be a \$12 burger-and-beer special at the Wild Boar Tavern. For more info visit [bromley.com](http://bromley.com).

### FAST Snowmobile — Free weekend

All day. No TMA required. You do need: 1.) Pre-Registration: register at <https://vast.tfaforms.net/4820361>; 2.) Valid registration in any state or province; 3.) Liability insurance on your sled; 4.) Safety Course is also required if born after July 1, 1983. For more information, visit: [vtvast.org/free-weekend.html](http://vtvast.org/free-weekend.html)

### Snow Devil Snowshoe Race

6 a.m. and 12 p.m. Riverside Farm in Pittsfield. Prices vary from \$55-\$175 based on race length. The Snow Devil Snowshoe race will be a gorgeous 6.5-mile loop in the Green Mountains of Vermont. Each loop will have 1200 feet of elevation change and sweeping views of the surrounding mountain ranges. All racers earn a finishers' t-shirt and finishers' medal. The top male and female in each distance will receive an additional award. For more info and to register visit [peakraces.com/snowshoe-races/peak-snowshoe](http://peakraces.com/snowshoe-races/peak-snowshoe).

### 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](http://trueyogavermont.com).

### 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](http://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 Rec office, or at the WABA. For more info and to purchase season passes visit [bit.ly/HartfordSkate](http://bit.ly/HartfordSkate).

### Owl Prowl

5:30-7 p.m. VINS Nature Center, 149 Natures Way in Quechee. \$12.50/ person or \$10.50 for VINS members. Celebrate winter in Vermont. Explore the natural world as VINS hikes the beautiful trails at the VINS Nature Center and prowls for owls. Find out "Hoo's" out there making raucous noises in the nighttime forest and discover the secret life of New England's nocturnal residents. Weather permitting, they will explore this wintry world on snowshoes at the VINS Nature Center. They encourage participants to bring a flashlight/headlamp and dress in layers. For more info and to register visit [vinsweb.org/event/owl-prowl-0222](http://vinsweb.org/event/owl-prowl-0222).



← **Calendar:** Email events@mountaintimes.info  
from page 18

### “Storm Lake” presented by Next Stage Arts

7 p.m. Next Stage Arts, 15 Kimball Hill in Putney. \$10/person. Next Stage Arts announces the screening of the award-winning documentary film “Storm Lake.” The films come to Next Stage as part of the Middlebury New Filmmakers Festival’s Vermont Tour 2022. Dark clouds hang over the cornfields of Storm Lake, Iowa, which has seen its fair share of change in the 40 years since Big Agriculture came to town. The people of Storm Lake confront a changing community as global forces threaten their precarious existence. For more info and to purchase tickets visit [bit.ly/NextStageArtsStormLake](http://bit.ly/NextStageArtsStormLake).

### “The Power of the Dog”

7:30 p.m. Woodstock Town Hall Theatre, 31 The Green in Woodstock. \$9/adults; \$8/kids and seniors; \$7/Pentangle members. Pentangle Arts presents “The Power of the Dog.” 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 visit [pentanglearts.org](http://pentanglearts.org).

## SATURDAY, FEB. 5

### VAST Snowmobile — Free weekend

All day. No TMA required. You do need: 1.) Pre-Registration: register at <https://vast.tfaforms.net/4820361>; 2.) Valid registration in any state or province; 3.) Liability insurance on your sled; 4.) Safety Course is also required if born after July 1, 1983. For more information, visit: [vtvast.org/free-weekend.html](http://vtvast.org/free-weekend.html)

### Snow Devil Snowshoe Race

7:30 a.m.; 8 a.m. and; 8:30 a.m. Riverside Farm in Pittsfield. Prices vary from \$55-\$175 based on race length. The Snow Devil Snowshoe race will be a gorgeous 6.5-mile loop in the Green Mountains of Vermont. Each loop will have 1200 feet of elevation change and sweeping views of the surrounding mountain ranges. All racers earn a finishers’ t-shirt and finishers’ medal. The top male and female in each distance will receive an additional award. For more info and to register visit [peakraces.com/snowshoe-races/peak-snowshoe](http://peakraces.com/snowshoe-races/peak-snowshoe).

### 20th Annual Youth Ice Fishing Derby

7:30 a.m. - 12 p.m. Free. Join Hartfor Parks and Recreation for their 20th Annual Ice Fishing Derby at Dewey’s Pond. Anglers will be placed in age-appropriate divisions based on the number of registered participants. Prices will be awarded to the participants who win the categories within their age division. For more info and to register visit [bit.ly/20youthfishingderby](http://bit.ly/20youthfishingderby).

### Lets Go Ice Fishing clinic

8 a.m. - 12 p.m. Dewey’s Pond in Quechee. Free. Learn the basic skills of ice fishing like rigging and using a tip-up, using an auger to bore your fishing hole. Also included in the program is information about basic ice safety and how to determine adequate ice thickness for fishing. The best part is that you and your family will have the opportunity to experience ice fishing first hand. Equipment is provided. For more info and to register visit [bit.ly/LetsGolceFishing](http://bit.ly/LetsGolceFishing).

### Audubon Birdseed Sale

9 a.m. - 2 p.m. Blue Seal Farm and Home, Route 7 in Brandon. Stock up on birdseed and save some dough. Cash or check only. Membership in Audubon not required, but you can join at the sale. Learn more about feeding birds and how you can help protect them. Proceeds benefit our educational programs and trail development/maintenance. For more info contact [birding@rutlandcountyaudubon.org](mailto:birding@rutlandcountyaudubon.org).

## OWL PROWL AT VINS

FRIDAY, FEB. 4 AT 5:30 P.M.



Submitted

### Rutland Winter Farmers’ Market

10 a.m. The Cortina Inn, 476 Holiday Dr. in Rutland. Free. With a seasonal variety of produce, local grass-fed meat, eggs, artisan cheeses, freshly baked breads, jellies & jams, maple products, honey, CBD products, delicious hot foods, wine & spirits, artisan crafts, and live music rounding out the mix, the winter market is a great place to shop, eat, and visit. *Beginning Saturday, Jan. 29 the winter market will be held at 476 Holiday Dr in Rutland, The Cortina Inn (formerly the Holiday Inn). The market will be held on the regular hours, 10 a.m. to 2 p.m. in the ballroom and foyer areas of the conference center.*

### Party in the Peace Park with Danny Davis

10:15 a.m. - 1:30 p.m. Killington Resort in Killington. Shred with illustrious pro snowboarder Danny Davis in Killington’s very own Peace Park as Danny helps Killington Resort open it up in style. Come for the smooth transitions, stay for the autographs, live music, and complimentary burritos courtesy of Mountain Dew. Park laps with Danny start up at 10:15a.m. Don’t miss your chance to ride along with a snowboarding legend. For more info visit [killington.com/things-to-do/events](http://killington.com/things-to-do/events).

### “Storm Lake” presented by Paramount

#### Theater

1 p.m. Paramount Theater in Rutland. \$15/person. The Middlebury New Filmmakers Festival (MNFF) has announced the resumption of its statewide Vermont tour, following a two year hiatus, including two screenings at Rutland’s Paramount Theatre. “Storm Lake” tells the compelling story of 63-year-old Pulitzer-prize winning editor Art Cullen and his family-run newspaper, The Storm Lake Times, in Storm Lake, Iowa. For more info and to purchase tickets visit [paramountvt.org/event/mnff-storm-lake](http://paramountvt.org/event/mnff-storm-lake).

### Universal Love & Light

2 p.m. and 6 p.m. Virtual. \$10/person. After an arduous two years of Covid -19 and vaccinations, come join A.R.T. for performances of ten-minute plays written by Vermont Playwrights and presented by Vermont Directors and Actors. There will be several short plays woven together in the theme of humanity’s greatest potentials: Radiating love and light to a disjointed and disconnected world. Come laugh, love, and ignite the flame of positivity with some lighthearted Vermont storytelling. To purchase tickets visit [bit.ly/VARTLoveandLight](http://bit.ly/VARTLoveandLight).

### “Storm Lake” presented by Billings Farm & Museum

3 p.m. and 5:30 p.m. Billings Farm & Museum in Woodstock. \$15/person or \$12/BFM member. The Woodstock Vermont Film Series will present “Storm Lake,” a charming, yet cautionary look at local journalism and the part that it plays in the community’s story and connectedness, in showings at 3 p.m. and 5:30 p.m. Part of the Middlebury New Filmmakers Festival Tour, there will be a Q&A with Director and Producer Beth Levison, Phil Camp, Owner of the Vermont Standard and Jay Craven, Curator of the Woodstock Vermont Film Series, at 4:30 p.m., between showings of the film. For more info and to purchase tickets visit [billingsfarm.org/filmseries](http://billingsfarm.org/filmseries).

### “The Ants & the Grasshopper” presented by

#### Paramount Theater

4 p.m. Paramount Theater in Rutland. \$15/person. The Middlebury New Filmmakers Festival (MNFF) has announced the resumption of its statewide Vermont tour, following a two year hiatus, including two screenings at Rutland’s Paramount Theatre. “The Ants & The Grasshopper” focuses on Anita Chitaya, an extraordinary woman from Malawi, who has a marvelous gift: she can help bring abundant food from dead soil, she can make men fight for gender equality and she can end child hunger in her village. Now, to save her home from extreme weather, she faces her greatest challenge: persuading Americans that climate change is real. For more info and to purchase tickets visit [paramountvt.org/event/mnff-the-ants-and-the-grasshopper](http://paramountvt.org/event/mnff-the-ants-and-the-grasshopper).

### Evening Showshoe Hike

4:30 p.m. Rutland Country Club, 275 Grove St. in Rutland. \$25/person. Includes drink tickets. Come join the Rutland Country Club for an evening snowshoe hike. Easy snowshoe and hike around the golf course, then warm up by the firepit with drink specials. Email [brittany@rutlandcountryclub.com](mailto:brittany@rutlandcountryclub.com) or call 802-773-7061 to reserve your spot.

## SUNDAY, FEB. 6

### VAST Snowmobile — Free weekend

All day. No TMA required. You do need: 1.) Pre-Registration: register at <https://vast.tfaforms.net/4820361>; 2.) Valid registration in any state or province; 3.) Liability insurance on your sled; 4.) Safety Course is also required if born after July 1, 1983. For more information, visit: [vtvast.org/free-weekend.html](http://vtvast.org/free-weekend.html)

### Hannah Soar Olympic Watch Party

5 a.m. Snowshed Ballroom, Killington Resort. Free. Join us in watching Killington Mountain School Graduate Hannah Soar in the Olympics. Hannah Soar graduated from KMS in 2017 and is going to the Beijing part of the U.S. Moguls Ski Team! Good Luck to Hannah and the U.S. Ski Team!

## EVENING SNOWSHOE HIKE AT RUTLAND COUNTRY CLUB

SATURDAY, FEB. 5 AT 4:30 P.M.



Submitted

### 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](http://trueyogavermont.com).

### Adult Hebrew Reading Class

9 a.m. Virtual. If you know the Hebrew alphabet and now want to put those letters together with words, join us virtually for a Hebrew Reading Class on Sunday mornings. There is a small fee for non-members to participate. Please call the RJC Office at 802-773-3455 for more information and to register and receive the zoom link.

### “The Ants & the Grasshopper” presented by Next Stage Arts

5 p.m. Next Stage Arts, 15 Kimball Hill in Putney. \$10/person. Next Stage Arts announces the screening of the award-winning documentary film “The Ants & the Grasshopper.” The films come to Next Stage as part of the Middlebury New Filmmakers Festival’s Vermont Tour 2022. Anita Chitaya has a gift. For more info and to purchase tickets visit [bit.ly/NextStageArtsAntsandGrasshopper](http://bit.ly/NextStageArtsAntsandGrasshopper).

## MONDAY, FEB. 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](http://trueyogavermont.com).

### Babies and Toddlers Rock

10-10:30 a.m. Fox Room, Rutland Free Library in Rutland. Free. A music and pre-literacy program for children 0-24 months with Linda McFarlane. Free and open to all. For more info visit [rutlandfree.org/calendar-events](http://rutlandfree.org/calendar-events).

### 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](http://wonderfeetkidsmuseum.org).

### Killington Bone Builders

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





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**Calendar:** Email [events@mountaintimes.info](mailto:events@mountaintimes.info)  
from page 19

### 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](https://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](https://namivt.org/support/peer-support-groups) or contact Nick Martin at [nickmartin@namivt.org](mailto:nickmartin@namivt.org).

## TUESDAY, FEB. 8

### 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](https://trueyogavermont.com).

### 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.

### Tai Chi Level 3

10:45 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 six week 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](mailto:aprilc@rutlandrec.com).

### 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](mailto:aprilc@rutlandrec.com)

### 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](mailto: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](mailto: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](mailto:catkins@pcavt.org)

### 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.

### An Evening with Willard Sterne Randall

7 p.m. Virtual. Free. Please join us as we welcome historian Willard Sterne Randall to our Zoom stage for a discussion of his new book, "The Founders' Fortunes: How Money Shaped the American Revolution," an illuminating financial history of the Founding Fathers, revealing how their personal finances shaped the Constitution and the new nation. In 1776, upon the signing of the Declaration of Independence, the Founding Fathers concluded America's most consequential document with a curious note, pledging "our Lives, our Fortunes, and our sacred Honor." Lives and honor did indeed hang in the balance; yet just what were their fortunes? How much did the Founders stand to gain or lose through independence? And what lingering consequences did their respective financial stakes have on liberty, justice, and the fate of the fledgling United States of America? For more info visit [bit.ly/WillardSterneRandall](https://bit.ly/WillardSterneRandall).



## Did we miss a local event?

Email your upcoming event to [events@mountaintimes.info](mailto:events@mountaintimes.info).

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### Back Country Café

The Back Country Café is a hot spot for delicious breakfast foods. Choose from farm fresh eggs, multiple kinds of pancakes and waffles, omelets or daily specials to make your breakfast one of a kind. Just the right heat Bloody Marys, Mimosas, Bellini, VT Craft Brews, Coffee and hot chocolate drinks. Maple Syrup and VT products for sale. Check Facebook for daily specials. 802-422-4411.



### The Bakery

Breakfast and lunch made from fresh, local ingredients. 122 West Street, Rutland. Open Tuesday-Saturday. 802-775-3220. Online ordering available at [www.thebakeryrutland.com](http://www.thebakeryrutland.com)



### Birch Ridge

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](http://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](http://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](http://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](http://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/](https://www.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](http://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](http://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](http://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](http://mogulssportspub.com) 802-422-4777.



### Mountain Merchant

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### 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](http://mountaintopinn.com), 802-483-2311.



### Roots the Restaurant

Delicious food from fresh, local ingredients. Weekly entree & cocktail specials. Eat in or Order online. 55 Washington St., Center St. Marketplace, Rutland. [RootsRutland.com](http://RootsRutland.com) 802-747-7414.



### Rosemary's Restaurant

Rosemary's Restaurant at the Inn at Long Trail is serving dinner Thursday through Saturday, 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](http://rutlandcoop.com) 802-773-0737



### Sugar and Spice

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



### Sushi Yoshi

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## [MUSIC Scene]

By DJ Dave Hoffenberg

Listings for Feb. 2-8 (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. 2/2

#### VIRTUAL

8 p.m. The Woolen Mill Comedy Club presents The Drunk & Under Quarantine Show: facebook.com/woolenmillcomedy

#### KILLINGTON

2 p.m. K1 Base Lodge – Sammy B

5 p.m. Wobbly Barn – King Arthur Junior

8 p.m. Jax Food and Games – Ryan Fuller

9 p.m. Moguls Sports Pub – DJ Dirty D

#### 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

5 p.m. Moose Lodge – Live Music by Coop

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

### THURS. 2/3

#### BRANDON

6 p.m. Ripton Mountain Distillery – Open Jam

#### KILLINGTON

K1 Base Lodge – Chris Pallutto

5 p.m. Moguls Sports Pub – Duane Carleton

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 – Jocelyn & Chris

8:30 p.m. Jax Food & Games – Jenny Porter and Friends

#### 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. 2/4

#### BOMOSEEN

5:30 p.m. Bomoseen Lodge and Taproom – Nick Thornblade

#### CASTLETON

6 p.m. Ice House Bar & Grill – Breanna Elaine

7 p.m. Casella Theater – Calliope Brass

#### KILLINGTON

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

2 p.m. Pico's Last Run Lounge – Acoustik Ruckus

4 p.m. The Foundry – Jamie

4 p.m. Wobbly Barn – White Steer Duo

6 p.m. Rivershed – Erika Van Pelt

6 p.m. Summit Lodge – Duane Carleton

6:30 p.m. Wobbly Barn – Chris P Trio

7 p.m. The Foundry – Jenny Porter

7:30 p.m. McGrath's Irish Pub – Craic Agus Ceol

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 – The Benderz

#### LUDLOW

5:30 p.m. Calcuttas – Ruby Street

6 p.m. The Killarney – Sammy B

7 p.m. Du Jour VT – Richard Thomas

#### POULTNEY

6 p.m. Taps Tavern – Mean Waltons

### SAT. 2/5

#### CASTLETON

6 p.m. Third Place Pizza – George Nostrand

6:30 p.m. Castleton American Legion – Karaoke

#### KILLINGTON

10:15 a.m. Woodward Peace Park – Party in the Peace Park with Danny Davis

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 – Dustin Marshall

6 p.m. Rivershed – Erika Van Pelt

6 p.m. Summit Lodge – Fiddle Witch

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

7 p.m. The Foundry – Jenny Porter

7:30 p.m. McGrath's Irish Pub – Craic Agus Ceol

8 p.m. Moguls Sports Pub – Duane Carleton

8 p.m. North Star Lodge – Tom Irish

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

9:30 p.m. Jax Food & Games – Aaron Audet Band

9:30 p.m. Wobbly Barn – The Benderz

#### LUDLOW

5:30 p.m. Calcuttas – Adam McMahon

7 p.m. Du Jour VT – Jared Johnson

#### PROCTORSVILLE

4 p.m. Outer Limits Brewery – Sammy B

8 p.m. Neal's Restaurant – Supply & Demand

#### RUTLAND

8 p.m. Merchants Hall – Aliens and Cryptus with MIRA and Others

9 p.m. Center Street Alley – DJ Mega

#### PROCTORSVILLE

4 p.m. Outer Limits Brewery – Sammy B

### SUN. 2/6

#### KILLINGTON

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

2 p.m. K1 Base Lodge – Chris Pallutto

2 p.m. Snowshed's Long Trail Pub – Primo & Prior

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

6 p.m. Liquid Art – Tee Boneicus Jones

6 p.m. Rivershed – Erika Van Pelt

8 p.m. Moguls Sports Pub – Pallutto & Prior

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

#### PITTSFIELD

6 p.m. Clear River Tavern – Trivia

#### STOCKBRIDGE

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

### MON. 2/7

#### KILLINGTON

2 p.m. K1 Base Lodge – Duane Carleton

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

5 p.m. Mary Lou's – BAK'n with Aaron, Bobby and Krishna

5 p.m. Rivershed – Morgan Clark

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

8 p.m. Jax Food & Games – Live Music

#### LUDLOW

8 p.m. The Killarney – Open Mic with host Silas McPrior

#### PROCTORSVILLE

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

### TUES. 2/8

#### VIRTUAL

6 p.m. The Underground Recording Studio presents Bishop Lavey: theundergroundvt.bandcamp.com/merch/bishop-lavey-live-at-the-underground

#### KILLINGTON

4 p.m. Wobbly Barn – Chris Pallutto

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

6 p.m. Rivershed – April Cushman

#### LUDLOW

7 p.m. Du Jour VT – Taco Tuesday with Tony Lee Thomas

#### POULTNEY

7 p.m. Taps Tavern – Open Bluegrass Jam

#### QUECHEE

5 p.m. The Public House – Jim Yeager

Did we miss something? Email [djdavehoff@gmail.com](mailto:djdavehoff@gmail.com) and we'll be sure to include your next event on this page!





Courtesy Rutland Farmers' Market Facebook

## Community shows continued support

Shoppers showed their support of the Rutland Farmers' Market on its first day at Cortina Inn, Rutland on Jan. 29. The market will remain open at this location every Saturday, 10 a.m.-2 p.m. until their home at the Vermont Farmers' Food Center is reopened.

## Meatless chili helps chase away the chill

Warming up on cold days can be a challenge. Bundling up near the fireplace is one way to keep warm, as is dining on hearty meals that have staying power.

Chili is a cold-weather staple that is full of delicious, fresh ingredients. A little chili goes a long way, and it can be spiced up to increase its warming power. This recipe, courtesy of John La Puma, M.D., "ChefMD", is a healthy take on this beloved, hearty dish.

### Kidney bean double chili

Servings: 4

- 2 large poblano chili peppers, seeded, chopped\*
- 4 cloves garlic, minced
- 8 ounces frozen beef flavored crumbles, such as Boca or Beyond Beef brands
- 1 tablespoon chili powder, such as ancho or chipotle chili powder by McCormick brand
- 2 teaspoons dried Mexican oregano
- 1 cup chipotle salsa, preferably Frontera brand
- Two 15- or 16-ounce cans no salt added kidney beans, rinsed, drained
- 2 medium yellow summer squash or yellow zucchini, cut into ½-inch chunks (2 cups)
- ½ cup reduced fat sour cream
- ¼ cup chopped cilantro or flat leaf parsley

#### Directions:

Cook chili peppers and garlic in a large saucepan coated with cooking spray over medium heat for 2 minutes. Add frozen crumbles, chili powder and oregano and continue to cook 1 minute. Stir in salsa. Cover and reduce heat to medium-low. Cook 5 minutes or until chili peppers are tender. Stir in beans and 1 cup water. Stir in squash. Cover and cook until squash is tender, 8 to 10 minutes. Season to taste with salt, if desired. Ladle into shallow bowls; top with sour cream and cilantro.

\*If fresh poblano chili peppers are not available, substitute 1 or 2 jalapeno chilies, minced and seeded, and add 1 large green bell pepper, diced. If chipotle salsa is not available, substitute your favorite salsa and add hot pepper sauce to taste. Ancho or chipotle chili powder will give the dish more heat than regular chili powder. Beef stock may replace the 1 cup water.

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By Victoria Gaither  
Killington Base Camp Bike and Ski owner Ben Colona shows off a fat bike at the shop at the base of Killington Road.



By Shelley Lutz  
Fat biker rides at Pine Hill Park.



By Victoria Gaither  
J.T. Look at Rutland City Bikes rides a fat bike on the trails.

## Fat bikes on the rise, inventory keeps the brakes on

By Victoria Gaither

Although skiing and snowboarding dominate central Vermont this time of the year, another outdoor sport pedals along — fat biking.

"Up here in Vermont, people love riding them, a lot of people do move mostly to skiing in the winter, but for the way our weather is going, I don't see fat tire bikes going out," said JT Look, the owner and mechanic of Rutland City Bikes.

Fat bikes have thicker tires than ordinary bikes and ride well on snow and sand.

Look said Covid-19 put the brakes on inventory.

"I would be able to sell them if I could get them in stock, but with Covid, it's still causing a pause," Look said.

In Killington, Base Camp Bike and Ski owner Ben Colona sees the same thing. He explained, "People are coming in and looking for them, and we would have them to sell if we could get them. The inventory situation has made them more difficult this year."

"People are coming in and looking for them, and we would have them to sell if we could get them. The inventory situation has made them more difficult this year," said Ben Colona.

One reason for the success of fat bikes in the Rutland and Killington area is excellent riding trails, said Colona, who is also president of Killington Mountain Bike Club.

"The KMBC has worked over the past five years to build and maintain single track mountain bike trails in the town of Killington," Colona said.

J.T. Look of Rutland City Bikes repairs bikes and hosts riders at his Beds-N-Bikes through Airbnb and offers ride trails on his property. He said fat bikes are for everyone.

"Even for people who are beginner riders, the wider tires give more stability so it helps them feel more safe with balance," Look said.

On Sunday, Feb. 13, at the Giorgetti Athletic Complex, Oak Street at Pine Hill Park, beginners, immediate, and

experienced fat bike riders are invited to the Cold Rolled Rutland Fat Bike Ride to test their skills or enjoy a ride.

Mountain Bike Vermont, MTBVT, and Ranch Camp co-created the event in partnership with Pine Hill Park.

Rutland Bike organizer Shelley Lutz said there will be guided rides for folks not familiar with Pine Hill Park.

The event costs \$50. Registration starts at 9 a.m. on Feb. 13 and rides are from 10 a.m. until 2 p.m..

Nat Freund, an organizer with Ranch Camp, had success with other fat bike winter events in Vermont.

He said bringing the ride to Pine Hill Park was a no-brainer because of the trails. "I live very close to Pine Hill and ride there frequently, so I knew how amazing the fat biking can be in the park," Freund said.

Due to Covid-19, there was no event last year, so organizers expect riders from around New England and New York to come.





"Storm Lake"

Courtesy Middlebury New Filmmakers Festival

## Vermont Independent Media, Vermont publishers to discuss

Why your local paper matters

Wednesday, Feb. 2 at 7 p.m. — VIRTUAL — Vermont Independent Media (VIM), publisher of The Commons, will host a panel discussion with Vermont publishers/editors about the future of local journalism on Wednesday, Feb. 2 at 7 p.m. on Zoom.

VIM's panelists will discuss the turmoil in local journalism today and how publishers and editors are dedicated to keeping newspapers alive. Panelists include Art Cullen, Pulitzer Prize winning editor of the Storm Lake Times; Tim Calabro, editor/publisher, The White River Valley Herald; Angelo Lynn, publisher/editor, Addison Independent; Randolph Holhut, news editor, The Commons; and Melanie Winters, news editor, The Brattleboro Reformer.

The discussion previews the screening of the award-winning documentary "Storm Lake" presented by Middlebury New Filmmakers Festival at Next Stage Arts on Friday, Feb. 4 at 7 p.m. The film depicts the triumph and struggle of the Storm Lake Times and poses the question: "Does American democracy survive without the backbone of independent local journalism?"

The newspaper industry has been in steady decline triggered by a loss in readership and ad revenue which have been migrating to other media, most notably digital. Then came the pandemic and ensuing sluggish economy that impacted core advertisers and promotion of community events causing major decline in advertising revenue.

According to the New York Times, over the last 15 years more than 1 in 5 newspapers have closed. Readers across the country told the Times in a 2019 survey how they were affected by the decline of local news: "Our community does not know itself."

The panel discussion represents one of a series of events VIM has been producing around media education as part of our media mentoring project, says Lynn Barrett, board president. VIM's founders envisioned a forum for community participation and media education that would build media skills among residents, students and the disenfranchised and to reach these audiences through public workshops and special events. Local journalism students have also been invited to the event to not only listen in, but to ask questions.

The discussion will be hosted by Tim Arsenaault, a 48-year broadcaster and member of the Vermont Association of Broadcasters Hall of Fame who works part time for WTSA FM in Brattleboro.

This event is co-sponsored by Vermont Independent Media and Next Stage Arts.

Registration required: Email geoffburgess2@gmail.com for the Zoom link.

## Middlebury New Filmmakers Festival announces the return of the MNFF Vermont Tour, Feb. 3-6

Feb. 3-6 — The Middlebury New Filmmakers Festival (MNFF) has announced the resumption of its statewide Vermont tour, following a two-year hiatus. Two top films from its 2021 7th annual festival will screen in six towns across the state on the expanded weekend, February 3-6.

The two feature documentaries that will screen are the award-winning "Storm Lake" and the acclaimed "The Ants & The Grasshopper." "Storm Lake," directed by Beth Levison and Jerry Risius, was the celebrated opening night film at the 7th annual Middlebury New Filmmakers Festival this past August. "The Ants & The Grasshopper," directed by Raj Patel and Zak Piper, was the popular closing night film at the festival, where it was introduced by environmental activist Bill McKibben.

"Storm Lake" tells the compelling story of 63-year-old Pulitzer-prize winning editor Art Cullen and his family-run newspaper, The Storm Lake Times, in Storm Lake, Iowa. Twice weekly, week-in and week-out, the Cullens deliver local news and biting editorials on a shoestring budget for their 3,000 readers. In the face of significant long-term economic challenges in western Iowa and the added stress of the pandemic, the paper fights to preserve its editorial integrity, shore up its finances and bolster the quiet community the Cullens call home. An intimate and revealing chronicle of local journalism in rural America, featuring the charismatic Art Cullen; his brother and publisher John; Art's wife, Dolores; and Art's son, Tom, "Storm Lake" is a live documentary that lets its central characters tell their essential story.

"Storm Lake" director and producer, Beth Levison, multiple Emmy Award winner and a graduate of Middlebury College, will accompany the film and participate in Q&A sessions at several tour stops. Ms. Levison has toured extensively with the film in Iowa and throughout the Midwest.

"The Ants & The Grasshopper" focuses on Anita Chitaya, an extraordinary woman from Malawi, who has a marvelous gift: she can help bring abundant food from dead soil, she can make men fight for gender equality and she can end child hunger in her village. Now, to save her home from extreme weather, she faces her greatest challenge: persuading Americans that climate change is real. Traveling from Malawi to California to the White House, she meets climate skeptics and despairing farmers. Her journey takes her across all the divisions shaping the United States, from the rural-urban divide, to schisms of race, class and gender, to the thinking that allows Americans to believe that we live on a different planet from everyone else. It will take all her skill and experience to persuade

us that we are all in this together. "The Ants & The Grasshopper," a documentary 10 years in the making, weaves together the most urgent themes of our times: climate change, gender and racial inequality, the gaps between the rich and the poor and the ideas that groups around the world have generated in order to save the planet.

Directed by Raj Patel, New York Times best-selling author and currently teaching at the University of Texas, and Zak Piper, Emmy Award-winning producer and director, "The



Courtesy Middlebury New Filmmakers Festival

Anita Chitaya ("The Ants and the Grasshopper")

"The Ants & The Grasshopper" has often been described as a film that genuinely embodies the impact of social activism.

The MNFF Vermont Tour will stop in Woodstock on Saturday, Feb. 5 for a pair of screenings of "Storm Lake" at 3 p.m. and again at 5:30 p.m. The showings will take place in partnership with the Woodstock Vermont Film Series and are hosted by Billings Farm & Museum



# Ask a master gardener: How to force winter flowers

By Deborah J. Benoit

Forsythia in February? Impossible, you say? Not so. A vase full of flowers from the garden won't take much more effort than harvesting some branches to force them to bloom.

A good time to take cuttings for forcing is when you're doing your annual winter pruning. If pruning isn't on your winter to-do list, just take a look around your yard. What trees and shrubs do you have that bloom in the spring? These set their buds during the previous growing season, so they're already ready to bloom once spring arrives (or you fool them into thinking it has).

Choose early spring-blooming varieties for early win-

[The] varieties that bloom earlier in the spring can be cut and forced earlier in winter than those that bloom later in spring.

ter forcing. Shrubs such as witch hazel (*Hamamelis*) and forsythia (*Forsythia*) are good choices. In mid-winter, you can try flowering quince (*Chaenomeles*), azaleas and rhododendrons (*Rhododendron*), crab apples and apples (*Malus*) or cherries (*Prunus*). In late-winter, lilacs (*Syringa*), spirea (*Spiraea*) and mock orange (*Philadelphus*) can be forced to bloom indoors.

In general, those varieties that bloom earlier in the spring can be cut and forced earlier in winter than those that bloom later in spring. All can be cut and coaxed into bloom right up to their outdoor bloom time. Imagine a vase filled with lilacs and forsythia while there's still snow on the ground outside your window.

Since these plants are programmed to bloom once winter departs, they do need a period of cold weather. Once they've experienced at least 6-8 weeks of temperatures below 40 degrees, you can begin to harvest branches for forcing. Grab a pair of pruners and head outside. The best time to cut is when temperatures are mild.

Always use good pruning practices. Remember, what you cut now will affect how the tree or shrub blooms come spring, as well as future growth and form. If you'd like to know more about pruning, you'll find helpful information at [go.uvm.edu/pruning-dormant-plants](http://go.uvm.edu/pruning-dormant-plants).

Cut segments at least a foot or two in length, longer if you'd like a really dramatic display. More flower buds mean more flowers. While it may be difficult to distinguish between flower buds and leaf buds, in general,



By Deborah J. Benoit

Early spring-blooming varieties, such as witch hazel, can be cut and forced earlier in winter than those that bloom later in spring.

flower buds will be fatter, leaf buds more pointed.

Once you've gathered enough cuttings, bring them inside. Fill a container with warm water. Recut the ends of each branch at a sharp angle and slice vertically through the end or lightly smash it to allow more intake of water.

Remove any side branches or twigs that will be beneath the water. Then arrange the cuttings in the container.

Place the container in indirect light such as a north-facing window, away from drafts and heat sources. Be sure to change the water frequently, at least every few days, to keep it fresh.

Buds may drop if your indoor environment is very dry, so misting daily or covering the branches and container with a large, clear plastic bag can add needed humidity until the buds begin to open.

If buds do drop off, you may have taken your cuttings too soon. Don't hesitate to try again. The later in winter and closer to nature's bloom time, the greater the chance for successful forcing.

Above all, be patient. The process can take up to a month, sometimes longer. But as you watch, you'll witness an early spring as the buds swell. And you'll be rewarded with a vase full of flowers while there's still snow on the ground outside your window.

Sometimes it's very nice to "fool Mother Nature."

For more information on forcing branches in winter, check out [go.uvm.edu/forcing-flowering-branches](http://go.uvm.edu/forcing-flowering-branches).

Deborah J. Benoit is a UVM Extension Master Gardener from North Adams, Mass., who is part of Vermont's Bennington County Chapter.

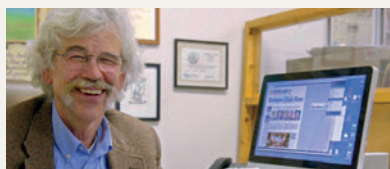
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**Woodstock Vermont Film Series**  
2021-2022

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## Next Stage Arts presents two NYC artists

Big Lazy and Mamie Minch

Sunday, Feb. 5 at 7:30 p.m. — PUTNEY — Next Stage Arts in Putney announces a performance featuring two underground bands from the Brooklyn Barbés scene, on Sunday, Feb. 5 at 7:30 p.m.

Big Lazy has flourished for over two decades in NYC's downtown music scene. Simultaneously noir and pastoral, gothic and modern, the trio conjures images from big sky country to seedy back rooms with cinematic clarity. With a nod towards classic guitar instrumentals and a fiery performance style, their most recent album, *Dear Trouble*, captures the essence of their legendary live shows.

"Music can get past our conscious mind, and it can impact how we move and what we



Courtesy Next Stage Arts  
**Big Lazy**

feel. Big Lazy is infectious," says Keith Marks, Executive Director of Next Stage Arts. "Their music has a soulfulness and grit that's hard to describe. A-level jazz musicians doing southern instrumental soul. It's powerful stuff."

Mamie Minch is a longtime staple of New York's acoustic blues scene. Listening to her sing and play is like unpacking a time capsule of American music that's been stored in her 1930's National

steel guitar for decades and filtered through a modern femme sensitivity. Mamie's newest release *Slow Burn* is a collaboration with drummer/producer Dean Sharenow that sees her traditional influences stretch out, turn up, and get deeper, groovier, funkier.





Courtesy Southwestern Vermont Medical Center

## Southwestern Vermont Medical Center's cancer team invites you to Bromley's "Mom's Day Off"

Friday, Feb. 4 — PERU — Staff of Southwestern Vermont Regional Cancer Center (SVRCC) in Bennington, Rebecca Hewson-Steller, RN; Jenny Coutu, MSN, RN; Mary Weinfurt, RN; Naomi Bolognani; and Matthew Vernon, MD, gathered to invite members of the public to enjoy a fun day of skiing and riding on Friday, Feb. 4. That's the day that Bromley Mountain Ski Resort will hold its annual "Mom's Day Off" fundraiser to benefit women's breast cancer care SVRCC. The Cancer Center is part of Southwestern Vermont Medical Center and Southwestern Vermont Health Care (SVHC).

During the event, moms (including honorary moms and pet moms) ski or ride for just \$25 when they show the ticket seller a snapshot of their kid or kids. Regular lift tickets cost \$89. The Cancer Center will receive the entire \$25 lift ticket cost as a donation. There will also be a \$12 burger-and-beer special at the Wild Boar Tavern. Bromley Mountain is located at 3984 Vermont Route 11, Peru, 6 miles east of Manchester. For more information, visit [bromley.com](http://bromley.com).

### About SVHC

Southwestern Vermont Health Care (SVHC) is a comprehensive, preeminent, healthcare system providing exceptional, convenient, and affordable care to the communities of Bennington and Windham counties of Vermont, eastern Rensselaer and Washington counties of New York, and northern Berkshire County in Massachusetts. SVHC includes Southwestern Vermont Medical Center (SVMC), Southwestern Vermont Regional Cancer Center, the Centers for Living and Rehabilitation, and the SVHC Foundation. SVMC includes 25 primary and specialty care practices.

SVMC has earned several prominent distinctions. Most recently, SVMC received the American Hospital Association's Rural Healthcare Leadership Award for transformational change in efforts toward healthcare reform and its fifth consecutive designation within the American Nurses Credentialing Center's (ANCC) Magnet Recognition Program®. It ranked fourth in the nation for healthcare value by the Lown Institute Hospitals Index in 2020 and is one of Vermont's Best Places to Work. SVMC earned an 'A' for hospital safety from the Leapfrog Group for two years in a row. During the pandemic, SVMC and both its skilled nursing facilities, the Centers for Living and Rehabilitation in Bennington, and the Center for Nursing and Rehabilitation at Hoosick Falls, earned perfect scores on a Centers for Medicare and Medicaid Services evaluation meant to determine the ability to prevent transmission of COVID-19 and other infections.

Southwestern Vermont Medical Center provides exceptional care without discriminating on the basis of an individual's age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation, or gender identity or expression. Language assistance services, free of charge, are available at 1-800-367-9559.

## Vermont Adaptive Program coordinator receives 2021 Kellen Sams Memorial Leadership Award

Officials at Vermont Adaptive Ski and Sports, a nationally recognized non-profit providing sports and recreation year-round to people with disabilities, announced Jan. 26 that Molly Tobin, program coordinator for the organization, has been awarded the 2021 Kellen Sams Memorial Leadership Award.

"We are thrilled that Molly is this year's recipient of the award," said Christine Parsons, Sams' mother and creator of this award in her son's memory. "Kellen's name is linked to an amazing adaptive sports program, which does the type of work that resonated with his heart. Kel-

len's dedication to gaining skills, his love of challenging oneself and his passion for showing others the joy of 'just being out there' continues as his fund supports professional development of Vermont Adaptive staff, interns and volunteers."

Kellen Sams was a teacher and avid adventurer. But most importantly, he was a compassionate friend to all he met. Tragically, despite preparedness, the highest safety measures, and years of training and experience, Sams lost his life in an avalanche in February of 2010 while backcountry skiing the San Juan Mountains of Colorado.

Molly Tobin > 36

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**BAXTER**

Baxter is a 2-year-old mixed breed that came from Arkansas. He's a bit shy, we think people were not always kind to him, but this has not stopped him from loving people and wanting to be your new best friend! Baxter has been pretty clean in his kennel, so he maybe housebroken. He seems to like most female dogs, but more leery around male dogs. He will be a wonderful addition to a home where people give him time to get used to his new surroundings. Baxter is heartworm positive and has to remain in the state of Vermont. We will pay for his treatments, but his home would have to transport him to the vet in Rutland for his treatments.

This pet is available for adoption at

**Springfield Humane Society**

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

**\*Open by appointment only.** [spfldhumane.org](http://spfldhumane.org)



**JEWEL**

I'm a 1-year-old spayed female. I came to Lucy Mackenzie after not having a home or family I could call my own. I'm quite shy at heart, but do warm up pretty quickly. And, oh boy - do I ever like to play! I think I'd like a quiet home - one that has cats, and even children if they were respectful of me! Oh, and I'm really, really close friends with Estelle. She's my bestie, in fact! And, it'd be wonderful if we were able to go home together!

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](http://lucymac.org)

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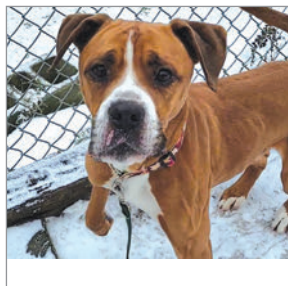
**MON. - FRI. 10am - 6:30pm & SAT. 10am - 5pm**

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# Rutland County Humane Society



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



**OZZIE—2-year-old.** Neutered male. Boxer mix. Tan and white. If you want a fun and goofy guy to join the family, I may be your boy!



**CARRIE—10-year-old.** Spayed female. Domestic shorthair. Torbie. I love kicking my paws up and relaxing whenever I have the chance.



**SNOW—Adult.** Neutered male. American rabbit. White I am a lovely white rabbit who likes to sit and watch the world go by in between eating and playing.



**DEXTER—4-year-old.** Neutered male. Hound mix. Black and tan big hound dog mix. I love people and hanging out with them.



**HUNTER**

**3-year-old.** Neutered male. Lab mix. Black. If you are reading my story I assume you might be interested! With my sad looking face, who wouldn't want to take me home and love me forever?

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

**\*(By appointment only at this time.)**

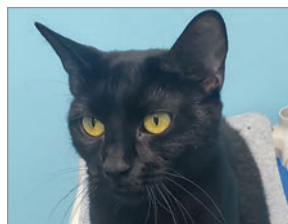
Closed Sun. & Mon. • [www.rchsvt.org](http://www.rchsvt.org)



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



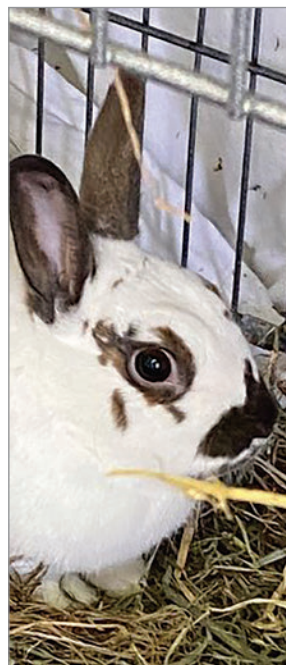
**SPIKE—1-year-old.** Neutered male. Pit mix. Brindle. I am such a happy and sweet boy who loves people!



**PUMA—2-year-old.** Spayed female. Domestic shorthair. Black. They call me Puma, I can be a bit sly and laid back.



**JELLY BEAN—Adult.** Sex unknown. Gerbil. Brown. Am I not the cutest thing ever? I am playful, curious and inquisitive.



**FREDDIE—Adult.** Neutered male. American. Brown and white. I like to snuffle round and explore any new spaces thoroughly and mid-morning is my favorite time to be most active.

## Smoking has serious health effects on pets

While we may be aware of the serious health risks that smoking and exposure to secondhand smoke can have on humans, you may not realize that cigarette and cigar smoke can cause severe health risks in your pets as well. The harmful ingredients from cigarettes can be found on furniture and carpeting/flooring in the homes of smokers. Studies show that dogs, whose noses are close to the ground, breathe in these toxins and are at a higher risk for developing nasal cancer and may have an increased risk for lung cancer as well. Cats are at an even higher risk of developing cancer, as they groom themselves and ingest the toxins. Pet birds, too, are highly susceptible to any pollution in the air. If your pet is coughing or wheezing, please call your veterinarian, and remember that yearly physical exams are essential for every pet. For more information and tips, contact the adoption center at 802-483-6700.



# Cosmic Catalogue

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## Aries

March 21 - April 20

You may be feeling the pressure and the relief at the same time this week. Mars, your guiding star, forms a link to benevolent Jupiter. Not the strongest of connections, nonetheless, it may be enough to take the edge off so you can feel reenergized and re-inspired. An additional piece of the puzzle may help solve a problem, assisting you in where to apply your best efforts. Reconnect with a sense of meaning and purpose, it will inspire you to overcome anything!



## Leo

July 21 - August 20

Relationships have been rocky territory for you for a while now, paved with both the good and the bad. This week, an opportunity arrives helping you to figure out just how much more you're prepared to deal with. You might be ready to double down on a commitment you made and work through the stormy weather or, you could make the mature choice of drawing your line in the sand. It may not be an easy week, but you'll be clear about where to go from here.



## Sagittarius

November 21 - December 20

When it comes to feeling inspired, you kind of have the market cornered. That fire you have within will be stoked even further this week, thanks to active Mars connecting with Jupiter. You'll be able to overcome any hurdles or take action around a money or domestic issue. If you've got a dream in your heart, you'll be willing and able to roll up your sleeves and do what has to be done to make it happen. Anything you commit to or make choices around will have some real staying power.



## Taurus

April 21 - May 20

The weight of choices and responsibilities are likely to be felt this week, especially when it comes to your career and / or the major direction of your life. The friction between what you have to do and what you want to do may become apparent. Perhaps it's a new responsibility you need to fully embrace or you need to recognize one has approached its expiry date. With this level of restlessness playing out, take the authentic and right path.



## Virgo

August 21 - September 20

You may breathe a deep sigh of relief this week, thanks to Mercury ending its retrograde phase. This means topics involving love, joy, romance and children will start getting back to normal. Any confusion or miscommunication can begin to sort themselves out. As Venus and Mars get close, you might realize you have more support around you than you thought. Take a step back and let someone else solve all the problems and fix the issues for a change!



## Capricorn

December 21 - January 20

When it comes to your cash flow and acquisition of the resources you need – financial or otherwise, what are you willing to commit to? You've been thinking about your personal priorities for a while now and questioning yourself, your values and what is right for you. Now is your time to take inspired action and work towards what you know feels right for you. You're not afraid of some hard work, and you've got plenty of cosmic support to help you get it done!



## Gemini

May 21 - June 20

You can expect things to begin moving in a different direction now, as Mercury ends its retrograde phase this week. One the one hand, this will help you to see a situation more clearly. On the other, you may need to face your fears in order to make the progress you want. There is more information to arrive, so there's no need to rush choices. That said, they'll be easier to make once you confront the truth of what needs to be taken more seriously.



## Libra

September 21 - October 20

In the modern age, it can be a challenge to take a hobby or pastime seriously. More often than not, we simply don't make it a priority. Yes, it does seem like an oxymoron to commit to joy, but that is what the sky asks you to do right now. Maybe it's regular gym attendance or time with your kids and loved ones. Whatever it is, if you've been feeling like you're lacking in love and happiness, then it's up to you to prioritize it.



## Aquarius

January 21 - February 20

It's likely you're in what I call "a Steve Jobs situation." You might remember his speech about frivolously trying to connect the dots moving forward, but you can only do that in hindsight. While you may not know exactly the way forward right now, one thing is for certain, staying where you are won't get you where you want to go. If you want something you've never had, you'll have to do something you've never done! Decide and commit. You can adjust accordingly as you go.



## Cancer

June 21 - July 20

A New Moon in one of your money sectors may help you figure out a financial goal, especially one that involves a partner, either in business or in life. If things have gone awry, then you may need to work together in order to find a solution. If things get a little heated between you, remember that you're fighting a problem, not each other. Draw a boundary and stick to the issue at hand, rather than how you may feel about it.



## Scorpio

October 21 - November 20

Sure, there are some tension points for you this week, but much of it will be determined by your attitude. Fortunately, a positive link between Mars and Jupiter can lift your spirits and inspire you toward positive action. So even if there is a hill or two to climb or some pressure on the home front, you'll be able to see the big picture that will make things feel easier. Hard tasks done with the right outlook don't seem as hard.



## Pisces

February 21 - March 20

Nothing quite soothes the soul like connecting with a friend. We all have those friends that even if we haven't connected with them in a while, it's like no time at all has passed when you see them again. Those friends where you laugh so hard, the tears come streaming down and your stomach muscles hurt are a treasure. If you have someone in your life like that, reach out to them this week. In real life, on Zoom – it doesn't matter. You'll be so glad you did!



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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.



# Mushrooms in winter

Winter is far a far cry from being prime mushroom hunting season. Most fungi stop producing mushrooms, or fruiting bodies, in early autumn, and their hyphae (filamentous structures that are the main part of the fungal body) are out of sight, inside wood or in the ground. However, you can still find some specimens in winter. Spotting them is simply a matter of knowing where to look.

A few soft-bodied mushrooms, such as the prize edibles velvet foot and jelly ear, fruit from late autumn into early winter. Others, including the late fall oyster, blewits, and brick tops, will occasionally linger when mild weather persists, or will emerge in a thaw. You may also (more likely) find specimens of these fungi in desiccated form. The tough mushrooms of some shelf and bracket fungi – artist's conk, crowded parchment and turkey tail, for example – persist year-round.

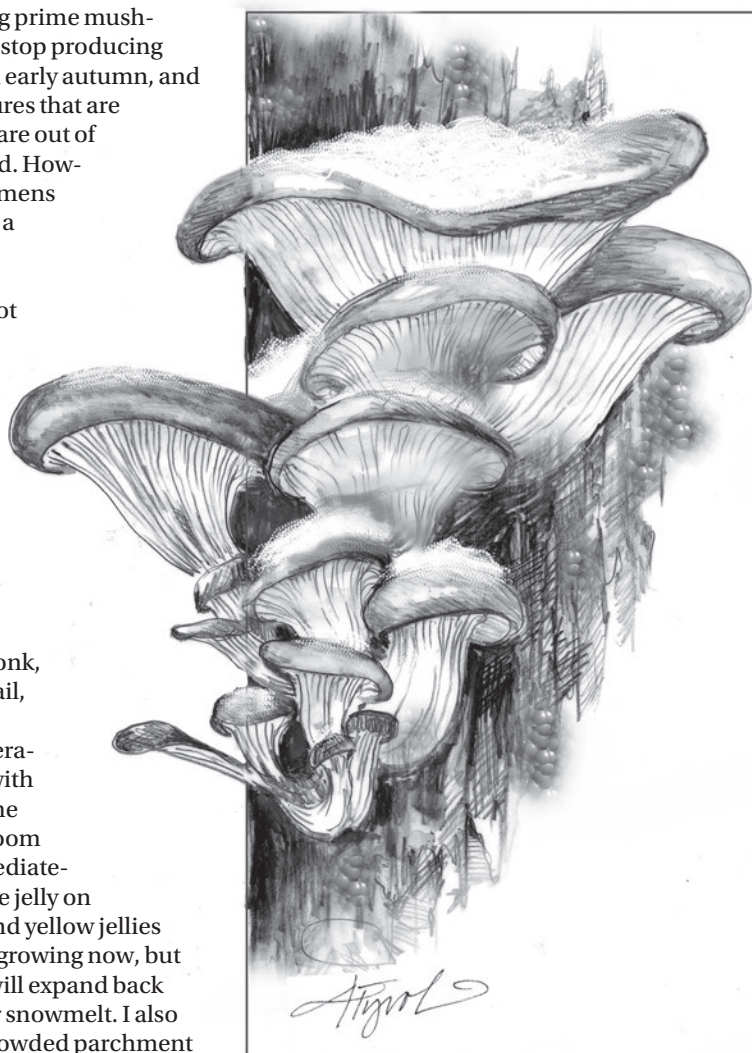
On a winter day with the temperature hovering in the low 20s and with several inches of snow covering the ground, I headed out on a mushroom hunting expedition. Almost immediately, I spotted a small mass of orange jelly on a downed hemlock log. Orange and yellow jellies (multiple species) aren't actively growing now, but they're remarkably durable and will expand back to their normal size during rain or snowmelt. I also discovered a batch of common crowded parchment on the opposite side of the trail.

On a nearby stump was a magnificent cluster of turkey tail, a year-round forest resident. This specimen's fan-shaped caps sported alternating zones of color: white, tan, dark brown, grey, sky blue, and dark blue. While technically edible and traditionally used for teas, turkey tail fungus has garnered more interest recently for its possible uses in cancer treatments. Its leathery, striped caps are also prized by some jewelry makers who fashion them into earrings.

As the trail gently sloped uphill, I came across a large flush of orange mock oyster mushrooms on a downed log. Their bright 1- to 5-inch orange to orange-yellow, fan-shaped caps stood out against the snow. Again, this species isn't actively growing now, but it's worth a close look for its remarkably fuzzy surface. One sniff will tell you this isn't edible; it has a sulfurous odor – à la spoiled cabbage or rotten eggs.

Farther up the trail, on the underside of a downed birch branch, I discovered a small grouping of luminescent panellus. This kidney-shaped, pale tan mushroom is highly bioluminescent during part of its life cycle, one of three species with this trait in the Northeast.

While crossing a small ridge, I came across two of the most common and conspicuous of the shelf and bracket fungi. Sprouting on a yellow birch were several horse hoof-shaped mushrooms, brown and gray in color: the tinder polypore. Ancient humans used the tinder polypore mushroom as tinder for fires (hence its common name) as well as for medicinal purposes. Nearby, a dead paper birch gave rise to a number of grayish-brown mushrooms



OYSTER MUSHROOM IN WINTER



The Outside Story  
By Frank Kaczmarek

Ancient humans used the tinder polypore mushroom as tinder for fires (hence its common name) as well as for medicinal purposes.

characteristic of the birch polypore. This species' historical applications have ranged from fuel to use as a razor strop to a de-worming agent.

As the walk progressed, my inventory of species increased to include four additional shelf and bracket fungi: cinnabar-red polypore, the lilac-edged violet-toothed polypore, artist's conk, and the thin-mazed oak polypore. I also discovered several more jelly fungi, including the black and amber jelly-roll, along with a handful of crust-like fungi, including the common milk white polypore, zoned phlebia, and several others that I have yet to identify. My sightings also included, of course, the ubiquitous lemon drops.

As the saying goes, the best is saved for last, and near the trail's end, a dead oak harbored several doz-

en tan-colored, fan-shaped fruiting bodies of the oyster mushroom. Along with being a prized edible, this fungus has an inherent ability to degrade polycyclic hydrocarbons – the major class of molecules found in oil – and has been used to clean up sites contaminated with diesel fuel.

Checking my list, I saw that I had come across nearly 20 different mushrooms – not bad for a winter walk through the woods.

Frank Kaczmarek is a photographer and retired biologist and author of "New England Wildflowers: A Guide to Common Plants," a Falcon Field Guide published in 2009 by Globe-Pequot Press. He lives in Lyman, New Hampshire. Illustration by Adelaide Murphy Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of the New Hampshire Charitable Foundation: nhcf.org.

## Clarity is coming

The space weather changes a lot this week. If January wasn't quite the productive goal-achieving month you anticipated it would be, then the first week of February looks quite different.



Cosmic Catalogue  
By Cassandra Tyndall

The combination of a New Moon and Mercury winding up its retrograde phase brings a feeling of renewal. Plans and ideas that were delayed from very late December 2021 may be back on the table for discussion. There is new information and insights to come, so it may pay off to not be too enthusiastic to push forward too quickly.

The annual meeting of the Sun

If there are some hard lines to be drawn or hard work to be done under this heavy, somber vibe, there is some cosmic support.

and Saturn may assist you in gaining clarity about which direction to take this year. This might mean recognizing the need to let go of some obligations or responsibilities as you recommit to the ones that matter. Priorities will be important, so take your time in figuring them out.

If there are some hard lines to be drawn or hard work to be done under this heavy, somber vibe, there is some cosmic support. Even if you have to do something you'd rather not do, approaching it with purpose and rolling up your sleeves and getting it done will make things a whole lot easier.

## Tax planning changes in retirement

It's not uncommon for people to pay more in taxes than anticipated because our tax system treats various income types differently and has tax and penalties that many are unaware of.



Money Matters  
By Kevin Theissen

One way to consider the stages of retirement could be: first, your pre-retirement or work and saving years, usually before age 50 to 60. Next, early retirement, ages 60-70, when many are going strong. Then middle retirement, ages 70-80 when some slow down. And finally, late retirement of 80 plus years.

Some of the surprises that people run into in retirement include inflation, longevity, expenses and healthcare. People often view their future costs in today's dollars and don't forecast how those costs will grow with inflation. Many live longer than they expect, which requires more money.

Many live longer than they expect, which requires more money

Many also underestimate how much they need to maintain their pre-retirement standard of living and this includes how much they will likely need to spend on healthcare costs.

Here are some ideas to avoid surprises in your retirement years:

**Idea 1:** You must know what your after-tax retirement savings picture looks like before retiring.

If you save \$1 million in your 401k, it's not really \$1 million. Taxes must be paid. If you're already retired, you'll want to start evaluating next year's potential tax bill before you start withdrawing your assets in the new year.

Money matters > 38



# The keys to life: 'How wonderful to be alive'

I grew up under two extremes.

My father's parents (my paternal grandparents) were hard-working, blue-collar laborers, with my grandfather being a self-employed plumber and my grandmother the quintessential mother and housewife.



**The Movie Diary**  
By Dom Cioffi

They lived in a small two-story house directly across the street from a large factory and right behind the city's largest shopping center. The area was known as "The Gut" given that it was the poorest section in town.

My mother's parents (my maternal grandparents) were also hard-working, although through my grandfather's resourcefulness in business and farming and the fact that his father was a banker, they were financially well off.

They lived in a large brick farmhouse on the outskirts of town, surrounded by rolling hills and streams. Inside the house were countless antiques and valuable artwork collected over generations.

I looked forward to going to both houses, mostly because I always felt safe and loved in either location. My grandmother in the city fed me well and catered to my every whim. And while my grandmother in the country did the same, her home offered the bonus of endless adventure, both inside the house and out.

One of my favorite pastimes when visiting her house was getting to use the family's antique player piano (also known as a pianola).

A player piano is a self-playing piano that works via a pneumatic mechanism that blows air through perforated holes on rolls of paper. The action to play the piano can be electric or through the pumping of feet on pedals.

You could play a pianola just like an ordinary piano,

but you could also play the music rolls that were purchased at music stores. This would be applicable to buying records to play on your record player.

My grandmother had nearly 100 music rolls sitting on top of her piano, with songs ranging from Christmas carols to ragtime classics to '30s and '40s mainstream gems like "Winchester Cathedral," "Hello Dolly," and "Yes, We Have No Bananas." There were also a few more modern songs like "Hey Jude," but they were rare.

Once my grandmother showed me the correct way to handle the music rolls and how to place them into the player, I would sit for hours listening and singing while watching the keys magically move.

I gained a great appreciation for the music I found in those rolls and I'm confident that piano was one of the reasons I developed such a great love of melody and a deep desire to learn how to play an instrument.

There was one song, however, that transcended all the others. It was a song that my grandmother loved deeply. In fact, I have a vivid memory of sitting next to her on the bench as she sang along while the music roll played.

The song was titled "Lara's Theme," but it is more popularly known as "Somewhere My Love."

The song originated from a leitmotif used in the 1965 film "Doctor Zhivago." A leitmotif is a short musical phrase that reoccurs during a film or piece of music to remind the listener of a person, place, or idea (think of the *dun-dun-dun-*



*dun* sound of impending doom as the shark approaches in the "Jaws" movies).

After the success of "Doctor Zhivago," an Oscar-winning lyricist named Paul Francis Webster wrote words to "Lara's Theme" to create the song "Somewhere My Love." Within weeks, Ray Conniff recorded the song and released it. It soon ran up the charts, finally topping out at #9 on the Billboard Hot 100.

That song is forever burned into my heart. Whenever I hear it, I think of my grandmother and that player piano. But it goes even deeper than that. There's something ethereal about that melody that captivates me. In the moments that I hear it, I find that I stop whatever I'm doing and just listen – a sure sign that a song is transcendental.

January is notoriously lousy when it comes to new films and this year is no exception. Because of that I decided to go backwards in time and watch the aforementioned "Doctor Zhivago," one of most

beautiful love stories ever told. Set against the harsh and unforgiving reality of the Russian Revolution, "Doctor Zhivago," starring Omar Sharif and the mesmerizingly beautiful Julie Christie, delves into the depths of love and art and how some people refuse to compromise, even in the face of death.

While most people have heard of this film, few have watched it. I implore you to give it a try during these cold winter months. It's nearly four hours long, but every second is worth it.

An epic "A" for "Doctor Zhivago."

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

## Cold adventures uphill: Body temps fight outdoor chill

It started like any other tour. I had my backpack full of goodies, including the best puffy coat in the entire world. It's the coat that enables me to forgo my fear of the cold, knowing that no matter the temperature there is a nice warm bundle of heat waiting for me at the summit. It's a trick I learned by accident, having left my coat on the radiant floor while packing. The heat from the floor was absorbed into the down and when I opened it up at the summit, that heat was still there. It was like a miracle that morning.

And every below-0 degree tour thereafter. I begin my tour without worry, wrapped in a bright orange PolarTec Alpha puffy that lets me stay warm and sweat at the same time. I'm not a tech guru any more, but I have an appreciation for a good coat. Well, let's be honest. Lots of them. If I'm going to be super honest, probably too many of them. In fact, I want all the coats. And I do mean all of them. I live in Vermont, where the weather changes faster than my mood swings, and so I need a coat for each.

Oddly enough, I wasn't even wearing a coat as I headed up the mountain on

this particular sunny 6-degree day. I was wearing a cotton flannel over my wool base layer and under a thin vest just to keep my lungs warm. I laughed as I continued to slide my skis forward, one after the other, enjoying the internal warmth from my body as it contrasted with the brutally cold air seeping in through my flannel. It's such a high, the two systems competing with each other and I love it.

And so I kept going, my legs feeling like the flutter kick of the freestyle stroke in swimming. It's the perfect tour for gliding and I felt like I could swim up this mountain forever. The pitch is perfect, the track is smooth and I was just flying. I felt my ears, bright red against the nipping wind and my sunglasses began to ice over from my breath. My internal body temperature was losing the battle with Mother Nature and I started thinking about putting on that bright orange puffy once I turned left into the woods for the summit traverse.

I dove under the heavily laden pine trees into the woods and opted instead for my super stretchy lightweight soft shell. That one keeps the warmth buried inside while the hood protects me from

Livin' the dream > 35



**Livin' the Dream**  
By Merisa Sherman



By Merisa Sherman

After turning into the woods for the summit traverse, skinner anticipates the ride downhill.



## Low-cost ways to revamp living areas

Home improvement projects require substantial financial investment. But just because a homeowner wants to bring a fresh look indoors doesn't mean he or she has to break the bank along the way.

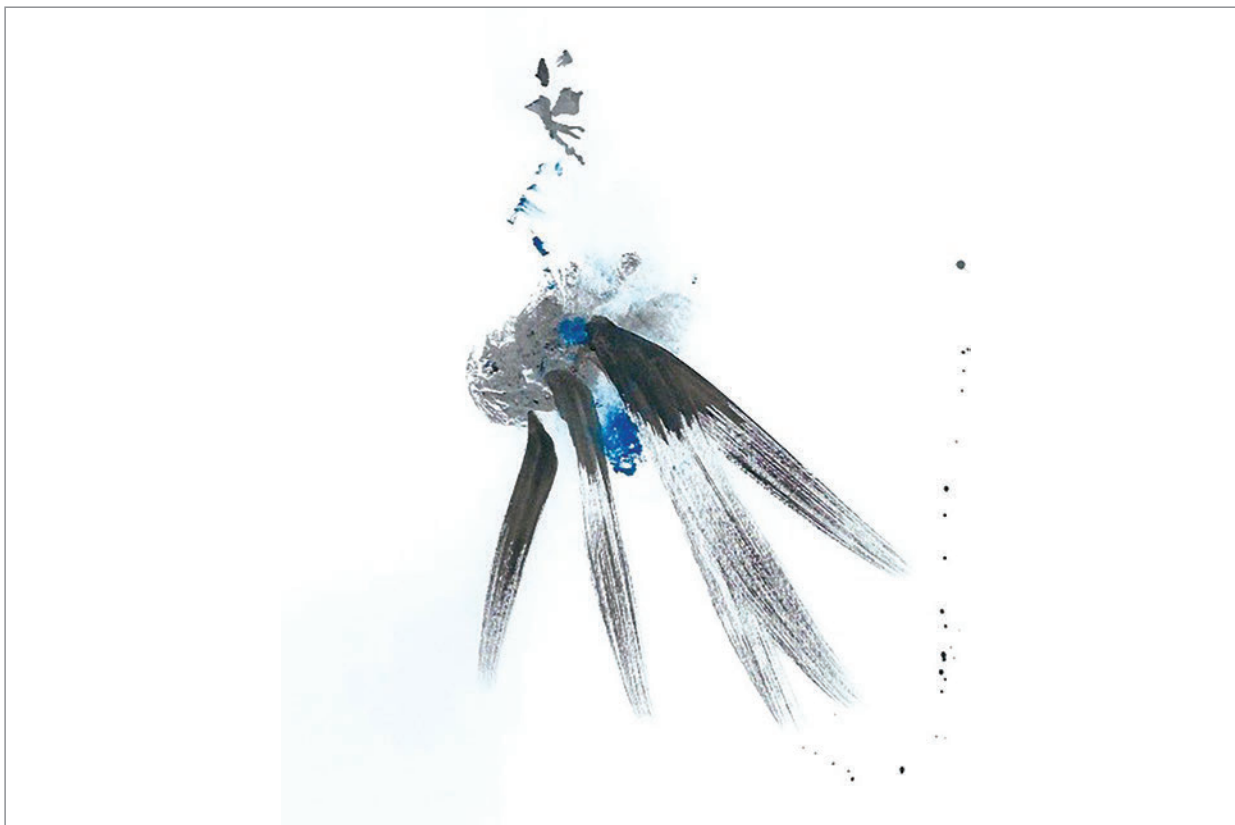
Living rooms are some of the most frequently used spaces in a home, and they can use an update from time to time to stay on trend or to make the area more functional for a changing family dynamic. Here are some budget-friendly ideas for breathing new life into living room designs.

- **Establish the budget.** Homeowners should figure out how many dollars they can designate to a living room makeover before purchasing supplies or hiring out the work. Figure out the scope of the remodel, visit stores or suppliers to price out materials, get estimates from contractors, and then plan for some unforeseen circumstances along the way to determine if this type of renovation is affordable. If not, scale things back until the project more closely aligns with your budget.
- **Change the paint color.** Lighter and brighter colors are on trend. A can or two of paint can do wonders for updating a space without a large financial commitment. Pair that new paint color with new window coverings and complementary throw pillows to pull the theme together with minimal expense.
- **Update the flooring.** Tired, outdated carpeting or other flooring can use an overhaul. While solid hardwood flooring may be preferable, there are many types of laminate flooring that mimic the looks of popular wood colors and styles for a fraction of the cost. Plus, many are sold at home improvement retailers and even at warehouse clubs or online for reasonable prices. Laminate flooring also may be a potential DIY job for a skilled homeowner, saving even more money.
- **Introduce a fireplace.** Fireplaces were once hot commodities, but that popularity waned in the 1970s and 1980s. Homeowners with chimneys may discover a fireplace was boarded over and the bare bones still exist that can be renovated to bring back character. There also are ventless freestanding units that are quite affordable that can mimic the look of a built-in fireplace.
- **Reupholster instead of replace furniture.** There's no need to throw away quality furniture if the fabric is the only thing impeding design. New upholstery or even a slipcover can update designs.
- **Conquer clutter.** Rather than adding something to the living room, remove clutter to give the room a more airy feel. This can instantly change the look of the room. Use cord covers to tame plugs for electronics and remove unnecessary furniture from the room.
- **Improve lighting.** Another easy and often inexpensive fix is to change lighting fixtures, including using brighter, more energy efficient LED bulbs, and to assess lighting needs to eliminate dark corners of rooms that can make the space seem drab.

Living room spaces in need of an update often can benefit from improvements that go easy on the wallet.



Photo by Sandra Dee Owens



'Sweeping Should' — ink / acrylic / oil

By Sandra Dee Owens

## Emptying the room

The Funologist's guide to getting 'unstuck'

### The smallest room

My brain is approximately 6" long. A rather small space to keep organized it would seem, yet of all the rooms I own, this one is the most cluttered.

Merriam Webster's definition of clutter is "to fill or cover with scattered or disordered things that impede movement or reduce effectiveness."

Whenever my mind feels unclear, cluttered, or stuck about what I want to do in my life, I notice that my brain is filled with scattered thoughts that impede forward movement. Likewise, there are physical spaces in my home and property filled with disorder.

As an experiential learner, I looked for a way to declutter my home and mind at the same time.

I found it. I call it emptying the room. It's a combination of mind and house therapy.

First, I pick a room in my home (studio, garage, etc.) that feels as cluttered, inefficient, and confused as I am. In other words, a room that is stuck.

Then, I get to work.

### Freeing

A journey of a thousand miles begins with a single thought.

Since this is mind therapy as well as the decluttering of physical space, it is important to address the elephant in both rooms.

I close my eyes and take a few deep breaths, then imagine a calm, peaceful conversation with someone poised to give me pushback throughout the process.

The "should" gremlin. If I let it, this invisible being will sit on my shoulder, and whisper—all day long.

"You should keep that, your dead aunt gave it to you when you were 6." Or, "You should have this project done within two weeks."

I give "should" notice that she is no longer allowed in the room. In essence, I am shifting my relationship with this gremlin. She is no longer in charge.



**The Funologist**  
By Sandra Dee Owens

Once I have established a new relationship with "should," I sort everything in the room into piles; donate, return, share, keep or trash.

I store the "keep" items out of the way because emptying the room is a therapeutic process and therapy takes time. I don't want to trip over my stuff.

Then I notify family and friends to come and get what they want from the piles and proceed with donating and returning until those piles are gone.

Filling cardboard boxes with the "share" items, I write "FREE" in giant letters on the box sides, then walk them to the edge of my driveway. For the next week or so, I enjoy watching people drive up and take them away. Bye-bye things, enjoy your new home!

This step is very important, as it pulls "stuck" up by the roots, untethers me from the past, and allows me to move forward—freely. It is so freeing, that I find myself looking for more things to give away.

I take the trash to the dump, and the room is empty.

### Quiet

Once the physical clutter is gone, I am in an empty room. With "quiet."

Quiet is who I need to spend some time with. It is difficult to envision the future (of a physical room or my potential) when cluttered with the past.

Emptying the room allows me to hear my heart's desire.

I start a soothing meditation on my cell phone with the volume so low that only my subconscious mind can hear it.

Then I grab a broom and sweep. While whisking, I imagine any remnants of "should," "have to," and "can't," being swept from the corners of my mind as well.

Then I ask myself one question — "What do I want to do?" I will ask myself this question many times over the next few days and weeks as I work through this process.

I am not making any decisions at this point. I am just seeking clarity. Because now I have the cleared space to be deeply honest.

I always find clarity. Not in an instant or an hour, but bit by bit she emerges, having been there all along. Buried in the clutter.

To learn more about Sandra Dee Owens visit: [sandradeeowens.com](http://sandradeeowens.com)





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< PUZZLES page 17

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E	L	I	S	I	O	N		A	B	E	L	E			
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9	5	6	1	7	2	8	3	4
2	1	3	4	8	5	7	9	6
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Marissa Sherman skins up onto the snow-covered mountain and finds joy despite freezing temperatures.

By Merisa Sherman

← **Living the dream:** Feeling joy in the warmth of my core and the crispness of the air  
from page 31

having the snow fall down my back — like it just did. Seriously, that snow was cold against my skin. I took a minute to change and have a sip of the warm water in my purple HydroFlask. Yep, I said warm water — never hot. Hot water will burn your entire mouth and you won't notice until you wake up the next morning. Trust me.

I kept skinning, following a set of snowshoe hare tracks for a while and thinking through my spreadsheet of jackets and scrolling through websites in my mind. The going was slower now, the flutter kick having become a more hiking rhythm as I was forced to break trail through the windblown snow. I love it, this freedom of making my own way through the woods. I know where I am, kind of, and I've got my compass if I get into any real trouble. But I can't just stay on the skin track, not when there's an entire forest to be explored.

Suddenly, I felt the arthritis in my right hip screaming at me and my stride turned into a frustrating limp. I had ignored the slight hum at my femoral ball for the flutter

kick section of the tour and now, here it was shouting for attention. I'm not supposed to break trail. Doctor's orders. I tried so hard, but my mind couldn't stay on the track. A single tear froze on my cheek and I knew the tour was over. I stopped for a moment, focusing on breathing good energy into my hip, and turned back to the track to take the easy way home as fast as possible. Maybe next week I'd be smarter but somehow I doubted it.

I laughed as I continued to slide my skis forward, one after the other, enjoying the internal warmth from my body as it contrasts with the brutally cold air seeping in through my flannel.

Quickly, I changed course and got to the top of the nearest downhill section. It wasn't what I had planned on skiing, but it would be perfect for today. I unclipped my backpack and laid it

down in the snow, the skinning pass armband almost blinding me. I unzipped the bag and smiled — there, staring at me with all its beautiful day glo pink joy, was my beloved puffy coat. I wrapped it around myself and smile, looked out at the beautiful path below. The pain in my hip receded as I made the transition and the warmth embraced me. It was a beautiful day.



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# WHAT'S THE WORD ON THE STREET?

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## ← Molly Tobin: Receives leadership award from page 27

In honor of Sams' commitment to outdoor experiential education of the highest quality, the Kellen Sams Memorial Leadership Award was established. The purpose of the award is to further Sams' legacy by providing recognition for those Vermont Adaptive Ski and Sports' staff, volunteers and interns who show the greatest commitment to professional development and leadership within the organization.

"It was a surprise and an honor to receive the Kellen Sams Memorial Leadership Award," said Tobin. "I have always sought out opportunities to continue to learn and expand my knowledge in outdoor education and adventure sports disciplines for both personal and professional use. I take pride in being able to share my passions for outdoor recreation with others and am very proud to receive recognition in memory of a great outdoorsman, teacher and adventurer."

Tobin began volunteering at Vermont Adaptive in 2018 and then interned for both Burlington summer programming and Pushback/CORE Connections. In the Fall of 2020 she returned as the Bolton Valley/Chittenden County/Burlington region program coordinator.

"Molly dove in headfirst, taking charge of programs in order to continue to provide services to those that we could," said Erin Fernandez, executive director of Vermont Adaptive, of Tobin's willingness to jump right in during the beginning of the pandemic. "She didn't flinch when asked to take on the responsibility of administering the new online volunteer off-snow training portal, which was brand new to the organization due to the pandemic. She did an amazing job, was efficient and 'stepped up' without any questions - taking on a role that was new to her."

Tobin has experience guiding and teaching wilderness leadership courses and holds Wilderness First Responder, CPR and First Aid, ACA Level 1 & 2 kayak touring certification, ACA SUP Level 1, ACA Advanced Communications, PSIA Adaptive Level 1, and is an expert road and mountain biker.

"Molly goes above and beyond leading her programs at Bolton Valley and especially in Burlington," said Fernandez. "Her programs are busier than ever, and yet she still goes the extra mile. She takes initiative at trying new things and is clearly a young leader with loads of potential in her future."

Sams committed his life to further outdoor and experiential education for all regardless of their abilities. His adventures included work experiences with Outward Bound, a summer chasing rattlesnakes and black bears off the Appalachian Trail, and honing his gentle teaching skills at the adaptive ski program at Crested Butte Resort in Colorado. He was proud to have completed New Hampshire's "Presi Traverse" in a day. Through all these experiences and his desire to strive for the best in his personal and professional life, he demonstrated his competence as an outdoor educator and his dedication as a friend.

To learn more about Kellen Sams and the scholarship and leadership programs at Vermont Adaptive, visit [vermontadaptive.org/get-involved/kellensams/](http://vermontadaptive.org/get-involved/kellensams/)



Courtesy Vermont Adaptive Ski and Sports  
Molly Tobin is the program coordinator at Vermont Adaptive.



## Insurance protection for emergency situations

Emergencies, especially storms, can be unpredictable and cause personal injury and costly damage to homes. The right insurance is essential to help mitigate damage from storms and soften the financial blow that such destruction can cause. Not all insurance is the same, and additional policies and riders may help reduce the impact of emergencies.

### Homeowners' insurance

Standard homeowners' insurance policies will cover a wide range of issues. American Family Insurance says damage from wildfires, wind storms, tornadoes, ice storms, lightning strikes, hail, power surges, and fallen trees is included. But additional coverage may be needed to cover excessive damage.

### Matching siding coverage

Some homeowners may want to replace all of the siding on their homes if parts are damaged and color or siding materials cannot be matched exactly by patching up damaged areas.

### Roof replacement insurance

This insurance will be used to pay for the full replacement of a roof, minus the deductible, which may differ from what's covered through standard homeowners' policies.

### Sump pump overflow insurance

Sump pumps are designed to engage and pump water out of basements and crawl spaces, helping to avoid flooding in the home. If the power goes out and the sump pump cannot work, or if the sump pump fails, homeowners typically are not covered for any ensuing damage. Sump pump overflow insurance provides additional peace of mind and protection.

### Flood insurance

Homeowners' insurance may not cover flood damage, especially if a home is in a flood zone. Flood insurance can bridge the gap of coverage. The National Flood Insurance Program offers building coverage and contents coverage

policies. Building coverage will cover carpeting, electrical and plumbing systems, window blinds, foundation walls, and more. Contents coverage protects curtains, personal clothing and furniture, artwork, and appliances, among other things.



### 'Umbrella' insurance

According to Geico, "umbrella" insurance is extra insurance that provides protection that goes beyond limitations and coverage of other policies. It can offer coverage for injuries to people staying at your house or renting your property, property damage, personal liability, and certain lawsuits.

### Renters' insurance

Renters' insurance protects renters, yet the Independent Insurance Adjusters & Brokers of America says almost ⅓ of residential lessees in the United States do not carry renters' insurance. Renters' insurance can protect belongings destroyed in a fire or weather event; provide assistance should someone be injured in your apartment; or it can protect you if you were found legally responsible for damages to someone's property, according to State Farm Insurance.

Many types of insurance can offer various levels of protection in emergency situations. An insurance representative can walk interested parties through the policies available to customize an insurance package that will offer sufficient protection against emergencies.



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← **MNFF:** Announces the return of the Vermont Tour, Feb. 3-6, with venues in Burlington, Putney, Rutland and Randolph from page 25

Theater, a continuing Vermont Tour partner venue and a leading arts presenter in the region. "Storm Lake" director and producer Beth Levison will attend and participate in a Q&A session with The Vermont Standard's Phil Camp, moderated by Jay Craven, MNFF artistic director and curator of the Woodstock Vermont Film Series. The Q&A will take place between screenings at 4:30 p.m.

In addition, "The Ants & The Grasshopper" will screen in partnership with the Woodstock Vermont Film Series at the Billings Farm & Museum Theater on Saturday, February 12, with showings at 3 p.m. and 5:30 p.m. In its twelfth season, The Woodstock Vermont Film Series will feature a total of 10 films that reflect Billings Farm & Museum's vision to share place-based stories of people near and far, to engage the audience and to inspire conversations that increase connections with each other and to the world. Showings take place on Saturdays through Mar. 12. Film Series tickets and information can be found at [billingsfarm.org/filmseries](http://billingsfarm.org/filmseries).

"Billings Farm & Museum and the Woodstock Vermont Film Series is excited to partner with the Middlebury New Filmmakers Festival to bring these important films to our community. We are especially pleased to host Beth Levison and Woodstock's own Phil Camp of The Vermont Standard, a local journalism treasure, for the February 5th discussion on the state of local journalism today," said David Simmons, executive director of Billings Farm & Museum.

Other Vermont Tour venues and dates include:

- **Thursday, Feb. 3** - Burlington's Main Street Landing Film House
- **Friday, Feb. 4** - Putney's Next Stage Arts ["Storm Lake only"]
- **Saturday, Feb. 5** - Rutland's Paramount Theatre
- **Sunday, Feb. 6** - Randolph's Playhouse Theatre, Dover's MHCA Dover Cinema and Arts and Putney's Next Stage Arts ["The Ants & The Grasshopper" only].

per" only].

The films and screening times will vary at each venue. Complete MNFF Vermont Tour information, including film trailers, can be found at the MNFF website, [midfilmfest.org/vermont-tour-2022](http://midfilmfest.org/vermont-tour-2022). Covid-19 protocols for each venue can be found on their individual websites.

"We found ourselves working to address a theme of connection at this year's film festival," said MNFF Artistic Director Jay Craven, "perhaps because, during the pandemic, connection has been such a challenge and has never seemed so important."

"The two films we'll tour are exemplary for the ways they articulate this theme. In "Storm Lake," an intrepid newspaperman and his family produce an essential small-town newspaper that, like similar endeavors in America's nooks and crannies, provides the connective tissue that defines community. In "The Ants and the Grasshopper," an enterprising small village farmer, Anita Chitaya, decides she wants to travel half-way around the world, to meet American farmers, seeking connection and a dialogue on climate change that poses an existential threat to her way of life."

"By reviving its popular Vermont Tour, the Middlebury New Filmmakers Festival rekindles its connection with audiences around the Green Mountain State," noted Lloyd Komisar, MNFF producer. "In presenting these two outstanding and memorable documentary feature films, MNFF again demonstrates its unwavering commitment to promoting the work of talented first and second time directors, the emerging voices of independent filmmaking. And we deeply appreciate our partner venues for their willingness to host the screenings in these challenging times. We hope that audiences will come out to see these fine films and support their local venue operators who are working hard to keep their audiences safe and comfortable."

← **Money matters:** Don't get surprised from page 30

**Idea 2:** Social Security and Medicare have tax traps that you need to plan for.

IRA withdrawals can cause the taxation of your social security benefits and potentially push you into a higher marginal tax rate. Higher income (for example when you withdraw assets) can cause potentially hundreds of dollars a month in extra Medicare premiums.

**Idea 3:** You must plan how and when you will use taxable, tax-deferred, and tax-free assets to manage your income and tax brackets efficiently.

You may want to consider starting to draw down IRAs early, so that your required minimum distributions (RMDs) won't have as large an effect on Social Security taxation and Medicare premiums. Also consider filling in your tax bracket in lower income years through Roth conversions or selling appreciated stock, to take advantage of a lower tax rate. You could also think about donating your RMDs directly to charity to avoid paying income tax on the distributions, through what is known as a qualified charitable distribution (QCD).

**Idea 4:** Organize your assets for your family's benefit with thoughtful estate planning.

If you have a terminal illness, make sure to think about step-up basis strategies. There are multiple ways to leave IRAs as an inheritance; you need to make sure your heirs get the best and easiest transfer. Long-term care is a major concern for many people. You need to plan how you will fund this likely expense, and still leave an inheritance for your heirs.

Because your tax situation can change throughout retirement, you need to anticipate how and when you tap assets to cover your expenses. By understanding the variety of taxes you will face at different stages you'll be able to manage your actions so you can pay as low a tax rate as possible.

*Kevin Theissen is the owner of HWC Financial in Ludlow.*

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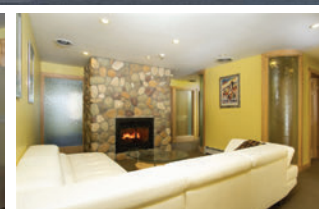
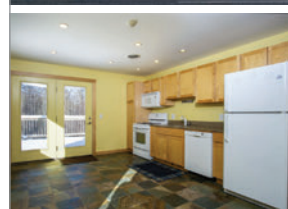


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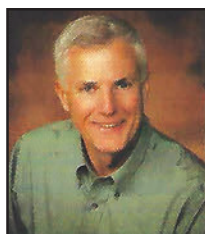
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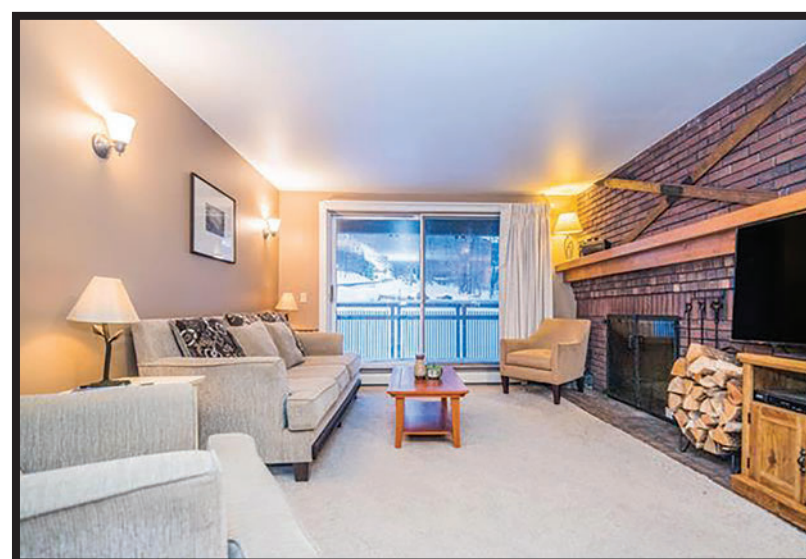
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