



Hoop dreams

An award-winning film by a Middlebury grad tells an Alaskan story. See Arts + Leisure.



VUHS wins

The Commodores got a leg up on the Mt. Abe boys despite a strong Eagle effort. See Sports, Page 1B.



Active seniors

Our Senior Lifestyles section includes a look at friends who took fitness into their own hands.

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Bristol parent speaks out on BES

By CHRISTOPHER ROSS

BRISTOL — When Kelly Hedley, a parent in the Mount Abraham Unified School District, spoke at last week's school board meeting in the high school cafeteria, she stood alone.

The staff at Bristol Elementary School had just presented statements to the board detailing safety and policy concerns after incidents the previous week had

led, among other things, to the destruction of a classroom there.

First on the staff's list of requests to the district was "Provide for the safe removal of students who endanger the safety of themselves, other students or staff to an alternative and safe workplace until their behavior has been assessed by a professional mental health crisis team, parents/guardians have been contacted, a meeting with parents

has been scheduled, the classroom teacher and staff members have been apprised of the situation and the child has remained calm, safe and in control for 24 hours after the episode."

Hedley was grateful the staff had spoken out at the meeting — and that dozens of parents had come to support them. Being the parent of a child who has been removed from a classroom, she also wanted

to add some additional insights to the conversation.

But when Hedley mentioned her child, MAUSD board chair Dawn Griswold halted the discussion — which Griswold had promised she would do if she felt the board was at risk of violating student confidentiality policies and laws.

"I was hoping to share just a different perspective as a parent (See Bristol parent, Page 10A)

Swamped resale shops are limiting donations

By JOHN FLOWERS

MIDDLEBURY — Addison County's two largest nonprofit resale shops are swimming in donated clothing, accessories, furniture and other items — so much so that they've had to limit intake due to swelling

inventory.

Helping Overcome Poverty's Effects (HOPE) runs the area's largest resale shop, offering major quantities of gently used clothing, textiles, housewares, electronics, furniture, crafts, (See Resale shops, Page 15A)



DANE VANNOSDELN CONFIDENTLY paddles a pumpkin through the Otter Creek Gorge north of Belden Falls on the New Haven/Weybridge town line late last month. What's that — a pumpkin? Yes, indeed.

Photo Credit: Josh Hummel/AdventureWithJosh.com

Pumpkin ahoy!

It's a gourd. It's a boat. Actually, it's both.

By JOHN S. McCRIGHT

ADDISON COUNTY — Middlebury photographer Josh Hummel teamed up with pumpkin grower Ethan Nelson of Brandon and giant pumpkin-growing support specialist Jenna Baird from Baird Farm in Chittenden to create an unusual nautical opportunity for Dane VanNosdeln, a Charlotte resident who teaches fifth grade at Bristol Elementary School.

On Sept. 26 they hollowed out the 600-pound winter squash, set it in the Otter Creek just a little ways north of Belden Falls, VanNosdeln stepped

in, and they launched the floating pumpkin. He skillfully piloted the craft for three-quarters of a mile before landing it on the shore, staying afloat the whole time.

"Pumpkins are very buoyant," Hummel told the *Independent*.

Hummel, who teaches art at the Bridge School, said he and his crew staged the exploit to pursue the beckoning call of adventure through agricultural roots.

"Part whimsical, part extreme gardening, part good ol' backyard adventure!" Hummel said. "I

thought it would make a unique submission for an adventure photography essay."

Hummel takes a wide range of photographs, many of them set in Addison County. You can view more of them on his website: AdventureWithJosh.com.

What's he got up his sleeve for the next big visual undertaking?

"There are other agricultural/adventure collaboration projects that I have in mind," Hummel said. "More of a theme than just pumpkins."

State panel pitches major shakeup in area House districts

Middlebury would be divided 3 ways

By JOHN FLOWERS

MIDDLEBURY — A proposed realignment of Vermont House districts based on new census numbers would have a substantial impact on Addison County, with the latest map showing the current two-seat Middlebury district fractured into three one-person seats.

"It's astonishing the way they divided up Middlebury," said Rep. Robin Scheu, D-Middlebury. "I can't see in any way how this is good for the Middlebury community."

Other local surprises contained in the new House districts map that the Vermont Legislative Apportionment

Board (LAB) endorsed by a narrow 4-3 vote last Friday include:

- The creation of 10 single-member districts serving Addison County, compared with the current six. Three of the current six are two-seat districts, while the other three are of the one-seat variety. The proposed shakeup is a consequence of the LAB's majority preference to create 150 single-member House districts in Vermont, compared with the current 108 districts, some of which are two-member districts.

- The division of Middlebury (now known as Addison-1, (See Redistricting, Page 14A)

T-shirt designers celebrate Bristol

By CHRISTOPHER ROSS

BRISTOL — If you could express your feelings and thoughts about Bristol for a T-shirt design, what would you come up with?

The folks at Vermont Marketplace, who sponsored the "Bristol T-Shirt Design

Contest," asked just such a question this past summer — and community members responded with impressive results.

The downtown Bristol business offered a \$100 cash prize for the best design, as long as it followed a few simple (See T-shirts, Page 16A)



SEVENTH-GRADER MADELINE Diop of Bristol was excited to see her Bristol-themed design get printed on T-shirts this past summer. Diop was one of two winners of a design contest sponsored by Vermont Marketplace in downtown Bristol. Photo courtesy of Vermont Marketplace



Halloween is ON. Even before Dr. Fauci gave it the green light, Halloween 2021 was shaping up to be excellent. Middlebury's Spooktacular is back on the 31st — this time with drive-through (See By the way, Page 16A)

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Environmental justice sought for Vt.

Kesha Ram Hinsdale offers legislative solution in state Senate

By JOHN FLOWERS

MIDDLEBURY — Kesha Ram Hinsdale was a senior at the University of Vermont in 2007 when she pitched a first-ever environmental justice policy for the state.

While she found a dedicated group of sponsors for the legislation, H.463, a majority of lawmakers back then weren't convinced of a pressing need for Vermont to pass such a measure.

Almost 15 years later, Ram

Hinsdale is again championing an environmental justice bill — this time as a state senator representing Chittenden County.

"We're building a movement," the Shelburne Democrat told members of the Middlebury College community, who on Oct. 14 hosted her for a talk on her efforts to pass S.148. The bill, among other things, would establish an environmental justice policy for the state and require agencies to incorporate environmental justice into their

work.

"I understand a lot of the barriers in Vermont to passing this legislation have been because it's a language that largely developed from an urban context," Ram Hinsdale said. "People have come to think of this as an 'urban' issue."

But it's not, Ram Hinsdale stressed. The BLM movement, an increase in migrant farm labor and the discovery of polyfluoroalkyl substances (PFAS) groundwater (See Justice, Page 11A)

City cool to sewer extension outside town

By ANDY KIRKALDY

VERGENNES — The Vergennes City Council on Oct. 12 cited a sewer-extension policy that dates back to the 1990s in saying no to a request from a development firm for a line into Ferrisburgh east of the city.

The company, Cornerstone

Solutions LLC, told councilors it hoped to connect to the city system to support a project that would include affordable and senior housing.

The policy councilors cited requires an inter-municipal agreement supported by voters in both Vergennes and the town to

which sewer would be extended. Such an agreement would have to include that the receiving town would share with Vergennes new tax revenue generated by the development supported by the sewer extension.

At issue was a request by (See City sewer, Page 11A)



Here’s looking at ewe

IT’S ALL IN a day’s work — lounging, enjoying the foliage, and chatting with the sheep — for this pooch on a farm in Leicester. But predators beware!

Independent photo/Angelo Lynn

Ten MUHS students get COVID

By JOHN FLOWERS

MIDDLEBURY — Middlebury Union High School has been contending with a spike in COVID-19 cases — a total of 10, all involving students — since Oct. 14, according to the Addison Central School District’s coronavirus reporting dashboard. See the online dashboard at tinyurl.com/enpr9pyb.

Five of the MUHS cases were reported on Oct. 15, according to the district’s dashboard.

On Monday, school administrators said the COVID spike had not required any changes to school schedules, nor any suspension of classes.

“Most of these cases (likely all but one) are connected, and it is most likely the spread was outside of school in social situations,” said Kelly Landwehr, RN, the MUHS

lead nurse and coordinator of the district’s COVID-19 response plan.

MUHS students this fall are on a fulltime, in-person schedule, still with a mandatory mask requirement when indoors — except at lunch. There’s no longer a stringent social-distancing requirement, and students are allowed to go mask-free when outdoors. Several tents have been erected on MUHS grounds for students needing a break from mask wearing, to eat food on a nice day, and for educators to conduct classes in a mask-free environment.

The ACSD follows this protocol when a positive COVID-19 case is detected within the school community:

- Any staff or students considered close contacts receive direct notification from a school nurse or principal.
- The Vermont Department of

Health completes contact tracing for events and gatherings that happened outside of school and may have led to the contagion. Contact tracers then call the close contacts and give them guidance to stay home and away from others for a certain amount of time.

- Principals communicate directly to the school community affected.
- Persons who test positive must stay away from campus until they are COVID-free.

As of Wednesday, 18 people — students and/or staff — at ACSD schools had tested positive for COVID-19 in October, according to the dashboard. ACSD consists of Middlebury Union middle and high schools, along with elementary schools in Bridport, Cornwall, Ripton, Middlebury, Salisbury, Shoreham and Weybridge. In addition to the 10 cases reported at MUHS, cases have been flagged this month at MUMS (four), and one each at the Ripton, Mary Hogan, Weybridge and Shoreham elementary schools.

Landwehr said the district is also offering COVID supports to the uninfected.

“We have a robust team of mental health providers here at MUHS including guidance counselors and licensed mental health professionals who are available to students throughout the day,” she said.

MUHS Principal Justin Campbell does not foresee the outbreak prompting a move to remote schooling like there was last year.

“I strongly support MUHS remaining open and in-person,” he told the *Independent*. “There are real and substantial costs to students when schools close and/or go remote. In my opinion, schools will be dealing with the fallout from the COVID closures for years to come.

Campbell added that the remote school option last year came about because Gov. Scott’s emergency order waived the usual Agency of Education rules and processes.

“We will absolutely support our students who are out of school due to illnesses and/or quarantine,” Campbell said. “There is, however, no fully remote option like last year.”

John S. McCright contributed to this story.

Ilsley advocates resume repair effort

Seek better ventilation & access control, expansion of Middlebury library

By JOHN FLOWERS

MIDDLEBURY — Middlebury officials have agreed to jumpstart a dormant effort to improve and expand the Ilsley Public Library, whose deficiencies have become even more apparent during the COVID-19 pandemic, according to library supporters.

The selectboard recently authorized a new group of six people to review past assessments of library infrastructure followed by formation of another group to formalize a design proposal for needed upgrades.

In 2017 Ilsley trustees recommended a \$9.6 million upgrade for the stately library building at 75 Main St. It was erected in 1924 and has been added to through the years. It is the busiest Vermont library among those with comparable budgets, ranking first in visits, circulation, program attendance, and public computer use, according to state statistics.

Frequent users of the public amenity have become well-versed in its needs, which — according to a study performed by Burlington architect Gossens Bachman — include waterproofing the entire perimeter of the original 1924 structure; modernizing the space, now characterized by fixed walls and stacks, low ceilings and support columns; repairing a poorly lit children’s area that suffers from ground water leaks, mold, and a broken wastewater system that causes offensive odors; installing a service area for teens and tweens; and improving the building’s heating, ventilation and air conditioning (HVAC) system.

The aforementioned \$9.6-million plan, among other things, called for removing the library’s two older additions and installing a new addition that would increase the building’s square footage from around 19,000 square feet to more than 25,000. The proposed expansion would have included ground-level entry plazas at both the front and rear that could be monitored from the circulation desk, extensive glass to offer natural light inside the structure, a central elevator, a larger children’s area with secure



We’ve been working carefully on developing a vision for a building, considering an alternative design.”

— Ilsley Board President Joe McVeigh

entries and a community room with modern technology, and a designated area for teen and tween patrons.

While Middlebury selectboard members at the time acknowledged the library’s needs, they weren’t on board with the proposed project price tag. So Ilsley trustees in early 2020 agreed to abandon the \$9.6 million plan and instead explore other designs to address the institution’s space, configuration and condition deficiencies.

But competing projects and a worldwide pandemic again relegated the Ilsley’s needs to the backburner.

“There have been a series of events since then that have made it challenging to move forward,” said Ilsley Board President Joe McVeigh.

Those challenges, he said, have included:

- The absence of a library director when the expansion/renovation plan was first presented. The former director, Kevin Unrath, had left to lead Shelburne’s Pierson

Library. Dana Hart took over reins of the Ilsley in late 2017.

• In 2018, work began on the massive downtown Middlebury tunnel project, which wrapped up this summer. Ilsley officials reasoned it wouldn’t be wise to pursue a library project during that span.

• The COVID-19 pandemic, which kicked off in February of 2020. Again, it made no sense to pursue a project when library services had to be dramatically curtailed due to social distancing mandates.

The advent of a COVID vaccine and completion of the tunnel project have emboldened trustees to again advocate for the Ilsley’s capital needs.

“We’ve been working carefully on developing a vision for a building, considering an alternative design,” McVeigh said.

With that in mind, trustees asked the selectboard earlier this month to form a design team to move a project forward. The selectboard instead opted to take the less dramatic step of assembling a small “working group” made up of two trustees, two selectboard members, Hart, and Judith Harris, a consultant from Lincoln. The group will review previous work done on the Ilsley’s capital needs “to make sure we’re all starting from the same place going forward, and not duplicating any efforts unnecessarily,” according to Hart.

Once the working group has done its part, a design team would then grab the baton and shape an appropriate project based on the Ilsley’s current needs and a price tag that taxpayers can afford, Hart added.

Plans call for the new working group to complete its job within five months, followed by creation of a design team.

“Given all of the legwork that’s been done, I would expect we could move forward quickly given all the good work that’s already been done,” Hart said.

HEATING, VENTILATION

But not quickly enough on at least one pressing need: A new HVAC system.

“The lack of an HVAC system

(See *Ilsley*, Page 3A)



ILSLEY LIBRARY DIRECTOR Dana Hart thumbs through books in the children’s room at the Middlebury library, which Hart and others say is cramped and has no good sight lines to check on who is in the library.

Independent photo/Steve James

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Ilsley

(Continued from Page 2A)
during COVID was a huge concern,” Hart said. “During COVID, we realized just how much that fresh-air exchange matters. We could have theoretically opened earlier or accommodated more people sooner had we been able to have adequate air flow in the building.”
The town has spent two years

planning for replacement of the system — to include cold-climate heat pumps — for an estimated \$700,000.
Financing will be included as part of the library’s fiscal year 2023 capital improvement budget requests. Hart said the HVAC project might require a bond vote.
One of the advantages of the new HVAC system, according to Hart,

is it will be easily adaptable to any future renovation and expansion of the library building.
“In a way, we can think of it as phase one of the renovation/expansion,” she said.
Ilsley officials also want to see something done quickly to improve sight lines within the library
“The entrances have always been a huge problem,” Hart said. “During COVID, you really want to have people enter one way and exit another ... But we don’t have two handicapped-accessible entrances. The entrance that has the highest foot traffic — our side entrance — is in a stairwell. So when you’re trying to have people enter and exit while maintaining five feet of distance, that is very difficult in a tight stairwell.”
McVeigh noted prevailing safety concerns that also need to be addressed, some of them relating to the library’s restroom setup.
“They can only be used by one person at a time,” he noted. “They are sometimes used for inappropriate purposes, and are immediately next to the children’s room. No one can monitor who comes in and out of the door.”
Hart and McVeigh both hope Middlebury residents will take an active role in influencing library upgrades.
“It’s not just fixing the elevator and making sure we have airflow — those are really important,” Hart said. “It’s also an opportunity for us to think about what libraries are, what they can be, and hopefully bring a much more dynamic and engaging library to Middlebury.”
“We’re optimistic, we’re hopeful, but to be honest we don’t exactly know what the outcome is going to be,” McVeigh said. “That makes it interesting.”
Reporter John Flowers is at johnf@addisonindependent.com.



THE FRONT STEPS at Ilsley Library are dangerous in the ice and snow and there are cracks that freeze over from water leaks. Library officials are restarting an effort repair and expand Middlebury’s public library.
Independent photo/Steve James

New city rec head brings many strengths

By ANDY KIRKALDY
VERGENNES — The new Vergennes recreation coordinator will need no introduction to many, if not most, members of the community.
Among other things, Martha Degraaf, a 46-year-old 1993 Vergennes Union High School graduate and now a Panton resident after years of living in the city, has this list of prominent items on her résumé:
• Organizing the popular Vergennes Junior Fishing Derby since 2007.
• Founding and helping run the American Legion Post 14 Auxiliary’s Halloween Trunk-or-Treat event since 2013.
• Serving for a year on the Addison Northwest School District Board, until her recent move from Vergennes to Panton meant she had to step down.
• Co-chairing the committee now studying the possible merger of ANWSD with the Mount Abraham Unified School District.
• For 20 years running a registered child-care center in Vergennes, another effort that Degraaf stepped away from after the recent move.
Degraaf said ongoing renovations of her new Panton home, her continuing work as a travel agent, her dedication to serving the Vergennes area, and her background in recreation activities all made the 25-hour-a-week job for the city an ideal fit.
“It is exactly what I like to do and what I have a passion for, and the timing was perfect,” she said.
Degraaf added she sees herself following in the footsteps of her

“My parents were very active in the community, so I was sort of brought up that way, to be active and involved.”
— Martha Degraaf

parents in volunteering and in working in jobs that benefit the community.
Her mother, Ann Sullivan, was a longtime Vergennes Union High School teacher who also served on the Panton selectboard, and her father, Mike Sullivan, was a Vergennes-Panton Water District superintendent who also served on the Vergennes City Council.
“My parents were very active in the community, so I was sort of brought up that way, to be active and involved,” Degraaf said. “I love our community, and I love what we’re doing (in recreation). I’m really excited to contribute to that.”
City officials were happy to hear of the appointment, which City Manager Ron Redmond announced to the Vergennes City Council on Oct. 12. He said he had made the hire on the Vergennes Parks & Recreation Committee’s recommendation.
“Martha’s a very good pick. We’re excited,” Redmond said.
In particular Degraaf mentioned she will support “the push for the pavilion” planned to cover basketball and tennis courts in the summer and a skating rink in the winter at the city’s East Street recreation park. Proponents said the pavilion can also provide space for concerts and other outdoor events, plus classes and other functions for the next-door elementary school.
“I think that’s going to be really great. I think that’s going to enable us to have really good programming down at Veterans Park,” she said.
She also mentioned backing work to complete the circular trail through Vergennes and the wooded



MARTHA DEGRAAF

outdoor classroom area near both city schools, continuing to upgrade recently installed bike trails at Macdonough Park off Comfort Hill, and in general enhancing recreational programming for all in the city.
“Youth are my passion, but I also care a lot about all ages. I really like to get involved in any community activity as a participant or an organizer,” she said.
Degraaf said to continue growing recreation in Vergennes it will be vital to maintain existing strong cooperation among the city’s many active volunteers, its recreation committee, and city officials, adding that was something outgoing rec coordinator Kim Buckley did well.
Degraaf is confident Vergennes can maintain that momentum, and that she can do her part.
“Seeing the collaboration they have and all the work they do together is great. This doesn’t just happen overnight. There is so much thought and detail that goes into all of his,” she said. “It seems like everybody works together to make it happen, and I really think that’s an important key to be successful.”

Water district makes ARPA-sharing case

By ANDY KIRKALDY
VERGENNES — The Vergennes City Council should consider awarding half of its roughly \$750,000 American Rescue Plan Act (ARPA) funding to the Vergennes-Panton Water District, district officials told councilors at their Oct. 12 meeting.
In making that case, water district officials said their 26 miles of district-owned lines are desperately in need of replacing, and that more than half of the district’s 75 water main breaks since 2015 have occurred in Vergennes.
District Superintendent Jonathan Deming said the system has many cast-iron lines that date back to the 1930s, and it’s past time for them to be replaced.
“It’s definitely beyond its useful life expectancy, and it’s obviously failing regularly,” Deming said of the distribution system.
Water district officials said they invested \$5.1 million a decade ago in upgrading its Lake Champlain water treatment plant on Adams Ferry Road in Panton, and a lesser sum since then on a crucial holding tank off Green Street in Vergennes. Now, they said, it was time to take care of the aging pipes.
Deming, joined by board members Chris Bearor and Chris Robinson, noted the district serves 1,308 units in the city, more than half its total of 2,193 units, which span the municipalities of Vergennes, Panton and Ferrisburgh, plus a handful each in Addison and Waltham.
They told councilors they were working with Hoyle, Tanner &

Associates (the same firm that is helping the city plan its sewer system upgrade) to come up a plan for pipe replacement and cost estimates.
But, Bearor said, “We don’t have our exact numbers” yet for the cost of the work that has to be done, or the scope of the work the district can afford.
They said that will depend on final estimates, how much ARPA funding they receive (district officials are making the same 50% request from Panton, Ferrisburgh and Waltham), and how much a money a bond could raise without an unreasonable increase in rates.
They provided examples of how much work can cost. In 2018, the district received an estimate of \$302,500 to replace 1,200 feet of water main along Monkton Road, the single most troublesome stretch in the system, with 18 breaks since 2018.
The cost to do all of Monkton Road between Main Street and Route 7? About \$1 million three years ago, they told the council. They assured councilors that Monkton Road would be a top priority when the district began replacing its old cast-iron pipes.
Deming added grants were unavailable for water system improvement, while rates were raised not long after the plant upgrade to cover that cost, but have not been hiked since.
Councilors were not unsympathetic. Deputy Mayor Dickie Austin asked the district officials if the ARPA funds would

help “control the level of rate rise for people who live in this town,” and Bearor said yes.
Councilor Mel Hawley said he was not opposed, but wished the district “good luck” in getting 50% of Ferrisburgh’s and Waltham’s ARPA money when a smaller percentage of their populations were served by the Vergennes-Panton Water District.
Hawley said he’d support giving ARPA money to the district, but with conditions based on the level of service each community receives.
“I would only do that if the math is absolutely fair,” he said.
City officials are mindful their ARPA funding is also needed to help fund a looming major sewer system upgrade.
“We’re also facing a \$25 million sewer project, and we’re looking for money for that,” said City Manager Ron Redmond.
Mayor Matt Chabot said the council could be convinced, but needed “a lot more” data before committing ARPA funding to the district. He suggested district officials return in 60 days with more details.
“I’m hearing from the council we’re amenable for some portion of the funding, but we need some more concrete information,” Chabot said.
Bearor said the council would have plans and cost and rate estimates by the end of the year, a timetable the council agreed was reasonable.
“Give us two months,” Bearor said.

ADDISON COUNTY Business News

Marketing firm moves to Vergennes

VERGENNES — Direct Design Inc., an award-winning full-service marketing firm founded in 1989, has moved from Burlington to Vergennes.
Company President Christopher Reck, a long-time resident of Vergennes, said he has been planning to move his office closer to home and the time was now right.
Direct Design provides marketing and communication services including graphic design, web design, brand creation and management, video, social media content, and social media services to businesses across New England. “The recent growth of business in Addison County is a wonderful trend and I can help new and established businesses grow and communicate better with their audience,” Reck said.
Reck has extensive experience in nonprofit, business-to-consumer, business-to-business, institutional and industrial marketing, and serves both large and small organizations.
Reck along with his wife, Sandy, also manage the Vergennes Farmers Market.
For more information, contact



CHRISTOPHER RECK

Christopher Reck at creck@directdesigninc.com or visit directdesigninc.com.


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Editorial

Schools: A plea for support, patience & understanding

Vermont residents wouldn’t be wrong to look at the state of our schools today and surmise they are in crisis.

Objectively, many of the problems are temporary, and pandemic-related. Nor is it a case where those in charge are in denial. Administrators, boards and teachers are aware of the concerns and are working hard to fix them. But be forewarned: the issues are complex and won’t be solved easily.

In last week’s *Addison Independent*, three separate stories dealt with troubling developments at Bristol and Middlebury schools that were attributable to the COVID-19 pandemic, but also previous changes in school policy. In a nutshell, the problems are a result of student behavior of a small minority, partly as a consequence of not being fully in class for the past 18 months and partly because schools are understaffed.

Schools throughout the state, and across the nation, face a shortage of teachers, substitutes, paraeducators, bus drivers, and more.

But that’s just part of the problem.

At Middlebury Union Middle School, they have the added burden of starting a new International Baccalaureate program, which is not only new for faculty (requiring more training time out of the classroom for teachers) but also means MUMS was accepting — for the first time — two grades of new students that now make up the sixth and seventh grades, combined with the 8th grade students also having to get used to an extra group of younger students in the school. Add that to staffing shortages and the pandemic and it’s a near perfect storm. As the newness wares off, that should stabilize, but it couldn’t have been a worse couple of years to make that change.

Additional reporting this week by Christopher Ross, in which he relays a compelling interview with the parent of a special needs student, brings added understanding and insight into that aspect of the story... and hopefully, compassion. The story also reveals that some schools have been reducing support staff in favor of a policy that coaches teachers on how to deal with student behavioral problems. The idea was to save money on support staff by training teachers to cope with those issues. It’s a policy that doesn’t seem to have been working well even before COVID, but especially not in the shadow of the pandemic.

To that end, the universal call among teachers at Mount Abe, MUHS, VUHS, OVUHS and elsewhere are pleas for more support staff and more help in general.

It’s a plea that shouldn’t go unheeded. Every parent of students in today’s classrooms knows what stresses teachers, administrators and staff are facing and how that impacts the education their child receives.

The question, however, is this: With the recent outbreak of classroom disruptions, damage to facilities and the safety of students top of mind, have we reached a tipping point in Vermont in which more school resources outweigh concerns over higher school spending?

We would think that’s probable. No community is comfortable with such dire shortages that the safety of students and teachers are a school’s biggest concern. No community wants their school’s main focus to be regaining control of student behavior rather than focusing on academic success.

To get there, however, the Legislature will have to change, or suspend, the rules governing penalties for spending above a per-pupil cap. In this environment, that provision should be reconsidered on Day One of the new session in 2022. Moreover, other ways to rebuild schools’ support staffs should be a top consideration among school boards, the administration and the state legislature.

But even if that were to happen, it won’t be this year. That means what we see on the ground today is basically what we’ll have throughout this school year. Schools do have money to hire staff for existing positions (and note that many positions are unfilled, so money is there to be fully staffed), but the challenge is finding willing and capable applicants — and that is not guaranteed. The state and nation has a worker shortage, and that applies to schools in particular.

Recognizing those obstacles, the immediate solution is for each community to rally around its schools and listen to what teachers and administrators are saying — plain and simple, it is a call for community support, patience and understanding.

Parents need to double-down on the preparation they provide their children attending school and explain to them the dynamic that is underway and how to manage these times. They need to be giving extra support with homework and encouragement.

Community members must try to understand what the schools are going through and not be critical of students, teachers or administrators who are thrust into the spotlight — and that applies to negative banter between neighbors in a grocery store about what they think is wrong and who is at fault. Such disparaging comments polarize the community and don’t advance common solutions. Empathy of each other by all should be the community mantra.

The broader community also needs to understand that the pandemic’s impact on the education of current students will have repercussions for several years to come. MUHS Principal Justin Campbell said in a story this week about a current spike of COVID cases at the school that it was imperative schooling at MUHS remains open and in-person.

“There are real and substantial costs to students when schools close and/or go remote,” he said. “In my opinion, schools will be dealing with the fallout from the COVID closures for years to come.”

The state’s response should be apparent: We need to fix what’s broken. That will take additional resources. We must understand that it is prudent to do it now, and that the faster the state responds, the sooner schools will recover and students will have the opportunity to excel. Conversely, the slower we are to respond, the longer the harm will last.

Angelo Lynn



Vermont scene
THE HOLSTEINS GRAZING in this Leicester field on Monday were not the least bit impressed with the beautiful fall colors surrounding them, but we were.

Independent photo/Angelo Lynn

Viewing others through new prism

During the last full week in August, thanks to the generosity of my mother- and father-in-law who were visiting us from California, my husband and I had a weekend getaway.

It’s not *quite* as romantic as it sounds: Our 22-month-old son came along, too. Still, it was the first time in over three years that my husband and I had been away from home — and our four daughters — together. We headed to Vermont’s Northeast Kingdom, one of our favorite idyllic escapes. (For out-of-state friends who visit Addison County to “get away from it all,” yes there are places even *more* sleepy and remote, and the Northeast Kingdom is one of them.)

Our destination this time was new to us: Lake Willoughby, a glacial lake carved out between Mount Pisgah and Mount Hor. At over 320 feet deep in places, Lake Willoughby is the deepest lake entirely contained in Vermont. Known for its clarity, Willoughby was named the third best lake in New England by *Yankee Magazine* in 2010.

The 150-minute drive from our house to our weekend rental was a journey through Vermont’s unique blend of quiet and quirky beauty: rolling green horizon, turquoise blue sky, sparkling rivers that were equal parts water and rocks, alpine meadows dotted with grazing cows, roadside clumps of chicory, goldenrod and Queen Anne’s Lace.

The presence of humans was hinted at by widely spaced farmhouses, some in pristine condition and others in various states of disintegration. Doublewides often

had an incongruous number of vehicles parked out front (“That’s either a large family gathering or a drug deal,” my husband quipped when I pointed out the third such case). Occasionally we’d pass through a town, always with a white clapboard General Store (“Groceries*Beer*Bait*Guns* Ammo*Ice Cream*Gifts”) and an auto body shop (“Moody’s Used Car’s and Part’s”).

Our rental house was a small, unassuming farmhouse a few minutes away from the north shore of Lake Willoughby in the town of Brownington (population 960). Inside, however, it had been decorated in “Hunting Lodge Kitsch”: wood paneled walls, exposed beams, carved bears and moose around every corner, and no light fixture without antlers. It was perfect. We checked in, changed into our swimsuits, and headed to Lake Willoughby’s tiny North Beach.

The view down the lake from North Beach was stunning: pristine water flanked by steep mountain cliffs. Perhaps because it has such steep shorelines, Lake Willoughby is much less developed than other lakes we’ve visited in Vermont, which may explain why there was plenty of space on the beach on a warm and sunny Friday afternoon in late August.

But *those people* were there.

I suspect that there are *those people* at just about every beach, so you probably know the type. There were five of them: father, mother, and three sons. They were loud and large. Despite the signs every couple of meters along the beach that declared it a dog-free zone — and (*See Clippings, Page 5A*)

Clippings

By Faith Gong



Nations missing climate targets

Leaders from more than 120 nations will gather in Glasgow, Scotland, at the end of this month for the year’s most important global conference. COP26 is the 26th meeting of the parties to the United Nations Framework Convention on Climate Change, and the third meeting of the parties to the 2015 Paris Agreement. In the Paris Agreement, over 180 nations pledged to keep the increase in mean global temperature to “well below” 2 degrees Celsius above pre-industrial levels, and preferably to limit the increase to no more than 1.5 degrees.

To meet the goals of the Paris Agreement, nations must put forward “nationally determined contributions,” or NDCs. The NDCs state how much each nation would curb the growth of greenhouse gas emissions in order to meet the 1.5 to 2C global warming goals. The NDCs offered by the parties at the time the Paris Agreement was signed in 2015 were inadequate, and would result in 3C or more of global warming.

The agreement also included a provision that nations would offer updated NDCs every five years, in order to ratchet down future global warming. The first such conference was scheduled for 2020, five years after the Paris Agreement was signed, but it was postponed a year because of the pandemic. Thus, the upcoming Glasgow conference is the first opportunity in six years

for nations to review and update their greenhouse gas reduction commitments.

The organizers of COP26 are asking nations to revise their NDCs in light of the lower Paris target, to limit further global warming to no more than 1.5 degrees. For the world to meet the 1.5C target, scientists estimate that greenhouse gas emissions in 2030 must be 45 percent lower than they were in 2010. Between 2030 and 2050, emissions must be further reduced to net zero in order to keep global warming at or below 1.5 degrees.

The revised NDCs that have been submitted to date are not promising in terms of meeting the 1.5C goal. More than 100 nations, including the United States and most European nations, have presented preliminary plans that, although providing for a collective reduction in greenhouse gas emissions, would still leave total emissions in 2030 at a level 16% higher than they were in 2010. This would make it nearly impossible to meet the net-zero goal by 2050.

Average global temperatures are now running about 1.1 to 1.2 degrees Celsius higher than pre-industrial levels. Scientists argue that it is crucial for the world to stay at or below the 1.5C threshold. Even this level is projected to result in an increase in sea level rise, heat waves, droughts, floods, severe tropical storms

(*See Davis, Page 5A*)

Politically Thinking

By Eric L. Davis



Letters to the Editor

The BLM flag is a divider

Every morning the custodian of the school goes out and raises the American Flag, sadly the children inside that school, do not know the Pledge of Allegiance nor the Stars Bangle Banner or any patriotic songs. Patriotism is not encouraged in schools.

Today, that custodian now also raises a BLM flag. Do the children inside that school know what that flag means? Black Lives Matter, does that mean my life, if I am white, red, brown or yellow does not matter? The BLM flag is a divider.

To the people who support BLM, if you really believe Black lives matter, why aren’t you working on the problem of Black people killing other Black people on a daily basis in Chicago?

Also, I think we should raise another flag, UBM, the lives of unborn babies matter.

Karlene Callahan
Middlebury

BES cuts led to current unrest

Recent events at Bristol Elementary School have caused me to be very concerned about the school that my 9-year-old grandson attends. Three years ago I wrote to the then principal of BES about my concerns that the district had decided to let most of the one-on-one paraeducators go. He returned my email and quoted some study that proved that paraeducators are not very helpful and that it was better to have “trained professionals.”

Since I have worked for 17 years as a special ed paraeducator, I have real concerns about the wisdom of such a decision. I also happen to be a “trained professional” having attended graduate school to earn my license to teach elementary school. My years of experience taught me that many of today’s children have suffered various forms of trauma that impacts their behavior.

In the world we now live in, *every* school needs a professional behavior manager and plenty of specially trained, one-on-one special ed paraeducators to assist all of these children. Every school also needs a mental health counselor. That is the sad reality of today. It is not like life in the ’60s, ’70s or ’80s. In order to provide a safe and equitable education for all, the appropriate staffing needs to be in place. Solid plans for dealing with a student in crisis need to be quickly implemented.

The last school I worked in had such staffing and it worked. Every classroom had either a classroom para and sometimes an additional one-on-one para along with the classroom teacher. When the Mount Abe district decided to cut way back on one-on-one student paras they made a grave mistake. I would like to know what the leadership has in mind to bring back a safe Bristol Elementary School. They need to move quickly on this one.

Emily Ryan
Burlington

New terms for society’s woes

Editor’s note: The writer uses word play and neologisms to portray the serious problems he sees in American society today.

These are the times that try our souls.

The horrific pandemic that is ravaging this nation and the entire world has illuminated a frightening national state of affairs.

Magnifying the impact of the pandemic is the horrific universal scale of the “Candemic.”

“Candemic” — the “climate altering nightmare” — the global catastrophe fueled by the devastating, often irreversible effects of the “Morona” virus. We have suffered more casualties in this pandemic than all of World War II, Korea and the Vietnam wars together, and most of these pandemic deaths were preventable; 99% of all casualties

(*See Swenson letter, Page 7A*)

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Gifts can come unexpectedly

On July 22, 2020, I entered Porter Hospital for a mammogram that was three years overdue. The possibility of cancer didn't occur to me. I'd never had a "bad" mammogram. How could I be so sanguine? The scan revealed abnormalities. Surely, breast density was the culprit.

A second scan, several biopsies, and an MRI confirmed multiple malignancies. Though found relatively "early," the cancer was grade 4 of 5. It could spread swiftly. Removal of both breasts in their entirety was medically necessary. Upon hearing the news, the

man I thought loved me said all the right things. He loved me for who I am, not my body. He'd be with me throughout and wanted me to be cancer free. On the eve before losing my breasts, he dumped me, and exited stage left.

There were complications during surgery.

Recovery was arduous. I chose no reconstruction. At 62 years young, I didn't want my life to revolve around surgeries. Outside my door, the pandemic raged.

Inside the safety of my home, my body and heart began to heal. Historically, I'd judged myself harshly. Not good enough,

smart enough, fit enough, pretty enough, accomplished enough, and on the list went. In solitude, I found acceptance of my body and its battle scars, and appreciation for the strength and resilience I believed I had, and now know I truly possess. I've become my own best advocate. I found for myself the compassion and love I give freely to others. Today, I am enough.

Breast cancer wasn't the worst thing to happen to me. I thought it would be. Mastectomy freed me from future worry. The journey revealed the vagaries of love, and rid me of crippling, self-limiting beliefs. Just as I never thought of cancer striking me, I never dreamed that from it I'd receive such unexpected gifts.

Community Forum

This week's writer is *Carolyn M. Bausch, a Middlebury resident.*

Letters to the Editor

'Phoners' must rid themselves of their distractions

Phoners, that's the term I coined for those people that have decided it's their God-given right to drive and phone at the same time.

I have been the near victim to these phoners five times in as many years. Lucky for me I have quick reflexes and I was paying attention.

As recently as this morning it happened again. This phoner crossed the yellow line and went right by me in my lane as I was doing some of my best stunt driving to avoid being maimed

or killed.

I can only tell you the color (white) of the vehicle the phoner was driving as all of these pieces-of-junk-people who are driving look alike.

Here is the question: Just who is it all you phoners are talking to all the time? What is it with you phoners and your screens in your faces?

What a weird society we have become, everybody looking down at their devices. Nothing

less than strange.

Two years ago I shot my cell phone and I have been free ever since. To any phoner that wants to free themselves of this scourge, just do it. Shoot your phone and save yourself the inconvenience of a lengthy jail term for slamming someone head-on while playing with your phone. If you don't have a gun get ahold of me and I'll shoot it for you.

Steve Bryant
Brandon

MAUSD's coaching system is failing children

I was a classroom teacher at Bristol Elementary School from 1996-2018. I am deeply saddened to hear about the recent events at the school. I am also, unfortunately, not surprised. These challenges, although not always this extreme, are not new at BES. I'd like to make two points based on my personal experience at the school.

In a recent Addy Indy article, Patrick Reen, the superintendent, stated, "What we are seeing play out in our schools is reflective of the fact that our students who were struggling most before the pandemic are the ones that have been impacted most significantly by the pandemic." While I agree that behavior is elevated and perhaps intensified after COVID, I want to share that this issue

has been happening in varying degrees for some time, way before COVID.

In 2017 when I was a teacher at BES, I was concerned about the emotional well-being of my class, as disruptive and challenging behaviors occurred for weeks in my classroom. When I asked for help, I was told to collect data. Later that year, when a child with high needs moved to our school with documentation stating the need for one-on-one support, I was told to collect data. The system is not set up adequately to support children with challenging behaviors, who need critical social-emotional support.

To add insult to injury, the superintendent's office created a budget that year that cut staff who worked with children, and instead

hired coaches for teachers. Three full-time coaches were hired at BES, one for literacy, one for math, and one for social-emotional support. None of these coaches worked with children.

The coaching model requires that the teachers have time in their day to meet with the coaches to get feedback about their practice. No time was created for coaches and teachers to meet. Also, in reality, the coaches often had less experience than the classroom teachers, so this model, from my perspective, felt flawed in many ways.

In closing, I am writing, not to demonize or throw administration "under the bus." My motivation is simply to share the truth as I experienced it in hopes that with

(See Suttle, Page 7A)

Davis

(Continued from Page 4A) and other adverse effects. However, these effects would be much more extreme if the 1.5-degree target were breached and global warming approached 2C.

In the face of these projections, environmental scientists and many nations' environment ministers say that the decade of the 2020s will be critical to limiting the impacts of climate change. If the peak in global emissions happens within the next 10 years, but no later, it would

still be possible to keep cumulative emissions at a level that would allow meeting the 1.5C target by 2050.

This would require more aggressive policy changes than many nations have committed to. China's current plans call for emissions to increase until 2030 and not reach net zero until 2060. Major fossil fuel producing nations such as Saudi Arabia, Russia and Australia have not changed their targets from those offered at Paris in 2015. In order for the United

States to come close to the 1.5C goal, Congress must include serious greenhouse gas reduction policies in the reconciliation bill now being drafted: a difficult task when there are no votes to spare in the Senate and a member from a coal-producing and exporting state — West Virginia's Joe Manchin — has an outsized influence on the outcome.

Eric L. Davis is professor emeritus of political science at Middlebury College.

Clippings

(Continued from Page 4A) a particularly emphatic warning at the beach's entrance that went so far as to give the phone number of the local animal control officer — they had their dog with them.

They were staying in a log cabinified cottage directly across the road from the beach; I know this because at regular intervals one of them would leave their bastion of folding chairs and walk across the road to retrieve another bottle or can or bag of chips. They'd generously decided to share their music playlist with everyone else on the beach: It blared from speakers within their house, exactly the songs you'd expect, from "Bad to the Bone" to "Hotel California."

At one point, one of *those people* shouted, "Look, an eagle!" Then they all stopped and stared as a turkey vulture swooped low over their house.

I noticed that both cars parked in their driveway had New York license plates. Although I spent seven years of my own life in New York, I thought smugly, "Of course; that explains everything."

Every fiber of my being wanted to judge *those people*.

But I'd recently heard a podcast interview with the author Malcolm Gladwell in which he said something that caught my attention: "[W]hen we analyze our own reasons for doing things, our own behavior, we are incredibly attentive to nuance and complexity ... But when it comes to explaining other people's behaviors, we tend

to be very reductive ... [W]e are perfectly capable of acknowledging the complexity of ourselves even as we deny it in our views of others."

In other words, because I understand how complicated I am, I tend to judge my own actions kindly. But when it comes to others — to *those people* — I am much harsher because I reduce them to the face value of their behavior. I have read the entire book of myself, but I judge their story from the cover photo: They are crude and inconsiderate.

I decided to observe *those people* a little more closely, to see if I could discern the complexity of their story. And I noticed that their dog, a beautiful and mellow golden retriever who was *not supposed to be on the beach*, walked with a stiff limp and had what appeared to be a massive tumor on her back. I also noticed that one of their sons, probably in his late teens, seemed to have some sort of disability, perhaps something along the autism spectrum: He spent the entire time we were on the beach — two hours — sitting by the road bouncing a tennis ball with intense focus.

Noticing these details was all it took to begin melting my heart. What might it mean to this dog,

clearly nearing the end of her life, to lie in the sunshine with her paws in the sand? What might it mean to this family, clearly dealing with the care of an aging dog and a disabled child, to spend some leisure time together at the lake?

When my husband, my son and I packed up to leave the beach, *those people* were still walking back and forth across the road, clutching their beverages, their music blasting (I think it was the Eagles' "Take it Easy"). But now I was silently cheering for them. They no longer seemed rude; instead, they struck me as warriors against the darkness.

"Yes, *Those People*," I thought to myself, "life can be so painful, so hard. You know this all too well, but still you crank up your music, you enjoy a cold beer on a warm day, you splash in the cool water of a glacial lake, and you see an eagle in every turkey vulture. Keep up the good fight, my friends."

Sometimes it just takes a little noticing to turn judgment into benediction.

Faith Gong lives in Middlebury with her husband and five children, and her column "Faith in Vermont" appears online at addisonindependent.com every other week.

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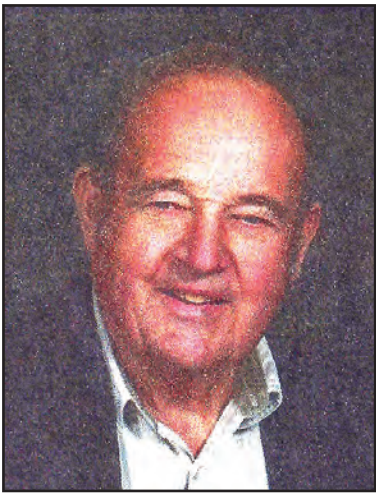
Franklin Robbins Fisler, 95, of Middlebury

MIDDLEBURY — Franklin Robbins Fisler, age 95, passed away peacefully on Sunday, Oct. 10, 2021, at his home at the Residence at Otter Creek in Middlebury.

Frank was born in Trenton, N.J., on July 16, 1926. He was the son of Harry and Ada (Creeley) Fisler. He grew up in Pemberton, N.J., and in Ship Bottom N.J., on Long Beach Island. Throughout his life he remained grateful for time spent with friends and family near and on the ocean. He had many stories to tell of boating up and down the East Coast through hurricanes and halcyon days.

After graduating from Pemberton High School he served in the U.S. Army Air Forces during WWII, and later served a second enlistment in the U.S. Air Force. Following his honorable discharge, he began working with New Jersey Bell Telephone Company. In 1968 he moved to Middlebury, Vt., where he continued service with the New England Telephone Company until his retirement.

He was a member of Pemberton Masonic Lodge No. 199, the Middlebury Rotary Club, and the United States Power Squadron. While in New Jersey he served on



FRANKLIN ROBBINS FISLER

local and county school boards, as well as on the New Jersey State School Board. The Fire Service was Frank's lifelong passion. As soon as he was eligible, he became a member of the Good Will Fire Company in Pemberton. Beginning in the 1970s, while living in Middlebury, he served as a Vermont State Fire Instructor. Following his move to Jericho in 1995, he enjoyed being welcomed into the Underhill Jericho Fire Department family.

In 2017 he returned to

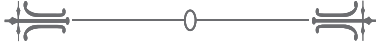
Middlebury, where his time at The Residence at Otter Creek was filled with delightful moments shared with his dear friend, Joan Kinney. He was predeceased by his first wife; Shirley (Ashbolt) Fisler in 1993 and his second wife; Anne "Tina" (Vogt Coggio) Fisler in 2009. His son-in-law, David Sears, also predeceased him.

He is survived by his daughter, Susan Sears of Cornwall; and his granddaughters, Megan Sears of Middlebury, and Alexandra Sears of Lake Winnepesaukee, N.H.; his step-daughter, Gina (Coggio) Voskov and her husband Dennis, and their daughter Edith Voskov of Jackson Heights, N.Y.; his brother; Doug Fisler and his wife Gloria of Webster, N.Y.; and his sister, Jean Jennings, of Sarasota, Fla. Six nephews also survive him.

A graveside service at the Middlebury Cemetery will be occurring at a later date.

In lieu of flowers donations may be made to a fire department of your choice or Middlebury Regional EMS, 55 Collins Drive, Middlebury, VT 05753.

Arrangements are under the direction of the Miller & Ketcham Funeral Home in Brandon.◊

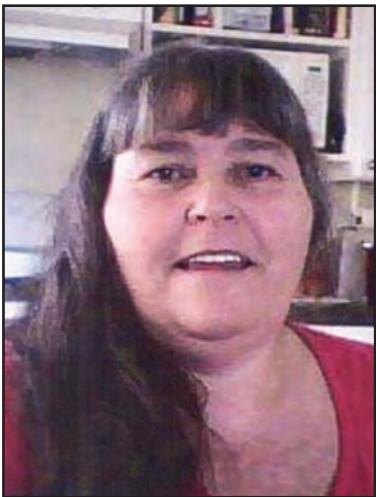


Teja D. Tanner, 61, of Bridport

BRIDPORT — Teja D. Tanner, 61, passed away Wednesday, Oct. 13, 2021, at her home in Bridport. She was the daughter of Caroline (Wheeler) Delisle and Clement Roy Tanner.

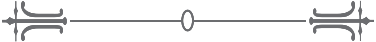
Her hobbies included driving for ACTR out of Middlebury, Vt. She loved her coworkers and clients very much. She loved running her goat farm with her love Robert and helping her daughter Caroline Audy out with her horse rescue ranch. She enjoyed spending time with her grandchildren and going camping with the love of her life, Robert Holmes. She loved all the colors of fall, and it is her favorite time of year. She loved her mother and how her life was her family. She had the biggest heart and would help anyone with anything.

She is survived by her mother Caroline (Wheeler) Delisle from



TEJA D. TANNER

Bristol, Vt.; her brother, Jerry Tanner from Bethel, Vt.; her sisters, Renee Sanders from Oregon, Cindy Martel from Statesville, N.C., and Dale Fleming from East Middlebury,



Jack William Whipple, 90, of Middlebury

MIDDLEBURY — Jack William Whipple, 90, of Middlebury, died Sunday, Oct. 17, 2021.

He was born Jan. 3, 1921, in Poultney, Vt., to Jack and Edith (Richardson) Whipple. Jack was a dairy farmer for many years. His hobbies included playing guitar, singing, and calling square dances. He was a member of the Champlain Valley Fiddlers, where he met his wife Olive Marie Mohan.

He is survived by his wife, Olive Marie (Middlebury, Vt.); daughters Joy Smith and husband Warren (Forest Dale, Vt.), and Barbara Whipple (Forest Dale, Vt.); son Steve Whipple and wife Heidi (Cornwall, Vt.); sister-in-law Ruth Whipple (Fair Haven, Vt.); brother Stanley Bourne and wife Judy (Rutland Vt); stepchildren



JACK WILLIAM WHIPPLE

Catharine Smith (Salisbury, Vt.), Joan Baker and husband Eric (Salisbury, Vt.), Edward Mohan

(Salisbury, Vt.) and wife Susan (Maine), Gerald Mohan and Stacy Tallon (Bristol, Vt.) and John Mohan and wife Lauren (Benson, Vt.); and many grandchildren, great-grandchildren, nieces and nephews

He was predeceased by both of his parents; his brothers Lloyd Whipple and Neil Whipple; his first wife, Helen; and his daughter Jeanne Gingras.

A memorial service will be held Oct. 23, at 2 p.m., at The Living Water's Assembly of God Church, 70 North St., Forest Dale, Vt. There will be a reception immediately following at the church. A private burial will be at a later date (masks are encouraged).

Contributions can be made to the Alzheimer's association.◊



Anne Marie Richard service of remembrance

WEYBRIDGE — A service of remembrance for Anne Marie Richard will be held on Thursday, Oct. 28, at 11 a.m., in the Weybridge Congregational Church, after which refreshments in the Fellowship Hall will be served. An interment of ashes will follow in the adjoining cemetery. Because of COVID

You must dial '802' even for local calls

VERMONT — The days of easy 7-digit dialing to call your next-door neighbor are coming to a close in Vermont next week. Beginning Monday, Oct. 24, a Federal Communications Commission order will require that people calling in the 802 area code — a.k.a. Vermont — dial all 10 digits. That means you will have to dial or tap the 802 area code, plus the three-digit exchange (453 in the Bristol area, for instance) and the four-digit phone number.

And additional "1" will still need to be added for long-distance calls

The transition to 10-digit dialing is being implemented in order to establish a three-digit National Suicide Prevention Lifeline by July of 2022. The lifeline, similar to the way 9-1-1 works, will allow callers to dial 9-8-8 for suicide prevention assistance.

The addition of area codes for local calls also applies in New Hampshire's 603 area and in New York's 516, 607, 716, 845 and 914 areas.

What other changes need to be made?

Important safety and security equipment, such as medical alert devices, and alarm and security systems must be programmed to use

10-digit (1+10-digit) dialing. Many systems operate on 10-digit (or 1+10-digit) dialing by default, but some older equipment may still use seven digits. Contact your medical alert or security provider if you are not sure whether your equipment needs to be reprogrammed to accommodate the upcoming change to 10-digit (or 1+10 digits) dialing. Any needed reprogramming of alarm and home security equipment must be done before Monday to avoid interruption of services.

Some other examples of services that may need to be re-programmed are:

- life safety systems or medical monitoring devices
- Fax machines
- Internet dial-up numbers
- Fire or burglar alarm and security systems or gates
- Speed dialers
- Mobile or other wireless phone contact lists
- Call forwarding settings
- Voicemail services and other similar functions

Be sure to check your website, personal and business stationery, advertising materials, personal and business checks, contact information, your personal or pet ID tags, and other such items to ensure

the area code is included.

What will remain the same?

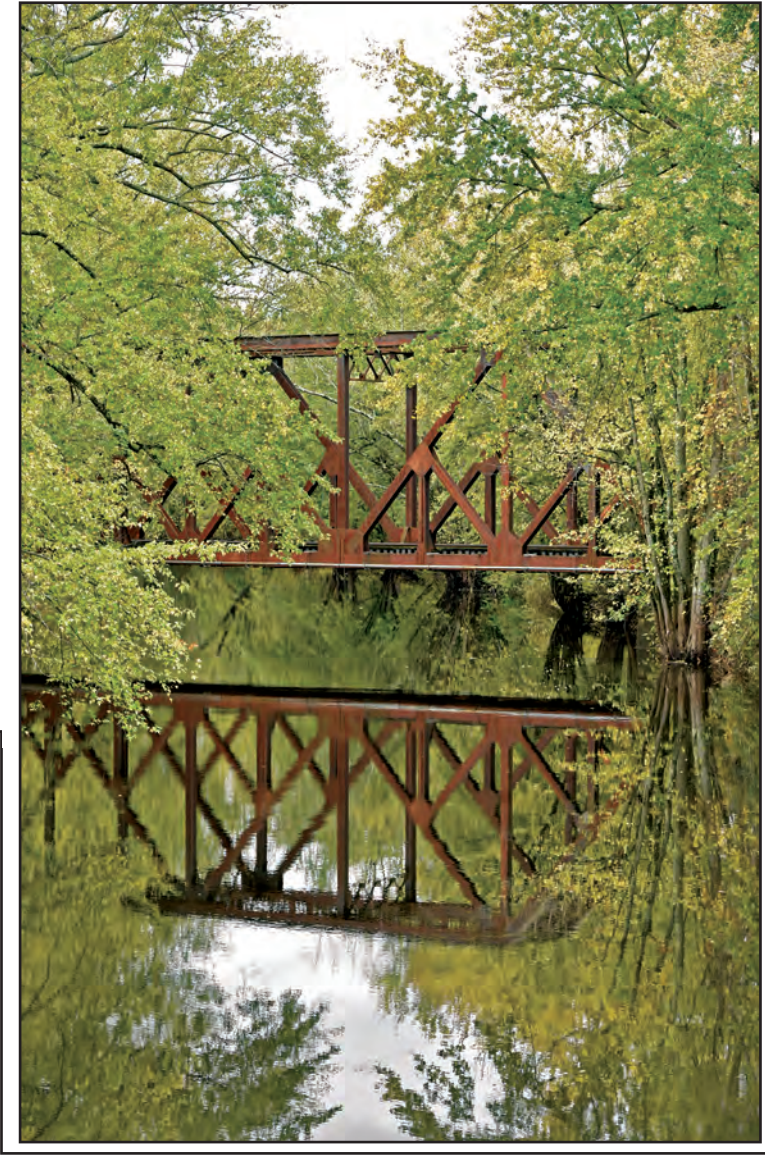
- Your telephone number, including current area code, will not change
 - The price of a call, coverage area, or other rates and services will not change due to the dialing change
 - What is a local call now will remain a local call regardless of the number of digits dialed
 - You will continue to dial 1+ the area code + telephone number for all long-distance calls
 - You will continue to dial a prefix (such as "9") when dialing from a multi-line telephone system (e.g., in a hotel, office building, etc.) as required
 - You can still dial just three digits to reach 711 (relay services) and 911 (emergency services)
 - If 211, 311, 411, 511, 611, 711 or 811 are currently available in your community, dial these codes with just three digits
 - The National Suicide Prevention Lifeline can still be reached by dialing 1-800-273-TALK (8255) even after the 988 code is in effect
- Beginning July 16, 2022, dialing "988" will route your call to the National Suicide Prevention Lifeline.



Fall colors

IN THE IMAGE above the stunning fall foliage on Mount Moosalamoo in the background is overshadowed only by the gorgeous red and orange trees in the foreground. Right, the orange railroad trestle unusually shows more fall color than the trees that surround it this week.

Independent photos/Angelo Lynn



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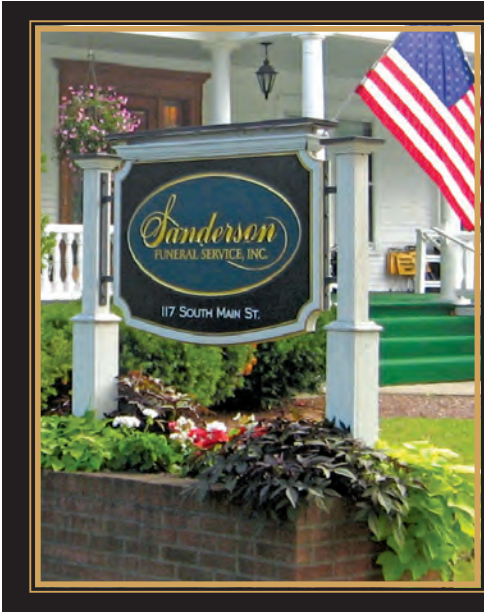
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Letters to the Editor

Different governing structure needed for schools

As a former special education teacher who has worked in public schools with a variety of governing structures in Vermont, Massachusetts and Illinois, I was dismayed, saddened and angry as I listened to teachers at the Oct. 12 Mount Abraham Union School District school board meeting. Repeated past efforts to address safety concerns had been unsuccessful. The child causing the disruption was allowed to continue their behavior and not given the support needed. Children and teachers were scared.

Unified school districts are formed to provide greater resources than a small town school can typically offer and in a more efficient and cost effective way. But a small community school

knows its families and students well, has the benefit of greater parental involvement, and can respond quickly and appropriately with professionalism and compassion.

“The Hobbit Effect, Why Small Works In Public Schools” is an article written by Lorna Jimerson, Ed.D, where she lists 10 research-based reasons why small works. The second is: “Small schools are safer.”

However, I contend that it is not just the size of the school that matters, but also the governing structure and the intelligent, responsive pragmatism of its faculty and leaders. Once a local school has relinquished control by joining a consolidated school district, it risks becoming subject

to decisions, policies and models that may not fit realities on the ground. Decisions may be made in a top-down fashion that incorporate neither the wisdom of parents and community members nor the professionalism of principals and classroom teachers, who all become fairly powerless.

Right now, within MAUSD, decisions are made too far from the source. This could be remedied by the adoption of different governing structures such as local school councils. Are we really ready to merge with yet another school district (ANWSD) where our local power and ability to respond appropriately will be even further removed?

**Marguerite Gregory
Starksboro**

Parents must get involved in how schools are run

Today I saw on WCAX that a local town has elementary students who terrorize the classrooms, including the teachers, and get away with it. Huh? You are kidding me, right?

I was a public school elementary teacher, and no one, I mean *no one*, would have gotten away with that! I was never a touchy-feely type. I did my job and taught what I was supposed to teach, plus a whole lot more (Education is a business; teachers do their job at their learning level so that students can move on to the next level, and finally out into the working world, successfully). Kids should not be afraid to go to school, ever. At any age or grade level. No child should ever have control of the classroom, ever.

Where was the principal during these time periods? The school’s counselor? I’ve been told that B.E. has a free-for-all policy for the first hour. Baloney!

Was the principal during these times ever a teacher? (Also, all teachers need to be trained to hold kids who are out of control in a body lock or pull their arms back, push their knees forward with their own and have them lie down and breathe deeply and quiet down, or to be able to call for back-up immediately or call out for another teacher).

These terrorizing kids are obviously deeply troubled and probably go through hell at home and should be removed to a safer environment — unless they are emotionally disturbed, in which case, their parents are,

themselves, exhausted from trying to keep them under control of any sort (read “The Elephant in the Classroom”). Mainstreaming is not always the answer (the point being to show troubled kids how non-troubled kids behave during study time). Sometimes kids just need to be removed from the classroom — perhaps permanently — in order to get back on track or a facsimile of such (as much as society can help them, mentally or physically).

I have seen education change tremendously over the last 20 years or so. Everyone gets a prize. Candy given out constantly for getting a correct answer. Whining is okay. Every parent wants their child treated specially. The classroom is set up together by the teacher and kids.

Nope. They’re going to be in shock when they start to work, ’cuz that isn’t real life. When you’ve got twenty kids under your umbrella you’re basically doing the teaching job to the best of your ability, while babysitting them (Yup, parents, admit it: you need your kids looked after so that you can go to your job) and looking out for their health, manners, safety, nutrition, and counseling them as well. Please don’t tell teachers what to do until you walk in their shoes. Summer vacation doesn’t count.

On my first day, I would announce to the class that I was the adult, the boss and it was my

classroom. The door was always open to every person — including observing parents and staff — and I was open to all ideas and feedback. But the buck stopped with me, so I had the final say. If the class was too rambunctious, they would have to exercise in place for a minute or do quiet, alone-time reading. Always worked. There is always time out as well.

I taught in North Carolina for a period of time, and I found the North and South as different as Adam and Eve. The south shone in the way that it treats its kids. We could hug the kids; we could spank the kids (no one ever did). The kids had manners. The district provided incredible back-up support in both people and materials. Parents really respected the teachers for their education and experience and didn’t call teachers at home telling them how to do their jobs or how to treat their children.

Please, people, get more involved in how your schools are run. You are paying a myriad of taxes to keep the places going. Never assume that closed doors means that you can’t stick your nose in and questions what’s going on. Safety for children is so important for them in their young lives. What happens to them in school develops their future lives and the world’s. Speak up!

**Carolyn Van Vleck
Brandon**

Swenson letter

(Continued from Page 4A)

were unvaccinated. The result is polarizing cultural, moral, political and philosophical anarchy.

What does the acronym “Candemic” stand for? We’ll come back to “C”; here are the other letters:

A-Anarchy, atrophy and moral chaos.

America has turned into a real-life horror movie.

From the ideological and philosophical distortion to outright rejection of reality, from science to society to the unprecedented nationwide horror of daily murders. All human lives matter. Human life is sacred from conception to ascension. We have moved from American Revolution to American Devolution.

N-Sense of Nation. We have lost our sense of nation.

If we cease to act as a nation we shall cease to be a nation. Nationwide explosion of unprecedented violence. People from all states and all ages, now often including minors, are engaging in deadly violence.

Navigating through crises with rearview mirrors — rather than through our rational, historic, moral, philosophical and political tradition and common sense — has led to endlessly responding to devastating crises and preventable crashes. We have moved from herd immunity to nerd immunity, from narrative to narrowwive.

D-Dedication and Devolution.

So many have dedicated their lives to stop this brutal, deadly global medical pandemic of unprecedented magnitude and to save threatened souls. Meanwhile millions laugh at this global medical storm, making a mockery out of the most basic common-sense requirements for personal and community safety, like not wearing a mask or social distancing. There has even been the public burning of face masks with children in attendance. We have moved from social distancing to mental distancing. This is the American Devolution.

We have moved from Democracy to Mediocracy to Mockracy — making our government and the political process a mockery of all critical founding and chartered principles. Demoralizing and dismantling all tenets of founding principles and historic tradition. At our founding we were blessed with a divine

destiny of life, liberty and the pursuit of happiness, and America was great because America was good.

E-Evisceration. We have disemboweled the very heart and soul of this nation with an explosion of violence and mass shootings. We were endowed by our Creator with certain inalienable rights. We didn’t evolve from some crater. One nation under God, not one nation under Clod, the amorphous blob from whence half the people believe we evolved. Now we have moved from freedom of religion to freedom from religion. From “we the people” to “me the people.” From ourselves and our posterity to myself and my posterity.

M-Mandemic. Finally, our nation is flooded with a “misinformation avalanche of mindlessness” and science faction, a socio-political, ideological, or absence thereof approaching a cult.

Where a great wall is erected for selfish convenience. We have moved from social distancing to mental distancing. Intellectual gerrymandering. Moved from Monroe doctrine to the moron doctrine, where our socioeconomic structure is in chaos.

From Democracy to Mediocracy, to Mockracy, where the current state of affairs is a mockery of our true historic, cultural, moral, and political principles.

With the current economic chaos we must exercise our “fiscal franchise.” What do you call durable household goods made in the U.S.? Antiques. Imagine for example 40% of all our clothing comes from one single foreign export country.

Every action of every individual public and private has public consequences. By buying American-made we can reverse the effluence of national resources and industries. Time to get off line and back in line.

I-crumbling Infrastructure — physical, cultural, moral and political infrastructure. We must halt the insurrection of the feeble minded, the evil and the misinformed including intellectual gerrymandering.

We must return to economic independence, halt the invasion of foreign investors and endless deficit, economic, corporate and

governmental.

C-Candemic. “Climate altering nightmare.” The global catastrophe fueled by the devastating, often irreversible effects of the “Morona” virus through cultural, moral, political and philosophical anarchy, and “science faction” where a political cult distorts or denies true science and facts. We all know the old saying, “faction speaks louder than words.”

I am desperately hoping and praying for a time when we can once again celebrate a “Happy Earth Day.”

We have abandoned the Constitution and out critical founding principles. We have moved from founding principles to “confounding principles,” from cultural, to “cult all.”

Our landscape in littered with cell phone zombies.

From civil rights to massive civil wrongs. From capitalism to capitalism (think Jan. 6). Many people will argue that everything is relative. Absolute relativism renders everything irrelevant.

Both major parties represent many fundamentally strategic principles while also being dead wrong on many others. The president is elected to serve the people, ALL the people, not simply his party.

We must choose not between right wing and left wing; rather choose between right and wrong. As a wee lad I learned the universal principle and reality that it takes TWO wings to fly.

“Peace is not the absence of conflict, but the ability to handle conflict peacefully.” – Ronald Reagan

We must all choose once again to become the UNITED States of America, one nation under God, endowed by our Creator, indivisible, with liberty and justice for all, for the people. All the people, and by the people.

We must restore civility to the conversation. Common purpose, common good, common sense, community, civility. Civil rights must be balanced with civil responsibility. We must make a true pledge of allegiance.

It is critical to the survival of this nation that we have a rebirth of dignity, morality, civility and spirituality. A renaissance of righteousness. A spiritual, political and moral revival.

**Rustan Swenson
Shoreham**

Sutlive

(Continued from Page 5A)

everyone understanding the whole picture, a solution can be possible.

I urge the board and the superintendent to address this need that has been happening and escalating for years. The systems, protocols and supports are not working for students with challenging behaviors. BES had a system in place many years ago where students with behavior challenges/mental health needs had support, so I know it is possible. At the very least, put aside the coaching model to free up funds to hire adults and/or create a system where students struggling with mental health issues can be supported in the way they deserve. I understand that there are more hurdles to overcome to remedy this situation, but these ideas may help make a step in the right direction.

**Peg Sutlive
Bristol**

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If you have something to say, send it to: Letters to the Editor, Addison Independent, 58 Maple St., Middlebury, VT 05753. Or email to news@addisonindependent.com.



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Soccer spotlight
NOELA KELLY, A member of a Grades 1-2 team, poses for photographer Paul Gamba at the Middlebury Parks & Recreation soccer practice last week. Gamba was busy taking team photos and individual snaps for proud parents of the budding star players of the world’s most popular sport.
Independent photo/Steve James

Vergennes Police Log

VERGENNES — Vergennes police received an Oct. 11 theft complaint from a Battery Hill resident alleging someone entered a home and made off with \$400 from a child’s piggy bank, an amount of marijuana, and prescription drugs, including some of a narcotic nature.

Police noted there were no signs of forced entry, and said the incident remains under investigation.

In other actions between Oct. 11 and 17, Vergennes police conducted eight patrols by cruiser and three on foot, responded to one false alarm, and helped three motorists get into their locked vehicles.

They also twice helped Vermont State Police by responding to a

Basin Harbor Road residence to unfounded reports of break-ins, in one case by “little people.” Police said mental health issues were involved.

In that week, city police also:

On Oct. 11 took a report from a teen of a threatening phone call from an untraceable number. Police advised the teen to stay off social media for a period because the caller knew about the teen’s activities.

On Oct. 13:

- Found a Main Street business unlocked after hours and called a stakeholder.
- Helped convince a reluctant 11-year-old to attend Vergennes Union Elementary School.

- On behalf of the Department for Children and Families went to check the welfare of a resident of the 45 Monkton Road complex, but found no one home.
- Checked out someone allegedly acting suspiciously outside a local business and found someone waiting at a bus stop.
- On Oct. 15:
 - Helped the Vergennes Area Rescue Squad at a School Street medical call.
 - Checked a Monkton Road residence after a 911 call reported slurred speech, but found no one home.
 - Went to Kinney Drug Store to begin investigating the theft of a bottle of ear oil worth about \$8.

Lake group seeking grant proposals

GRAND ISLE — The Lake Champlain Basin Program (LCBP), in partnership with NEIWPCC has announced a Request for Technical Pre-Proposals for services to further the goals and objectives of the Lake Champlain management plan Opportunities for Action. The total request for each project may range from \$25,000 to \$300,000 for projects anticipated to begin in early 2023.

Applicants may propose projects that address any strategies and tasks outlined in Opportunities for Action. LCBP is particularly interested in funding projects that address the following priorities (priorities are not listed in order of importance):

- Projects that will focus on improving soil health on agricultural land across the basin, especially those that include technical support and educational programming to producers about the benefits and techniques to improve soil health.
- Projects that develop a plan to improve our understanding of

emerging contaminants in the Lake Champlain Basin. Contaminants may include pesticides and/or others that are not well understood or are not monitored as part of the Lake Champlain Long-Term Monitoring Program. Projects may include synoptic sampling, literature review, suggested methodology and relevant endpoints, prioritized contaminants for monitoring, and a resulting plan with estimated costs for LCBP and/or partners to establish a basin wide long-term monitoring program for emerging contaminants that will close knowledge gaps critical for public and ecosystem health.

- Projects that develop plans and strategies for early detection and prevention of aquatic invasive species introduction to the Lake Champlain Basin.
- Assessment, research, or prioritization projects at a larger landscape scale that support conservation or restoration of vulnerable native species and their

habitats.

- Projects that use post-implementation monitoring to quantify ecosystem benefits of water quality or habitat improvement projects.

The two-page pre-proposals submitted in response to this request will be evaluated by the LCBP Technical Advisory Committee, and a subset of pre-proposal applicants will be invited to submit a full proposal for funding consideration for projects to begin in early 2023. Grant award recipients will be selected from the pool of full proposals and will be notified of their anticipated award in early summer 2021.

We anticipate these projects will be supported with funds awarded to NEIWPCC by the U.S. Environmental Protection Agency and the Great Lakes Fishery Commission in support of the Lake Champlain Basin Program.

Pre-proposals must be submitted to the LCBP by noon on Nov. 8.

Full details about the Request for Technical Pre-Proposals, including the on-line application form, eligibility, timeframe, and other project requirements, can be found at www.lcbp.org/grants. For more information contact Dr. Matthew Vaughan, LCBP Technical Coordinator (mvaughan@lcbp.org).

We anticipate these projects will be supported with funds awarded to NEIWPCC by the U.S. Environmental Protection Agency and the Great Lakes Fishery Commission in support of the Lake Champlain Basin Program.

Young hunters asked to help officials

MONTPELIER — Hunters who harvest a deer during Vermont’s Oct. 23 and 24 youth and novice deer weekend are encouraged to bring their deer to one of 19 biological reporting stations to help state wildlife biologists gather data on the health of Vermont’s deer population.

Vermont Fish and Wildlife’s deer project leader Nick Fortin says, “Examining deer during this weekend is our best opportunity to assess the deer herd because hunters are allowed to harvest any deer, including spike bucks. Biologists will be able to collect data on age, weight and antler development to help guide future deer management decisions.”

Hunters are required to report deer in person at a big game reporting station during this weekend. In Addison County these include Buxton’s Store in Orwell, Vermont Field Sports in Middlebury and Rack ‘N’ Reel in New Haven. A full list and map showing the reporting stations is on the Vermont Fish and Wildlife website, vtfishandwildlife.com.



At the home page, click on Hunt. Online reporting will not be available. This requirement allows biologists to collect this important information from as many deer as possible.

The Vermont Fish and Wildlife Department will have personnel at the biological reporting stations between 9 a.m. and 7 p.m. (unless the store closes earlier) for youth and novice weekend.

A resident or nonresident 15 years old or younger on the weekend of the hunt and who has successfully completed a hunter education course must purchase a hunting license and obtain a free youth weekend deer tag. The requirements apply to all interested young hunters, including the children of landowners.

Residents or nonresidents 16 years old or older on the weekend of the hunt who previously completed a hunter education course and who have purchased their first ever hunting licenses within the 12 months prior to the novice weekend must obtain free novice weekend

deer tags. The requirements apply to all participating novice hunters, including novice hunters who are also landowners.

In both cases, the hunter must be accompanied by an unarmed adult over 18 years of age who holds a Vermont hunting license. The adult may accompany up to two youth or novice hunters. The law requires the accompanying adult to have direct control and supervision of the hunters, including the ability to see and communicate without the aid of artificial devices such as radios or binoculars.

Landowner permission is required to hunt on private land during the youth and novice deer hunt weekend, and the hunters are encouraged to secure permission well in advance.

A youth or novice hunter may take one deer of either sex on the Oct. 23 and 24 weekend, and the antler restriction that applies in other deer seasons does not apply.

Violation of the youth and novice deer hunting rules can result in a doubled fine that is assessed against the accompanying adult.

ADDISON COUNTY School Briefs

A number of local students received academic honors for the summer term at the Community College of Vermont (CCV). With a 4.0 grade point average fulltime student **Hillary Desilets** of Bristol was named to the president’s list.

Part-time student with a 4.0 GPA are named to the student honors

list. Local students to receive this honor include **Jeremy Dodds** of Bridport; **Abigail Gendreau** and **Madison Gilley** of Bristol; **Lauren Barber-Smith** of Cornwall; **Jodi Covey** and **Wade Stevens** of Middlebury; **William Barber** of Salisbury; **Jenny Russett** and **Angela Shugart** of Vergennes;

and **Sabrina Bell** of Weybridge.

Several students were also named to the CCV dean’s list, which recognizes full-time students with a grade point average between 3.5 and 3.99. they include **Charlotte Layn** of Bristol, **John McAninch** of Middlebury and **Ryan Fitzsimmons** of Shoreham.

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The annual election period for UVM Health Advantage Medicare Advantage health plans is Oct. 15–Dec. 7, 2021. MVP Health Plan, Inc. is an HMO-POS/PPO/MSA organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal. Other physicians/providers are available in the MVP Health Care network. Virtual care services from MVP Health Care are provided by UCM Digital Health, Amwell and Physera at no cost-share for members. (Plan exceptions may apply.) Members' direct or digital provider visits may be subject to co-pay/cost-share per plan.



BRISTOL RESIDENT KELLY Hedley, left, speaks about an experience her son had at Bristol Elementary School during the Oct. 12 meeting of the Mount Abraham Unified School District. Superintendent Patrick Reen and board chair Dawn Griswold look on.
Image courtesy of Northeast Addison Television

Bristol parent

(Continued from Page 1A)
who has been through what is being advocated for,” Hedley told the *Independent*. “One of the things that the teachers are advocating for is removal of the child, and my son was removed from a classroom at that school.”

Hedley was eventually invited to speak privately to the board during an executive session. Though she didn’t necessarily agree with the reasoning behind halting the public discussion, she accepted it, she said.

“I accept that those are your rules and they’re put in place for a reason,” she said.

After that, “I spoke, and they listened, and that was all,” Hedley said, though she noted that some people in the room were in tears.

Hedley has been telling the story of her son (who was not the child involved in the incident detailed last week) for four years, she told the *Independent*, but she doesn’t feel it’s had an impact.

“So I don’t hold a lot of faith that it will make a huge difference now. All I know is that I want change as much as everybody else, and if I don’t do everything in my power, then that’s on me, personally. So I keep just knocking on doors.”

SPECIAL NEEDS

“My son has special needs,” Hedley explained.

And because it can sometimes be challenging for him to communicate in the same ways as other children, he’s less likely to ask for help when he needs it. This is especially true if he feels overwhelmed or anxious.

“His brain gets overloaded and he goes into what I call ‘processing mode,’” Hedley said. “That’s kind of how we refer to it. And what that

physically looks like is that he puts his head down and closes his eyes and is nonverbal.”

At Bristol Elementary staff would often walk with him in the hallways, Hedley said. But on occasions when that wasn’t possible, he would sometimes struggle. Occasionally he would have to stop and sit down on a bench to process.

One time, about four years ago, he was so overwhelmed that he lay down on one of the benches and fell asleep. Soon afterward, Hedley said, there was a fire drill in the school, and “he was unaccounted for.”

If it had been a real fire, “my child would most likely be dead now,” Hedley said. For her, this was evidence enough that her child needed help from the school.

‘TIPPED OVER’

In the spring of 2017 Hedley’s son felt overwhelmed in his class and “went into processing mode.” Head down, eyes closed, nonverbal.

“This can go on for a short amount of time or a long amount of time,” Hedley said. “It’s not violent, but it can be disruptive to learning,” she acknowledged.

On this particular day her son wasn’t responding to the need to change classrooms.

“I believe (school officials) when they say that they thought that they could just kind of like gently tip him out of a chair, maybe that would get him to stand up on his feet, because it was during classroom change, and they needed him to move his body.”

But her son fell to the floor when they did this, Hedley said.

“He didn’t land on his feet in a standing position,” she explained.

“So my son’s perception was ‘They flipped me out of my chair onto the floor’ — that’s how he thought of it and I can see both side of the situation.”

He responded by punching the principal and throwing something at another school official.

“He was scared,” Hedley said. “He was in a place he thought he needed to defend himself. And again, I can see that from both sides. I’m not saying he should have punched the principal but that’s the truth of what happened.” School officials provided Hedley with conflicting reports about whether or not her son was restrained in the classroom, and she shared those reports with the *Independent*, but she was there personally to witness the aftermath, she said.

Hedley, who happened to be at the school for a meeting at the time, said she heard her son “screaming and crying” and “went to the planning room and saw him behind a closed door,” with a school official standing in front of the door.

The “planning room,” also referred to as a “de-escalation room,” is a space that schools use to “give students a private, safe space to regulate before returning to their classroom,” said MAUSD Superintendent Patrick Reen this past August. Reen had been responding at the time to the *Independent’s* inquiry about recent renovations to that space at BES.

‘SAFE REMOVAL’

Whether or not Hedley’s son was restrained and secluded is a legal issue beyond the purview of this article, but Hedley feels it’s urgent, as the community examines recent incidents at BES, to consider all

possible angles and potential impacts of policy choices.

“I’m glad this is surfacing,” she said. “I’m glad there are so many eyes now on what is happening. I’m glad the teachers have banded together and are able to advocate. But if we’re talking about ‘safe removal’ it’s important to say, ‘Well, what does that look like? What are the effects of that?’ From my experience what it looks like is not a safe removal, it’s not without consequences to the children, to the teachers.”

This is not to say Hedley is opposed to staff proposals for reform.

“They’re advocating for something good, there’s nothing wrong with what they’re advocating, and I stand with them, not against them,” Hedley said. “But they’re advocating from one perspective.”

When Hedley tries to convey her own perspective she often feels alone in doing so.

“Asking people to see something through a different lens can be really hard,” she said, “and it can be hard to be equally heard. I know that. I accept it. But it does feel like an uphill battle.”

REPERCUSSIONS

It’s especially challenging when public discussions, especially on social media, take dark or unforgiving or even violent turns.

Some of the comments advocating for violence against children involved in the recent BES incidents have appeared on the *Independent’s* Facebook page, Hedley pointed out.

She doesn’t know the children who were involved in the recent destructive incidents at BES, and she does not know their families, “but I see myself in them, I see my child in them, and I hurt so bad that as a community this is one of the responses to them. This is a child and a family that are very much being attacked by community members. I can’t even imagine what it would be like if this were my son who was struggling and all of this (negative social media attention) was directed and focused on him.”

Hedley, too, has taken to social media. In an Oct. 14 Front Porch Forum post she shared some of her experiences in the school district, then preemptively defended herself, in part because “I went to the grocery store last night and I left an aisle because a group of women were talking so derogatory

School boards walk a fine line at meetings

By CHRISTOPHER ROSS

BRISTOL — School boards face a number of challenges when they need to communicate or hear testimony about issues that might involve individual students or employees. This was evidenced at the Oct. 12 meeting of the Mount Abraham Unified School District Board, when chair Dawn Griswold took the reluctant step of halting meeting proceedings to avoid disclosure of potentially private information (See story Page 1A).

The *Independent* invited Griswold to provide an overview of the various factors at work when a decision like that has to be made.

“There are many ‘guardrails’ that limit what the Board can/can’t say and I suspect many people don’t realize the challenges,” Griswold said in an email Wednesday morning.

The law protecting the privacy of student records and limiting their disclosure is called the Family Educational Rights and Privacy Act (FERPA). Among other things, it stipulates that federal funding may be withheld from schools or other educational agencies that have a policy or practice of allowing personally identifiable information to be revealed to unauthorized parties (like the general public) without the written consent of either the student or their guardian(s).

Griswold also cited the

Individuals with Disabilities Education Act (IDEA), a federal law governing special education that specifies additional privacy protections for students and families.

Furthermore, school board members don’t have the right to see or discuss these records just because they happen to be school board members, Griswold explained. Board members, too, need to obtain specific kinds of consent, and even then, “it would probably have limitations.”

In addition to students, MAUSD employees are also protected to some degree.

“Personnel actions are confidential,” Griswold said, “because as a board we are considered ‘quasi-judicial.’ If a hearing were to take place, we would have to act like a judge and consider both sides of the issue. To remain impartial we should not be hearing about discipline matters outside of a hearing. Otherwise, we can be viewed as having prejudged the matter.”

Yet another “guardrail” has been established by the collective bargaining agreement between the MAUSD and teachers’ union, the Mount Abraham Education Association, Griswold said.

“It took a lot of hard work to create this agreement and we both work to abide by what we all agreed on.”

about these children.”

“Where was I?” she wrote. “Well I lost my job due to how many times I was called to pick (my son) up. Often due to him not being violent but being ‘not ready to learn.’ ... I was in communication multiple times a day with the school. I got a lawyer. I did a 5-hour mediation. I begged and cried for them to do what’s in all of the children’s best interest and send him to another school ... I was advocating.”

Potential community reactions are part of the reason Hedley is less than comfortable about appearing in the newspaper.

“It is slightly scary,” she said, “but with that said ... every step I’ve made has been scary. I can’t let fear decide our fate.”

Hedley is also afraid about repercussions from the district. Like other residents, she has said publicly that the incidents at BES — as well as the experiences of her son — are part of a larger issue: the “school district not properly supporting our special needs children.”

It is the district, however, that has the final say in what kinds of services her son, who now attends Mount Abe, can receive — services she says she’s currently attempting to secure.

“But if I need to be the first person to step forward, that is OK with me,” she said. “I believe that positive change will happen in some form from it. I also believe that there will be some negative responses,” she added. “I probably won’t look at the comments, though.”

NOT ALONE

The *Independent* has received several letters to the editor in recent days, reacting to the revelations

made at the Oct. 12 MAUSD board meeting.

“In 2017 when I was a teacher at BES, I was concerned about the emotional well being of my class, as disruptive and challenging behaviors occurred for weeks in my classroom,” writes retired BES teacher Peg Sutlive in today’s edition. “When I asked for help, I was told to collect data. Later that year, when a child with high needs moved to our school with documentation stating the need for one-on-one support, I was told to collect data. The system is not set up adequately to support children with challenging behaviors, who need critical social-emotional support.”

Sutlive urges the district “to address this need that has been happening and escalating for years. The systems, protocols and supports are not working for students with challenging behaviors. BES had a system in place many years ago where students with behavior challenges/mental health needs had support, so I know it is possible.”

Other community members have spoken to the *Independent* about experiences they feel are relevant to the public discussion now that recent incidents at BES have come to light, and the newspaper will endeavor to give voice to those experiences — and to others Hedley has shared — in a future edition.

The *Independent* will also provide coverage of a special board meeting to discuss the BES situation, which has been scheduled for Thursday, Oct. 21, at 6 p.m. in the Mount Abe cafeteria.

Reach Christopher Ross at christopherr@addisonindependent.com.



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U.S. SEN. Patrick Leahy checks out the pumpkins for sale at Next Chapter Farm in Middlebury last week with farm owner Lara Dickson, right, and her sister Sara Gray.

Independent photos/Steve James

Senator promotes farm-to-school links

MIDDLEBURY — Molly Leach Daycare in Middlebury has a CSA (Community Supported Agriculture) share from Next Chapter Farm, which is located in Middlebury on Route 7 South. Each week when the CSA box arrives, the kids help to open it, explained farm owner Lara Dickson.

The daycare uses it as an opportunity to review colors, shapes and other basic skills while letting kids touch the produce and familiarize themselves with how it looks and feels. Depending on the item, the children may be involved in preparing it.

“This week they’re going to get honey nuts. They’re also going to get Brussels sprouts, so we’ll see how that goes,” Dickson said during an Oct. 12 visit to the former Field Farm by an unusual VIP: U.S. Sen. Patrick Leahy.

Leahy visited the farm to raise (See CSA, Page 13A)



U.S. SEN. PATRICK LEAHY

COVID-19 relief still available for Vt. farms

VERMONT — When the coronavirus first appeared, most of us thought of the pandemic as a transitory disaster — something to endure. But as case counts have ebbed and flowed and the virus has continued to evolve, it seems obvious that we will be living with the impacts of this disease for much longer than anyone hoped. That’s a poignant reality for the people, businesses and organizations still struggling to recover. Fortunately, there are several programs still available that can help provide some relief.

The Vermont COVID-19 Arrearage Assistance Program (VCAAP II) provides financial support to customers who may face disconnection of service because of past-due balances for their electric, landline telephone, natural gas, water or sewer/wastewater charges. Vermonters financially impacted by COVID-19 with 30 or more days overdue charges can get help now to pay their arrearages for residential and non-residential accounts, the Vermont Agency of Agriculture announced this week. Residential assistance is available (See COVID relief, Page 13A)

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SEN. PATRICK LEAHY meets the owner of Next Chapter Farm, Lara Dickson, who showed him some of the produce she sells at the Route 7 South farm in Middlebury on Oct. 12. He stopped by to promote a program that gets fresh food from local farms into local schools.

Independent photo/Steve James

CSA

(Continued from Page 12A)

awareness of the link between local agriculture and nutrition during Farm to School month, celebrated each year in October. The federal Farm to School program was established in 2010 with legislation authored by Leahy as part of the Healthy Hunger Free Kids Act. Leahy is a leading member and former chairman of the Senate Agriculture Committee.

The six-term senator said he remains committed to providing healthy, local foods to children in Vermont and around the country. He crafted a federal Farm to School program based on Vermont's example. As chair of the Senate Appropriations Committee, he has been able to increase the program's funding by \$31 million since 2018. This year, he introduced the Farm to School Act of 2021, a bipartisan bill to strengthen the federal program.

When Dickson, a graphic designer who is relatively new to farming, moved to Vermont from Seattle 10 years ago she didn't expect she'd be providing young children with boxes of vegetables

and eggs. She settled in Burlington where she began doing graphic and web design for area businesses, including restaurants that were part of Farm to Table, serving locally grown foods.

She then began learning about the providers of the food.

"I fell in love with pigs," Dickson said, laughing.

Her first farming venture was keeping pigs in Berlin. When she took over the Field Farm, she expanded her operations to include vegetables — which she had always grown for her own consumption — and eggs.

Next Generation is a certified organic farm, which prompted a discussion with Leahy about the origins of the organic certification program. Leahy, who created the program, said the idea came to him during discussions with farmers, but getting it approved was a challenge because of opposition from major agribusinesses.

Maintaining the integrity of the program has also been a challenge, with Leahy working to close a loophole that has allowed large



SEN. PATRICK LEAHY, an avid amateur photographer, takes a snap of Next Chapter Farm owner Lara Dickson and her sister Sara Gray at the farmstead on Route 7 South in Middlebury last week.

Independent photo/Steve James

dairy producers to raise heifers conventionally then convert them to organic once they begin to produce milk. Leahy is proposing that transition be allowed only once, when a farm converts to organic.

In addition to her CSA, Dickson operates a farm stand at Next Generation. Her sister, Sara, and 13-year-old niece assist her on the farm.

Like many new farmers, Dickson

has kept her day job, continuing to do graphic design.

"It was a pleasure to visit with Lara and see her farm, which is in a beautiful location," Leahy said following the visit. "New farmers like Lara, committed to providing healthy food to her community, including children, are who inspire me to continue the fight in Washington for policies that support our local farms, not big agribusinesses."

Working lands grants applications coming up

MONTPELIER — The Working Lands Enterprise Board (WLEB) is seeking applications for funding of projects that will allow a Vermont farm, food or forest business to invest in and scale-up their business.

The Pre-Application for Supply Chain and Market Level Infrastructure Grants opened for reading and reviewing on Oct. 8. Submittals to this Pre-Application open on Oct. 22 and are due on Dec. 6. These Pre-Applications will be reviewed by the WLEB in December, and applicants will be notified in January of denial or invitation to submit Full Applications.

Supply Chain project activities under these grants will demonstrate how the market or product the applicant is developing or expanding, will positively impact multiple businesses within its own supply chain, for projects ranging from \$25,000 to \$75,000.

Market Level Infrastructure project activities under these grants will illustrate how the market or product the applicant is developing or expanding will positively impact multiple businesses and/or create a new market. Only low-grade wood, forest products and/or value-added agriculture product sectors are eligible, for projects ranging from \$75,000 to \$250,000.

The Working Lands Enterprise

Board is also currently accepting applications for other grant opportunities, to help Vermont businesses with everything from infrastructure, marketing, meat processing, professional development projects and more.

The following are the funding opportunities currently open:

- Standard Business Grants for projects; \$10,000 - \$25,000.
- Meat Slaughter and Processing Grants for projects; \$50,000 - \$100,000.
- Producer Association Grants for projects; \$10,000 - \$20,000.

Applications for the above three grants are due by 11:59 p.m., on Nov. 1.

Applications will be reviewed in December of 2021 by the Working Lands Enterprise Board. Project decisions will be communicated in late January 2022. For more information visit workinglands.vermont.gov.

The Working Lands Enterprise Initiative (WLEI) and governing board (WLEB) were created by the legislature in 2012 to stimulate economic development in the agricultural and forestry sectors. WLEI is a collaborative effort between the Agency of Agriculture, Food, and Markets, Department of Forest, Parks, and Recreation, and the Agency of Commerce and Community Development.

COVID relief

(Continued from Page 12A)

for up to \$10,000; businesses can receive up to \$50,000. Oct. 24 is the deadline to apply.

The Vermont Recovery Loan Fund provides financing to businesses and organizations, both for- and nonprofit, that have been negatively impacted by the COVID-19 pandemic. Applicants must demonstrate revenue loss, temporary business shutdown, or an increase in expenses due to COVID-19 impacts to be eligible. Loans from \$5,000 to \$75,000 are

available, with rates generally 0% for the first two years, and then fixed at 3%. Loans are available until funds are exhausted.

USDA's Pandemic Response and Safety Program provides grants to food processors, distributors, farmers markets and producers to help respond to the pandemic. This includes measures to protect workers against COVID-19. The deadline to apply to this program is Nov. 22.

More information is at agriculture.vermont.gov.

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Resale shops

(Continued from Page 1A)
records, CDs, DVDs, puzzles, baby equipment, camping gear, tools, collectibles and other items.

“You’ll never know what you’ll find,” said HOPE Executive Director Jeanne Montross.

And HOPE in turn has been finding an embarrassment of riches unloaded onto its doorstep as folks have used the pandemic as an opportunity to conduct spring cleaning in their homes and garages. The piles of donations got so high that HOPE had to suspend donations for a few months until this past Saturday. Donations are now confined to 9 a.m. to 4 p.m. on Saturdays.

“We were astonished at the volume of donated items coming in,” Montross said.

Clothing and other textiles should be delivered to HOPE in a

one container, with shoes, belts and purses in another. Household items shouldn’t be wrapped, as HOPE officials need to inspect everything before they can accept it.

Anything HOPE can’t use is something it has to pay to discard, thus leaving fewer resources for Addison County residents in need of help.

“These guidelines will help prevent us from taking in things we cannot use, and possibly having to close again,”

Montross said. “People are asked to be patient, wait their turn, and pack their items in bags or boxes they can leave with us.”

Find out what’s accepted online at hope-vt.org.

The community’s generosity has coincided with a well-chronicled workforce shortage, which has resulted in HOPE limiting resale

store operations to five days a week, instead of six. The store is now open Tuesday through Saturday at its Boardman Street location.

HOPE is down a full-time position in its warehouse, as well as a 25-hour-a-week post for a tester of small appliances and electronics. The organization has additionally created a new, full-time position of “store manager” to oversee staff, deal with truck schedules, and tend to administrative chores.

The workload is currently being carried by eight people, half of whom are part-time, covering both the store and the warehouse, according to Montross.

All items sold at the HOPE resale shop have been aired out and/or wiped down to guard against COVID, Montross stressed.

She’s pleased to report customer traffic has been increasing at the store during the past few weeks, with folks compliant with COVID guidelines.

“These continue to be challenging times for us all,” Montross said. “I am very grateful for the patience and understanding of the community.”

BUSY AT NEAT REPEATS

Meanwhile, Neat Repeats at 1428 Route 7 South has also seen its inventory surge during the pandemic — to the extent that store volunteers are asking their benefactors to limit their donations to the capacity of two large garbage bags or boxes. Donations should only be dropped off at the store during its open hours of noon to 4 p.m., Monday through Saturday, according to Neat Repeats Vice President Mary Sullivan.

Still, resale shop officials concede it’s better to have a surplus of donations than not enough. Neat Repeats is having a banner year — in spite of having recently reduced its hours of operation to four hours a day (due to COVID-19), compared to the previous seven, noted Sullivan.

“Our sales are extraordinarily solid,” she said. “We’ve been able to be very generous to people writing grant requests.”

Last year, Neat Repeats recorded around \$207,000 in sales. Sullivan

estimated the nonprofit is currently 25% ahead of that pace for 2021. She attributed part of the increase to the store’s more visible location on Route 7. It had previously been located in downstairs rooms off Bakery Lane in downtown Middlebury.

Sullivan is happy to report a roster of around 50 volunteers to ensure the store is properly staffed. Volunteers are vaccinated, masked and no more than 20 people are permitted inside Neat Repeats at once in order to lessen the chances of contagion.

Find out more about Neat Repeats at tinyurl.com/rkhj5kw.

John Flowers is at addisonindependent.com.



MARK PROCTOR EVALUATES some of the many books donated to HOPE’s resale shop off Boardman Street in Middlebury. HOPE, which sells donated items to subsidize services to low-income residents, has seen donations rise at a time when workers are hard to find.

Photo courtesy of Jeanne Montross



KAY DESJADON CHECKS some of the many toys recently donated to the HOPE resale shop in Middlebury. HOPE sells the toys to raise money for poverty fighting programs.

Photo courtesy of Jeanne Montross

Deer disease found in Rutland County

CASTLETON/WEST HAVEN — The Vermont Fish and Wildlife Department has confirmed the presence of Epizootic Hemorrhagic Disease (EHD) in Rutland County deer. EHD is a common viral disease of deer in North America but had never previously been confirmed in Vermont.

Current and suspected cases in Vermont have been localized in Castleton and West Haven, although they are likely related to more widespread outbreaks occurring in New York. The majority of Rutland County and the rest of Vermont appear not to have been affected by EHD.

Hunters may consider exploring new areas if their favorite hunting spot has been affected by EHD.

EHD outbreaks can temporarily lower deer numbers in a local area, but they do not have a significant long-term impact on regional deer abundance.

EHD virus is transmitted by biting

midges, sometimes called no-see-ums. The disease is not spread from deer to deer and humans cannot be infected by deer or bites from midges. The department notes that deer harvested in these areas are safe to eat.

EHD occurs regularly in the southern states, so some southern deer have developed immunity. In the northeast, EHD outbreaks occur sporadically, and deer have no immunity to this virus. Consequently, most EHD-infected deer in the northeast are expected to die. The first hard frosts kill the midges that transmit the disease, ending the outbreak.

Deer that contract EHD usually die within 48 hours of showing clinical signs. Outbreaks are most common in the late summer and early fall when midges are abundant. Signs of EHD include fever, hemorrhage in the mouth or organs, and swelling of the head, neck, tongue, and lips. A deer infected with EHD may appear

dehydrated and weak. Infected deer often seek out water sources and many succumb near water. Several sick or dead deer may be found in a small area, particularly around water. There is no treatment or means to prevent EHD. Dead deer do not serve as a source of infection for other animals.

Sightings of sick or dead deer should be reported to the Vermont Fish and Wildlife Department by contacting your local State Police dispatcher, who will notify the nearest State Game Warden. The department will collect samples from deer for testing and track deer reports to monitor the extent of the outbreak and determine impacts on the deer population.

For more information on EHD, see the fact sheet from the Wildlife Futures Program or visit Cornell University’s Wildlife Health Lab website at cwhl.vet.cornell.edu/disease/epizootic-hemorrhagic-disease.

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T-shirts

(Continued from Page 1A)
rules: It needed to include the word “Bristol,” fit into 32-square-inch space and use no more than two colors.

And the winner was ... well, Vermont Marketplace actually chose two winners: 12-year-old Madeline Diop and 26-year-old Andrew Rainville.

PINPOINT

Diop based her design around the pinpoint vector graphic that’s used on digital maps. Round on top, pointy at the bottom.

“The pinpoint shows that Bristol is a kind of location,” Diop told the *Independent*. “People come up to Vermont for the fall foliage season every year, and even though it’s a small town, the people who come love it.”

Diop had developed a number of design ideas originally, she said. Then she had her family vote on which one they liked best. Then she made something “completely different.”

During the process, though, “I was thinking about the most recognizable places in Bristol, and of course the first thing that comes to mind is (Holley) Hall. I wanted to incorporate that in a fun way.”

Now she gets to see the fruits of her creative labor around town.

“(Madeline) was so excited about seeing her design printed on a shirt,” said her mom, Claire Corkins. “It was a really cool experience.”

Diop, who’s in seventh grade, also pointed out that “you don’t need fancy equipment to design, you can make things that people will like and enjoy as long as you create from the heart.”

LOCAL LANDMARKS

There are two key graphical elements to Rainville’s design, he told the *Independent*.

“First is the distinctive bell tower of Holley Hall that replaces the ‘I’ (in “Bristol”),” he said. “Second is the outline that runs through ‘Bristol.’ It may seem arbitrary but that outline is the ridge that makes up the Bristol Cliffs area, where



ANDREW RAINVILLE, 26, of Bristol was one of two winners of the Vermont Marketplace “Bristol T-shirt Design Contest” this past summer. His design incorporates a number of notable elements about the town, including Holley Hall.

Photo courtesy of Vermont Marketplace

Bristol sits in the valley.”

And though it wasn’t intentional, the placement of the Holley Hall “I” in the geographic outline ended up being pretty close to accurate.

In developing his design, Rainville wasn’t thinking about a particular aspect of Bristol so much as what comes to mind when you think about the town, he said.

“Holley Hall was, of course, my first thought because it is, quite literally, the town center, so I knew that I wanted to incorporate that. I also know that Bristol brands itself at the ‘Gateway to the Green Mountains,’ so my use of the Bristol Cliffs ridgeline and valley is an homage to that. When I’m rowing out on Lake Champlain, I can always look east, find that convergence, and automatically

identify where Bristol is.”

There are plenty of other iconic places in Bristol, but Rainville preferred to follow the principle that “less is more” and keep things simple, he said.

Other notable design elements include the word “Vermont” — to distinguish the charming Addison County town from any number of other Bristols in the world, including the most populous, Bristol, England — and the year of Bristol, Vt.’s founding, 1762.

T-Shirts with Diop’s and Rainville’s designs have been printed and are now available for sale at Vermont Marketplace, at 19 Main St. in Bristol.

But, as Rainville pointed out, “people have to go to Bristol to see it in all its glory — you can’t fit it all on a T-shirt!”

By the way

(Continued from Page 1A)
and walkthrough options. The folks responsible for that fantastic, little-kid-appropriate haunted forest in Bristol last year — the Brendon P. Cousino Med47 Foundation — are going “bigger and better” this year. The Ilsley Library is doing a ghost hunt the whole Halloween week, and the Addison County Sheriff’s office is offering three days of jail tours of the actual 1864 county jail — which Sheriff Peter Newton hints could be haunted. Middlebury Sweets is throwing a Halloween celebration with free hot dogs, popcorn, kids’ games and discounted candy. In Bristol, you can paint a pumpkin for free in the park on Oct. 30 and catch a free concert on the green on the 31st. Platt Library in Shoreham is dreaming up plans for a pumpkin parade, while Vergennes has some spooky fun planned for the grown-ups. Get links to details of all these events at our [MiniBury site, at minibury.com/halloween-2021-is-on](https://minibury.com/halloween-2021-is-on).

Bristol Trail Network stewards are planning an end-of-season litter pickup on the River Bend Trail. As avid BTN users know, the soils along the part of that section below West Street are gathering more litter every year, as the gravel shifts. Volunteers will meet at the Coffin Factory trailhead at the bottom of South Street on Sunday, Oct. 24, at 1 p.m., for litter pickup. Volunteers will be issued 5-gallon pails, as a lot of the old trash consists of broken glass and rusty metal that can rip plastic bags. Come prepared with your own pair of sturdy gloves.

It is with great sadness that the Bristol Best Night Committee has decided to cancel this year’s event, in recognition of what has been a statewide upswing in COVID-19 numbers. The decision is in large part based on feedback from a recent survey

through which a majority of respondents said they wouldn’t attend an indoor New Year’s Eve celebration, even with a mask requirement. The committee is looking forward to planning a great event next year, and is encouraging Bristol-area folks to find a safe way to celebrate the end of 2021. Meanwhile the Best Night Committee will continue to sponsor annual scholarships through the Mount Abraham Union High School music department, and other causes in the 5-Town area.

The nonprofit organization Age Well is in desperate need of Meals on Wheels volunteers. In Addison County, the greatest need is for drivers in the communities of Middlebury, Vergennes and Bridport. Meals on Wheels provides seniors and shut-ins more than a nutritious meal. The moment you knock on that door, you make a connection. It might be a quick hello or a conversation, but the impact lasts a lifetime. Not just for those receiving the meal, but for volunteers, too. Time commitment is based on your availability — it can vary from one day a week, to two days per month (weekdays only). Meals are delivered every weekday morning; a delivery route is typically two hours. For more information, contact the Age Well volunteer team at volunteer@agewellvt.org, call 802-662-5249, or visit agewellvt.org/giving-back.

They say if you build it, they will come. During these strange pandemic times, the Starksboro Public Library has been carving out a new space for Starksboro’s older kids. Thanks to generous grants from the Paul Post Foundation and the Walter Cerf Fund, it’s now ready. The new space is separate from the picture books and the adult collection, is super comfy for lounging and has a true slate chalkboard. Come see the new space and the young adult book collection.

The Congregational Church of Middlebury will hold its annual Holiday Bazaar on Saturday, Nov. 6, from 9 a.m. to 3 p.m. This year’s 97th bazaar features a wide variety of items for sale on the building’s two levels. Shop upstairs for handmade crafts, jewelry, scarves, silk neckties and a collection of gently used books. Also upstairs, bid on a wide selection of theme baskets that make wonderful gifts for a friend or for yourself. On the lower level of Fellowship Hall is a room with games, puzzles and toys for both children and adults. This year’s “garden table” will feature beautiful handmade planters crafted by local artist Danya Pirie of Pear Tree Ceramics, and, as always, a wide variety of indoor plants. Because no food may be eaten inside this year, all homemade food will be available and safely packaged for takeout. The food tables will be filled with cookies, cakes, candies, jams, breads, as well as specialty and traditional pies. And, just in time for the chilly weather, a variety of delicious, hearty soups can be purchased by the pint or quart. All proceeds from the bazaar benefit the church’s mission programs. Church guidance requires everyone to wear a face mask inside the building.

The Starksboro Conservation Commission usually supports the Four Winds nature program by putting on a Harvest Supper each fall. That isn’t possible this year due to COVID-19, so the commission will instead hold a pie sale, planned for Nov. 6. So folks can purchase delicious homemade pies for the holidays, knowing the proceeds will support local elementary school students — all of whom benefit from the Four Winds program. The commission is currently recruiting generous bakers willing to bake a pie or two to donate. Please contact Margi at margigregory@gmail.com or Peg at pegcasey@hotmail.com if you’d like to help out.



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The “outdoors” in outdoor writing; reflections from an October paddle

The chill air bit into our hands and cheeks as we reached the far shore of the lake and turned the canoe into the wind. “Let’s be



MATTHEW DICKERSON careful,” my wife said. “I don’t want to end up in the water today.” The temperature was a brisk 46 when we headed out mid-morning, but waiting another few hours for the air to warm wasn’t going to help much; the forecast called for a high of only 51. After a year of record-breaking hot temperatures around the globe, autumn seemed finally to have arrived. It was a refreshing change.

Not that we needed cool air to inform us of the season. The lakeshore and the hillside above it were bursting with color. Our eyes were especially drawn to where the dark green pines formed a backdrop for the lighter green of the oaks, which in turn framed the orange-tinted gold of the maples, which popped out of the hillside like decorative lace.

The scene brought me back two weeks to the annual gathering of the Outdoor Writers Association of America, which took place this year at Jay Peak. At that higher elevation two hours further north, the foliage was already peaking. Glancing up the hillside from the lodge to the summit, we could see the progression from the proverbial flames of peak red and orange to the more muted hues of russet and dark gold and on upward to dull brown and even the start of stick

(See Dickerson, Page 4B)

Score BOARD

HIGH SCHOOL SPORTS

Football

10/15 MUHS vs Mt. Mansfield24-6
10/15 Milton vs Mt. Abe 42-40 (OT)
10/16 OV vs Woodstock 41-35 (OT)

Field Hockey

10/13 Burlington vs MUHS3-1
10/15 Mt. Mansfield vs MUHS2-0
10/15 Mt. Abe vs Essex1-0
10/16 OV vs Springfield10-0
10/18 Mt. Abe vs CVU1-0
10/19 Colchester vs MUHS4-1
10/19 Mt. Abe vs S. Burlington1-1

Girls' Soccer

10/13 Mt. Abe vs Milton1-0
10/13 Rice vs MUHS4-1
10/15 Woodstock vs OV8-0
10/15 Woodstock vs OV8-0
10/16 Rice vs Mt. Abe0-0
10/18 Milton vs VUHS4-0
10/18 Springfield vs OV1-0
10/20 VUHS at MUHSLate

Boys' Soccer

10/15 Rice vs Mt. Abe2-0
10/15 MUHS vs VUHS2-1
10/16 OV vs Fair Haven2-0
10/19 VUHS vs Mt. Abe2-1
10/20 MUHS at MiltonLate

COLLEGE SPORTS

Field Hockey

10/16 Midd vs Colby4-1

Men's Soccer

10/13 Midd vs E. Nazarene2-0
10/16 Colby vs Midd2-1
10/19 Midd. vs Keene3-1

Women's Soccer

10/16 Midd vs Colby2-1 (2OT)

Football

10/16 Colby vs Midd28-14



VUHS MIDFIELDER JACK Wyman flies through the air to win this ball in front of Eagle Neil Guy. Wyman assisted both goals in the Commodores’ 2-1 home victory, while Guy set up the Eagle score.

Independent photo/Steve James

Commodore boys’ soccer edges Mount Abe
Eagles’ advantage in possession does not translate into victory at VUHS

By ANDY KIRKALDY

VERGENNES — In a Tuesday boys’ soccer game that ramped up in intensity as it progressed, host Vergennes Union High School did just enough to get past rival Mount Abraham, 2-1.

On a surface still slippery from weekend rain that forced

postponement from Monday, the Eagles had an edge in possession fairly reflected in their 8-3 advantage in corner kicks.

But the 9-2-2 Commodores’ quick-strike capability and reliable defense ultimately carried the day as they picked up a result that was critical to earning a high seed for

the Division III playoffs.

Coach Kevin Hayes credited the Eagles’ effort.

“They came with more of a purpose. They came to play,” Hayes said. “They put a lot of pressure on us in the first half.”

Hayes said the Commodores defended better in the second half,

and the transition game, something his defensive setup is designed to produce, became more effective. Striker Shamus Rooney’s game-winning goal was produced on a counterattack, with an assist from midfielder Jack Wyman, after the Commodores disrupted an Eagle (See Commodore, Page 4B)



THE OTTER VALLEY boys’ golf team dominated the Division II championship match this past Thursday, winning easily. Shown, from left, are team members Jordan Beayon, Hayden Bernhardt, Lucas Politano, Matt Bryant and Thomas Politano.

OV boys claim D-II golf title

MANCHESTER — The Otter Valley boys’ golf team dominated the field at the Manchester Country Club on Thursday to win the Division II championship by a 22-stroke margin.

The last time the OV boys won a team championship was 1969, OV golf coach Greg Hughes said.

The Otters on Oct. 14 collectively shot a 343, well ahead of runner-up Stowe (365).

Lucas Politano fired a four-over-par 76 to lead the charge. His score was just one stroke behind the medalist, U-32’s Riley Richards.

Also scoring for the Otters were Thomas Politano (85), Matthew Bryant (88) and Jordan Beayon (94).

The rest of the field trailed OV and Stowe: 3. Peoples (383); 4. U-32 (384); 5. Harwood (387); and 6. Woodstock (393).

“The positive teamwork of stringing good shots together and having a good mentality throughout the round was key in their win,” said OV coach Greg Hughes. “They were very confident in themselves and each other in being able to put up a score that would win.”

He said Bryant and Beayon pulled out their best rounds at the state match.

Lucas Politano qualified to play at the New England high school golf championship meet at the Mohegan Sun Golf in Baltic, Conn., on Nov. 1.

Hughes was happy with the way the season turned out.

“It was a fun group to be around and a very motivated group as well looking to come back next year and repeat,” he said. “We will lose Hayden next year but return the four scores counted in winning.”

Eagles only winner in girls’ soccer

ADDISON COUNTY — In high school girls’ soccer play between Oct. 13 and 19, Mount Abraham split two games, Middlebury lost its only outing, and Vergennes and Otter Valley both dropped a pair of games.

The Tigers had been set to host Vergennes on Tuesday, but that game was moved to Wednesday after the deadline for this edition of the *Independent*.

EAGLES

On Oct. 13 the Eagles topped visiting Milton, 1-0, on **Nell Harvey’s** unassisted second-half goal. **Joanna Toy** made five saves for the Eagles, and Sara Ambrose stopped eight shots for Milton.

On Saturday, the Eagles (4-8-1) held visiting Rice to a 0-0 tie. Toy made nine saves for the shutout, while Rice’s Sunshine Clark made three. Rice had won seven straight. The Eagles are 0-5 against Division I teams and 4-3-1 against all other competition. They will host VUHS on Friday to wrap up their season.

TIGERS

On Oct. 13 host Rice defeated the Tigers, 4-1. Four Green Knights scored, and goalie Sunshine Clark made seven saves. **Hannah Turner** got the Tiger goal, and MUHS goalie **Julia Bartlett** also blocked seven shots.

COMMODORES

On Monday host Milton blanked the Commodores, 4-0. Cianni Tomasi scored three times for Milton, and two goalies combined for two saves.

Carlyn Rapoport made nine saves for VUHS, which dropped (See Eagles, Page 4B)



OTTER VALLEY SOPHOMORE Luca Polli finds open running into the end zone late in the fourth period of Saturday’s game against visiting Woodstock. The Otters won, 41-35, in overtime.

Independent photo/Angelo Lynn

Football teams get key wins

ADDISON COUNTY — The Middlebury and Otter Valley union high school football teams picked up vital wins this past weekend, while Mount Abraham-Vergennes lost in overtime on the road.

TIGERS

On Friday night the Tigers held visiting Mount Mansfield without an offensive touchdown as they defeated the Cougars,

24-6. MMU’s only score came in the second half, when Carson Holloway recovered a high snap on the punt in the Tiger end zone.

The Tigers also scored a defensive touchdown, as **Charlie Stone** recovered a fumble in the Cougar end zone.

Offensively, **Nikolai Luksch** ran for a 4-yard score and kicked (See Football, Page 4B)

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ESSEX GOALIE ADOWYN Byrne sprawls to deny this shot by Eagle midfielder Molly Laurent Friday during the Mount Abe field hockey team's 1-0 home win over the Hornets.

Independent photo/Steve James



EAGLE SENIOR MIDFIELDER Abby Reen gets control of the ball in front of Essex forward Elizabeth Tupaj in the first half of the Mount Abe field hockey team's 1-0 win in Bristol on Friday.

Independent photo/Steve James

Field hockey: Eagles, OV keep rolling

ADDISON COUNTY — In high school field hockey between Oct. 13 and 19, Mount Abraham earned a win and a tie against tough Division I competition, Otter Valley won its only outing, and Middlebury dropped three games vs. D-I foes.

The Eagles also hosted Essex on Oct. 15; see story on this page.

EAGLES

On Monday, the Eagles edged visiting Champlain Valley, 1-0, for their second one-goal victory over the Redhawks of the fall. Lily Case scored early in the fourth quarter for Mount Abe, with an assist from Morgan Barnard.

Eagle goalie Maddie Donaldson made eight saves: One of her stops came on a penalty stroke with six seconds to go to preserve the victory. CVU goalie Grace Ferguson also made eight saves as the Redhawks dropped to 7-5.

On Tuesday, the Eagles and host South Burlington — the second-place team in D-I — battled to a 1-1 tie. Txuxa Konczal, with an assist from Madison Gile, gave the Eagles the lead with a goal midway through the third quarter. The

Wolves' Abby Guenther answered with an unassisted strike with 2:30 left in regulation.

SB goalie Izzy Redzic made 11 saves, and Donaldson made 15 for the Eagles, who completed a three-game stretch against the D-I iron with two wins and a tie and improved their record to 11-1-1. They probably have already locked down the top seed in D-II and will close out the regular season at Colchester on Thursday.

OTTERS

On Saturday, the Otters thumped host Springfield, 10-0, to improve to 9-2-1.

Leading the attack were Brittney Jackson (three goals), Ryleigh Laporte (two goals, one assist), Taylor Lampman (two goals), and Riley Keith (a goal and three assists).

Sydney Gallo, Elizabeth Atherton and Mackenzie McKay, chipped in a goal apiece, with McKay adding an assist.

In goal for OV Lily Morgan and Madison Colburn each had three saves.

The Otters wrap up by hosting

Fair Haven on Thursday and visiting Windsor on Saturday.

TIGERS

On Oct. 13 visiting Burlington topped MUHS, 3-1. Paige Moody scored twice for the Seahorses. Patience Hanley found the cage for MUHS, with an assist from Scarlet Carrara, and goalie Cassie Bettis made 18 saves.

On Oct. 15, the Tigers scored a season-high two goals, but it wasn't enough as they fell at Mt. Mansfield, 6-2. Allie Bliss and Jenna Symon each scored twice, and Kelsey Millard made one save for the 2-10 Cougars.

Hanley netted both goals for the Tigers to take over the team scoring lead. Carrara picked up another assist, and Bettis made 13 saves.

On Tuesday, host Colchester topped the Tigers, 4-1. Laker Ryleigh Garrow picked up two goals and goalie Trinity Conley made one save.

Hanley scored for the third straight game for MUHS (0-13), and Bettis made nine saves.

The Tigers play their final regular season game at CVU on Thursday.

Eagle field hockey opens key stretch by blanking Hornets, 1-0

By ANDY KIRKALDY

BRISTOL — The Mount Abraham field hockey team this past Friday successfully navigated the first of three straight games against top Division I teams, defeating visiting Essex, 1-0.

Awaiting the Eagles on Monday were a visit from always-tough Champlain Valley and on Tuesday a visit to one-loss South Burlington, a D-I finalist a year ago and a favorite to meet undefeated Bellows Falls again in this year's title game; see results in field hockey wrap up story in this section.

But those challenges — with the postseason fast approaching — were just fine with the three-time defending champion D-II Eagles, who improved to 10-1 by shutting down the Essex Hornets on Friday.

Eagle Coach Mary Stetson said she is not so much concerned about the results, but how well her team plays against these three teams.

"This is an important stretch for us," Stetson said after Friday's win. "It's only going to prepare us and make us stronger. I think our goal is to get stronger every game."

Senior central midfielder Molly Laurent sees it the same way.

"It helps us a lot, these D-I teams we're playing, Essex, and then CVU and South Burlington coming up. They're really quick teams, really speedy. It helps us get fitter," Laurent said.

Fitness is important for the Eagles, who have limited substitutes this season. Several players rarely, if ever, leave the field. Included in the corps are Laurent, junior central midfielder Madison Gile, senior wing and leading scorer Txuxa Konczal, senior midfielders Abby Reen and Carly Rougier, and the defense of junior Payton Vincent in the middle and senior Natalie Chase and junior Natalie Adams.

Others play a variety of roles as needed, including sophomore Morgan Bernard, who after starting at wing and filling in at midfield

this season played most of Friday's game at center forward.

Stetson said that versatility has been also key to the team's success.

"Everybody is doing what's asked of them and more, and that's the sign of a good team," she said.

Laurent, a captain along with Rougier and Konczal, is another example of that versatility. After she played three years as a wing and a center forward, Stetson asked her to move this fall because the team needed a center midfielder to pair with Gile. Laurent said she was happy to switch roles.

"Everybody is doing what's asked of them and more, and that's the sign of a good team."

— Coach Stetson

"I'm willing to play anything, really, anything for the team. But I like having control in the midfield, and being able to help defense and offense," she said. "I'm comfortable with the assists when I can get them. I'm just happy when the team wins."

Certainly, the Eagle midfielders dictated play from the start vs. Essex (7-3-2) on Friday, repeatedly setting up the front line of Konczal, Morgan Barnard and sophomore Sarah Heath for dangerous runs, especially in the first quarter.

Hornet goalie Adowyn Byrne kept the Eagles off the scoreboard in that period, with five of her 14 saves. She denied Konczal at the right post early, knocked aside a Laurent bid from inside the stroke line mid-period, and then on a late penalty corner stoned Barnard twice from point blank.

But the Eagle pressure paid off

at 5:12 of the second period. The ball bounced to Konczal off the right post, and this time her shot eluded Byrne and rolled into the far corner.

After Byrne stopped Heath twice on an early second-half penalty corner, Essex, which has a stable of speedy forwards, made a push for the next few minutes.

But the Hornets generated only one truly good chance: In the eighth minute a ball from the right got past the Eagles at the top of the circle, and Paige Rovnak pounced. Eagle goalie Maddie Donaldson came out to cut down the angle, and Rovnak's one-time shot rolled wide left.

Donaldson made one of her two saves, on a more routine shot from Rovnak, half a minute later, and then the Eagles reasserted themselves the rest of the way.

"I think we were a little flat when we started the third quarter," Stetson said. "But after the first eight minutes or something I thought we righted the ship, which was really important."

She specifically praised her defense for not only backing each other up to deny the Hornets uncontested looks on Donaldson, but also not fouling in the circle: While the Eagles forced 13 penalty corners, their back line did not allow the Hornets any.

In fact, the Eagles have only allowed three goals in 12 games entering play this week: two in their only loss, 2-1 at home to South Burlington, and one in a 2-1 win at CVU.

Certainly, that's one more reason for the Eagles to believe in themselves. But Stetson and Laurent insist they are not looking ahead. Rather, the team just will focus every time out and let the rest take care of itself.

"We never know what's going to happen in the long run," Laurent said. "But we're confident with our skills, and we're going to play our best, play Eagle hockey, going forward."



FRESHMAN FORWARD PADEN Lathrop, backed by senior midfielder Carly Rougier, battles for the ball with Hornet defender Madison McCuin in the first half of the Eagles field hockey team's 1-0 home win over Essex on Friday.

Independent photo/Steve James



Upcoming Events

Thursday, October 21
3:30 pm - 4:45 pm - Stick & Puck

Friday, October 22
3:30 pm - 5:00 pm - Stick & Puck

Monday, October 25
3:30 pm - 5:00 pm - Stick & Puck

Tuesday, October 26
3:30 pm - 5:00 pm - Stick & Puck

Thursday, October 28
3:30 pm - 5:00 pm - Stick & Puck

Friday, October 29
3:30 pm - 5:00 pm - Stick & Puck

Monday, November 1
3:30 pm - 5:00 pm - Stick & Puck

Tuesday, November 2
3:30 pm - 5:00 pm - Stick & Puck

Thursday, November 4
3:30 pm - 5:00 pm - Stick & Puck

Friday, November 5
3:30 pm - 5:00 pm - Stick & Puck

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presents the

2021 Garden Game



We had **seven** new spectacular submissions in this penultimate week of the Garden Game.

Kicking things off was a lengthy rhubarb entry from **Ann & Peter Demong**. They said they've been busy taking care of their grandchildren this year so they didn't plant much, but at 24.5" long, this rhubarb stuck out... and it takes the lead!

Next up was **Sue Galipo** with two colossal cruciferous submissions. She brought in a 26°C cabbage and 16°C rutabaga. The first of its kind this year, Sue's rutabaga takes the top spot.

Garden Game regular **Pam Thomas** had her hands full with her 9"L x 6.75°C corn, 8"L x 7°C fennel, and 12.25°C kohlrabi. As the first entry of the season, Pam's corn is in the lead. Her kohlrabi also ekes out the current leader to take first place. Pam said it's her end of year crop and there's no frost yet... but these chilly nights make us think that may change pretty soon.

Rounding out the week was **Ed Blechner** with a tubby 10°C rutabaga. While impressive, it unfortunately wasn't quite big enough to top Sue's 16°C root veggie from the day before but there's always next week to change the tides!

There's only **ONE WEEK** left in this year's Garden Game so if you have some giant produce just waiting to be picked, make sure you bring it in before next Tuesday!

Play the Garden Game!

Do you have veggies to share in our pages? We welcome entries from any of the below categories. Bring your entry into our office between 9am and 4pm Monday-Friday and we'll measure it and snap a photo. Each week we'll publish new entries and update our frontrunners for each category in the contest. At the end of the season, each category winner* will be eligible to receive a gift certificate from our Garden Game sponsor, Middlebury Agway.

More info online at addisonindependent.com

*Please note: Each individual is eligible to win one gift certificate, even if they win multiple categories.

CATEGORIES & FRONT-RUNNERS:

- **Asparagus** (length x circumference) - Pamela Thomas, 29.75" x 2.75"
- **Beet** (circumference) - Steve Reigle, 19.5"
- **Broccoli** (diameter) - Pamela Thomas, 15.5"
- **Cabbage** (circumference) - Steve Reigle, 31.25"
- **Cantaloupe** (circumference) - Barbara Pelton, 22"
- **Carrot** (length x circumference) - Gary Miller, 19.5" x 6"
- **Cauliflower** (diameter)
- **Corn** (length x circumference)- Pamela Thomas, 9" x 6.75"
- **Cucumber** (length x circumference) - Julie Lonergan, 24" x 9.25"
- **Eggplant** (circumference x circumference) - Ted Foster, 22.25" x 18"
- **Fennel** (length x circumference) - Dottie McCarty, 13" x 32"
- **Green bean** (length) - Gary Miller, 28.5"
- **Kohlrabi** (circumference) - Pamela Thomas, 12.25"
- **Leafy greens** (length x width - leaf only) - Pamela Thomas, 24" x 20"
- **Leek** (length x circumference) - Ted Foster, 50" x 3.75"
- **Melon** (circumference) - Pamela Thomas, 34"
- **Onion** (circumference) - Ed Blechner, 14"
- **Parsnip** (circumference) - Ed Blechner, 8"
- **Potato** (length x circumference) - Kelley Mills, 8.5" x 11"
- **Pepper** (circumference x circumference) - Gary Miller, 13" x 15"
- **Pumpkin** (circumference x circumference) - Julie Lonergan, 71"
- **Radish** (circumference) - Pamela Thomas, 11.5"
- **Rhubarb** (length) - Ann & Peter Demong, 24.5"
- **Rutabaga** (circumference) - Sue Galipo, 16"
- **Summer squash** (length x circumference) - Enea Ancarani, 13" x 14.75"
- **Sunflower** (diameter) - Julie Lonergan, 18.75"
- **Tomato** (circumference) - Julie Lonergan, 19.5"
- **Turnip** (circumference) - Mike Chicoine & Vera Bergeron, 16"
- **Winter squash** (length x circumference) - Pat Anderson, 23.5" x 25.75"
- **Zucchini** (length x circumference) - Sebastian Ancarani, 22.75" x 19"



NINTH-GRADE RUNNERS Ava Schneider of MUHS and Kayla Friend of Mount Abe lead a pack during the girls’ small-school race at the NVAC championship meet on Saturday. Both fared well, with Schneider finishing sixth and scoring in third for the Tigers and Friend taking ninth overall.

Photo by Joe McVeigh

Tigers sweep NVAC cross-country titles

By **ANDY KIRKALDY**

SWANTON — The Middlebury Union High School cross-country teams easily swept the small-school championship at this past Saturday’s NVAC meet, hosted by Missisquoi Valley Union.

Tiger boys and girls scorers all recorded top-10 finishes as their teams breezed to victories in races without their main Division II rivals, who compete in the Capital Division and Southern Vermont League.

Haakon Olsen and Nat McVeigh paced the Tiger boys’ team by finishing 3-4. Ella Landis scored a first-place finish for the Tiger girls without actually winning the race — that honor went to North Branch School freshman Estella Laird, whose time of 19:02.3 won by almost two minutes.

Laird is an independent runner who trains with Mount Abraham, and like other independent runners or athletes who run from teams without the required five runners to score points, their placements are not counted when team scores are compiled in cross-country.

The Tiger boys finished with 33 points to win in a seven-team field, followed by Spaulding (87),

Mount Abe (87), Fairfax (95), Vergennes (110), Richford (139) and Missisquoi (139).

Noah Engvall paced the Eagle boys by taking eighth, and Calder Rakowski led the Commodores in 14th.

The Tiger girls all scored in the top seven to prevail in a four-team scoring field with 22 points. Fairfax (63), Spaulding (69) and Richford (78) trailed.

Four Eagle runners, led by Abigail Johnson in seventh, took to the mostly level course in wet conditions, and Torrey Hanna led two VUHS girls in 44th.

Next up for all the local teams is the state championship meet at Thetford Academy’s course on Oct. 30.

NVAC RESULTS

The Tiger boys’ scorers and their scoring finishes and times at the NVAC meet were: 3. Haakon Olsen, 18:19.5; 4. Nat McVeigh, 18:44.8; 7. Baxter Harrington, 19:11.5; 9. Matthew Berg, 19:30.2; and 10. Aidan Chance, 19:30.5.

The Eagle boys’ scorers and their scoring finishes and times were: 8. Noah Engvall, 19:15.2; 15. Sean Davison, 20:26.1; 18. Abel Atocha, 20:41; 21. Hugh Ball, 20:48.8; and

25. Norman Benoit, 21:10.

The Commodore boys’ scorers and their scoring finishes and times were: 14. Calder Rakowski, 20:25.3; 17. Calvin Gramling, 20:40.4; 24. Grey Fearon, 21:06.5; 26. Riley Gagnon, 21:40.9; and 29. Christopher Therrien, 21:49.2.

The Tiger girls’ scorers and their scoring finishes and times were: 1. Ella Landis, 20:55.0; 3. Ava Schneider, 21:59.7; 5. Megan Balparda, 23:54.1; 6. Mary Conklin, 24:15.7; and 7. Ari Graham-Gurland, 24:22.7.

The Eagle girls’ overall finishes and times were: 7. Abigail Johnson, 22:00.6; 9. Kayla Friend, 23:03.4; 22. Maisy Hill, 26:07.9; and 28. Ruby Jean Hall, 26:32.1.

The Commodore girls’ overall finishes and times were: 44. Torrey Hanna, 29:50.1, and 47. Madeline Degraaf, 30:49.8.

Schedule

HIGH SCHOOL SPORTS

Football

10/22 MUHS at BBA 7 PM
10/23 Bellows Falls at MAV 1 PM
10/23 OV at Springfield 7 PM
10/25..... Playoff Pairings Set

Field Hockey

10/21 Mt. Abe at Colchester 4 PM
10/21 MUHS at CVU 4 PM
10/21 Fair Haven at OV 4 PM
10/23 OV at Windsor 11 AM
10/25..... Playoff Pairings Set

Girls' Soccer

10/21 OV at Fair Haven 6 PM
10/22 MUHS at Milton 4 PM
10/22 Mt. Abe at VUHS 4 PM
10/25..... Playoff Pairings Set

Boys' Soccer

10/21 GMVS at Mt. Abe 3:30 PM
10/22 White River at OV 4 PM
10/23 Missisquoi at Mt. Abe 10 AM
10/23 MUHS at Rice 10 AM
10/23 VUHS at Milton 10 AM
10/25..... Playoff Pairings Set

Cross Country

10/30..... State Meet at Thetford

COLLEGE SPORTS

Field Hockey

10/23 Midd at Trinity 11 AM
10/26 Midd. at Williams 6:30 PM

Men's Soccer

10/19 Midd at Keene 7 PM
10/23 Midd at Trinity 11 AM
10/26 Midd. at Williams 3 PM

Women's Soccer

10/23 Midd at Trinity 2 PM
10/26 Midd. at Williams 3 PM

Football

10/23 Midd at Wesleyan 1 PM
10/30 Bowdoin at Midd 2 PM

Mixed results for Middlebury teams

WATERVILLE, Maine — The Middlebury College field hockey and women’s soccer teams found success this past weekend after long bus rides to Maine, but the men’s soccer and football teams came up short vs. Colby over the weekend. The men’s soccer team did prevail in two non-league games.

FIELD HOCKEY

The Panther field hockey team, ranked No. 1 in NCAA Division III, won at Colby on Saturday, 4-1. It was the defending champion Panthers’ 21st straight victory and improved their record this year to 13-0, 8-0 in NESCAC. Like both Panther soccer teams, they play at Trinity this Saturday.

This past Saturday, Erin Nicholas got the scoring started at 1:30 of the second period by knocking in a Joan Vera rebound. About three minutes later, Audrey Lazar swept home a shot to make it 2-0.

In the third period, Isabel Chandler finished an Amy Griffin assist on a penalty corner, and Caroline Segal cashed in a feed from Katie George.

Colby (5-5, 1-5) broke up the shutout bid late in the fourth period on only their second shot on Panther goalie Grace Harlan. Colby goalie Hattie Baker made nine saves, and Middlebury racked up a 27-1 advantage in penalty corners.

WOMEN’S SOCCER

Eliza Van Voorhis scored 35 seconds into the second overtime to lift Middlebury to a 2-1 victory at Colby (3-5-2, 0-5-2) on Saturday. The Panthers improved to 9-3-1, 4-3-1 NESCAC.

The Mules took a 1-0 lead in the 19th minute on a long ball from midfield that bounced over Panther goalkeeper Sydney Poppinga when she came out to play the ball.

The Panthers tied the game 39 seconds into the second half on Olivia O’Reilly’s first career goal. O’Reilly volleyed a feed from Fanny Lodge just under the

crossbar.

The game-winner came when Ellie Bavier played a long ball ahead to Van Voorhis, who ran onto the ball at the 18 and softly one-touched the ball into the far left corner past onrushing Colby keeper Ashley Boardman.

The Panthers outshot the Mules, 26-11. Poppinga finished with five saves, while Boardman made nine.

MEN’S SOCCER

On Saturday, the Panthers couldn’t hold a 1-0 halftime lead and fell to host Colby, 2-1. Middlebury (9-3-1, 4-3-1) took the lead in the 28th minute when Shane Farrell one-timed home a long shot. It came home on the rebound of a blocked Justin Saint-Louis bid.

Colby (6-5-1, 3-3-1) knotted the score in the 62nd minute on a Mario Simoes header after he beat Panther goalie Ryan Grady to a serve from the right side. The game-winner came on a set play from Ethan Franco in the 79th minute.

Grady made four saves for Middlebury, while Jared McNair made seven stops for the Mules.

On Oct. 13, Liam Sloan and Jonah Roberts scored as the Panthers blanked visiting Eastern Nazarene, 2-0, in the first meeting between the two programs. Saint-Louis and Andrew Juarez picked up assists, and Grady made six saves for Middlebury. Soto Valente also made six stops for Eastern Nazarene (8-5).

On Tuesday, the Panthers topped host Keene State, 3-1, breaking a 1-1 tie with two second-half goals. Juarez netted a loose ball in the 26th minute to give the Panthers the lead. Keene equalized early in the second half on a corner kick, but Saint-Louis on a breakaway and Tyler Payne, after a Saint-Louis serve, answered for the Panthers.

Grady made one save, while Anthony Pasciuto made seven stops for Keene (3-6-3).

FOOTBALL

On Saturday, the host Colby football team scored the last 14 points to defeat Middlebury, 28-14. The Mules improved to 2-3, while the Panthers dropped to 1-4 heading into Wesleyan this Saturday.

Middlebury took a 7-0 lead on its opening drive when QB Will Jernigan scrambled for 17 yards to for the score. It was the only score of the first half.

The Mules answered with an opening 75-yard drive in the second half, finishing it with a three-yard rush from Devin Marrocco to tie the game at 7-7.

After a 51-yard punt return by Colby’s Will Nipon, Colby went up 14-7 on a three-yard touchdown run by Keon Smart.

Middlebury made it 14-14 with 12:27 remaining on an outstanding catch by Isaiah Lizardi from Jernigan on a 22-yard scoring strike

Colby answered with a 60-yard touchdown pass from Matt Hersch to Jack Sawyer, making it 21-14 with 10:56 remaining.

Middlebury marched right back down the field, only to have the drive stall on a fourth-and-two play from the Colby seven.

Two plays later, Hersch threw a 89-yard catch-and-run pass to Matt Panker to seal the 28-14 win.

Middlebury outgained Colby, 508-319 yards, as Jernigan ran for 85 yards and completed 24 of 41 passes for 292 yards. Scibilia gained 81 yards on 18 carries.

Hersch went 14 for 19 for the Mules for 241 yards with two touchdowns.

VOLLEYBALL

The Middlebury volleyball team (16-3) snapped Plymouth State’s 19-match win streak with a 3-0 road victory on Tuesday evening. Entering the match, the hosts (19-1) were one of just five teams remaining without a loss.

The Panthers are back in action this weekend when they head to Williams for the New England Challenge, taking on Springfield on Friday.

Boys’ soccer: Tigers, OV net wins

ADDISON COUNTY — Middlebury topped Vergennes to highlight the boys’ high school soccer slate between Oct. 13 and 19. In other games, Mount Abraham lost at home, and Otter Valley won on neutral territory.

The Commodores also hosted the Eagles on Tuesday; see story on Page 1B.

MUHS VS. VUHS

On Oct. 15 the Tigers edged the Commodores, 2-1, when **Henry Carpenter** scored in the 75th minute to snap a 1-1 tie. Carpenter also assisted **Eddie Fallis**’s first-half score, and goalie **Owen Lawton** made six saves for MUHS. The Tigers improved to 7-4-1 heading into a Wednesday game at undefeated Milton, which was played after the deadline for this edition.

The Commodores knotted the score in the second half with a strike from **Shamus Rooney**, and goalie **Abram Francis** stopped eight shots. VUHS carried an 8-2-2 record into Tuesday’s home match with the

Eagles.

EAGLES

On Friday visiting Rice avenged an earlier home loss to Mount Abe by blanking the Eagles, 2-0.

Morgan Kenny and Victor John found the net for the Green Knights in the second half, and goalie Nate Degraff-Murphy made two saves.

Creed Stilwell made 10 saves for the Eagles, who dropped to 4-6-1 heading into Tuesday.

OTTERS

In a Saturday game played as part of a three-game fundraising tournament at Proctor, the Otters blanked Fair Haven, 2-0, improving to 3-8-2 by doing so.

Drew Pelkey, from **Aiden Decker**, gave the Otters an early lead, and **Kieran Williams** added a second-half pad goal on a direct kick.

Goalie **Hayden Bernhardt** worked the shutout, and defender **Max Derby** was awarded a game MVP jersey by tournament organizers.

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Football

(Continued from Page 1B)
a 32-yard field goal, and **Ryan Thomas-Danyow** bolted for a 9-yard touchdown.

The Tigers improved to 4-3 and will visit Burr & Burton this coming Friday. A victory over the Bulldogs will assure them of at least a No. 4 seed in the Division I playoffs and thus a first-round home playoff game.

OTTERS

The OV football team picked up a huge win on Saturday, knocking off visiting Woodstock, 41-35, in overtime to leapfrog the Wasps in the D-III standings.

In overtime the Otters forced a fourth-down incompletion from Wasp quarterback Colby Eaton, and then won the game when QB **Greg Whitney** reached the end zone on a 2-yard keeper.

The result left both teams at 5-2, with OV taking over third place in the D-III standings. The Otters can apparently nail down the No. 3 seed for the playoffs with a win at fifth-place Springfield (3-4) on Saturday. The Wasps are scheduled to face undefeated first-place Windsor.

In this past Saturday’s back-and-forth game Whitney rushed for 86 yards and three scores and tossed two TD passes to **Brady Diaz**, one for 21 and the other for 63 yards.

Diaz amassed 98 receiving yards and 98 rushing yards, and **Luca Polli** rushed for the other OV score after the Otters blocked a Woodstock

punt in the fourth quarter.

EAGLES

Mount Abe-VUHS trailed host Milton by 22-7 early in the second half, rallied to take the lead in the final minute, but then fell in overtime, 42-40.

Carmelo Miceli scored on a 45-yard pass from **Adam Mansfield** with less than a minute to go to put the Eagles on top, 34-28, but Milton knotted the score with 8.2 seconds left on a 9-yard pass from Kayden Burke to Caleb Martin.

In overtime, Mansfield ran for the go-ahead score, but his kick was blocked. Caleb Barnier ran in from 10 yards out to knot the score, and Martin ran in the winning two-point conversion.

Burke completed 18 of 32 passes for 299 yards and accounted for four TDs. He hit Colin Mathis 10 times for 171 yards and a score.

Mansfield accounted for five TDs rushing or passing, running 16 times for 73 yards and completing 14 of 33 for 255 yards, but was intercepted twice. **Beau Carpenter** ran nine times for 71 yards and a TD, while Miceli caught 10 passes for 200 yards and 2 TDs. **Collin Dupoise** and **Caleb Russell** picked off passes.

The 1-5 Eagles will host undefeated Bellows Falls on Saturday at 1 p.m. The loss eliminated them from playoff contention.



EAGLE DEFENDER CHANCE Denecker stretches for the ball as VUHS midfielder Alisdair Chauvin moves in during Tuesday’s hard-fought boys’ soccer game in Vergennes, won by the Commodores, 2-1.

Independent photo/Steve James

Commodore

(Continued from Page 1B)

thrust. “Win it there (on defense), and then it’s out with speed,” Hayes said. “That’s how we got the goal. Part of the system is that.”

Eagle Coach Rider MacCrellish was pleased overall with his 4-7-1 team’s play. They outshot the Commodores, 12-9, kept pressure on the VUHS midfield, and possessed the ball more effectively.

“I was honestly pretty happy with how it went. We moved the ball pretty nicely, and our goal was in the run of play,” MacCrellish said. “And we had a lot of really nice opportunities.”

The Eagles set the tone early, forcing a corner kick in the first minute. In the seventh minute the VUHS defense had to block a close-

range shot by Eagle striker Jake Lucarelli.

Play evened for a while, but the Eagles began to press again in the final 15 minutes of the half. Lucarelli had a golden chance on another of the Eagles’ five first-half corners, but his shot from close range glanced high off the crossbar in the 25th minute.

The Commodores had one great opportunity. Wyman maneuvered past four Eagles into the box in the 28th minute, but fired high and wide right with Eagle goalie Creed Stillwell coming out to meet him.

Hayes moved senior center back Jonah Mahé into the attack late in the first half, and early in the second Mahé forced Stillwell to make two of his four saves.

VUHS broke through on a goal by middle Ethan Gebo in the second half’s eighth minute. Wyman served a direct kick from the left sideline high to the far post, and Gebo bodied it into the net.

The Eagles began to pressure, and striker Eli Burgess equalized less than three minutes later. Middle Neil Guy sent a diagonal ball from the right side to Burgess cutting into the box from the left, and Burgess, to the left of the penalty strike from about 15 yards out, left-footed a low shot into the lower right corner.

VUHS goalie Abram Francis had no chance.

Two minutes later Francis made a chest save on a long shot then skidded on the wet turf. The rebound bounced to Lucarelli, but Francis held his ground at the left post to deny Lucarelli’s close-range bid, probably the best of his six saves.

With 18 minutes to go, VUHS countered the Eagle attack and took the lead. The Commodores had spent much of the game trying to spring Rooney and Gebo with long or through balls, without much luck.

This time, Wyman’s through ball found Rooney at midfield, and a defender also slipped on the wet grass. The speedy Rooney broke in alone on Stillwell and from about 15 yards out hit a low, right-footed shot that pinged off the right post and in.

The VUHS back line of Oakley Francis, Hayden Bowen and Michael Serpico, with help from good defensive work by the midfielders, did not allow serious chances the rest of the way.

MacCrellish acknowledged the VUHS tactics had paid off, while still praising his team.

“That’s the thing about the long ball. Sometimes it doesn’t look pretty, because you’re not holding the ball all the time. But when it works, it works,” he said. “But I

feel good about our progression, and that’s all we’re going to work on, just trying to get better. And that was better.”

Hayes agreed with that assessment.

“We didn’t move the ball the way we can. But credit to them,” he said. “They won the midfield quite a lot.”

The Commodores have only a Saturday game at undefeated D-II power Milton remaining.

As much as anyone can tell with this fall’s failure by the Vermont Principals’ Association to provide accurate standings, their record should be good for a No. 3 seed even if the Commodores don’t upset the Yellowjackets. Defending champion Peoples and one-loss Green Mountain Union seem to have the Nos. 1 and 2 seeds locked down.

That’s fine with Hayes, who is proud of the Commodores’ season regardless of what happens moving forward, especially after heavy graduation losses from the group that earned the 2020 top seed.

“Overall, the season, 9-2-2 after losing nine seniors, I’m happy with that,” he said “The record, if you asked me if we’d have this at the beginning of the season, I’d say absolutely.”

Dickerson

(Continued from Page 1B)
season. But it wasn’t so much the foliage that brought the conference to mind, as it was the fact that we were canoeing — and more specifically that I would likely end up writing about canoeing for my regular “outdoors” column.

If you had been at the OWAA gathering 20 years ago, you would have seen the meeting dominated by middle-age white males who wrote almost entirely about hunting and fishing. Attending in 2021, by contrast, I saw a room with a significant number of woman writers, many younger writers, and quite a few non-white writers. The diversity in gender, age and skin color included not only the participants, but also the OWAA board (whose current president is a female outdoor writer quite a bit younger than I am) and the slate of speakers (which included several outdoor communicators identifying as writers of color or of Native American descent).

Back to canoeing, the increased diversity was seen not only in the faces of the OWAA members, but also in the broad array of topics they communicated about. While many of those writers, photographers, radio hosts and videographers still covered fishing and hunting, a significant number of them had little interest in what they considered “blood sports”; they covered outdoor sports like biking, hiking, birdwatching, camping, skiing and the whole array of paddling sports. Conservation — including climate change — was a central topic uniting communicators from a wide variety of sports.

Not that hunting and fishing were excluded. Those sports certainly still play an important role in the organization and in

the work of its members, and are certainly still economically important. (That’s probably good for me. While I participate in a range of outdoor activities, and I write about many of them in my *Addison Independent* columns, almost all my outdoor books and magazine stories focus on fishing, and most of those stories appear in magazines devoted specifically to fly fishing.) But other outdoor writers, and other outdoor voices, now have a more prominent and significant role.

That greater breadth of topics has also been reflected in the vendors who also attend or support the conference or organization. The Penn fishing brand was still represented. And the supporting organizations also include many brands focused on shooting sports, ranging from makers of firearms and ammunition, to makers of scopes and specialized hunting apparel.

But along with those, recent supporting groups have also included representatives from organizations such as the Rails-to-Trails Conservancy, bike vendors, makers of outdoor cooking gear (such as Planetary Designs, which makes innovative coffee brewing gear for backpackers and car camping), general outdoor clothing apparel lines, and companies like Klymit, which makes high-end camping pads and tents.

As an outdoor writer, I was pondering this because I think it is important. It is important for two reasons. One is the health and flourishing of human life and human communities. I’ve read many studies recently that show a strong correlation between spending time outdoors “in nature” and our physical and mental health. If we want to help improve the

health of human communities, we need to help people get outdoors.

That almost certainly entails increasing access to the outdoors for all people, increasing the diversity of voices that inspire people to go outdoors, and broadening our understanding of the types of activities that can get us outside beyond just hunting and fishing (although I will continue to love fishing as my favorite way of doing that).

A second reason is the health of the land itself. Conservation and preservation will always be a difficult battle against the economic powers that benefit from exploitation of the land. The more people who spend time outdoors in a variety of activities, the more voices there will be supporting conservation.

Or course in many ways the separation of these two reasons — human flourishing and the flourishing of the non-human world — is a false dichotomy. In her beautiful book “Braiding Sweetgrass,” author Robin Wall Kimmerer makes the true and important point that “all flourishing is mutual.” Human communities will flourish most when the natural world around us flourishes. And vice versa.

We pulled the canoe up the dock, and dragged it onto shore — probably to be put in storage for the winter. I might soon be doing the same with my bike. My fly rod will stay active, however, and I’ll soon be getting ready for the November hunting seasons. I’ll be writing about fishing again soon. And hunting also. But I think also about the contact I made with an editor of a Rails-to-Trails magazine and ponder broadening my own horizons.

WELLNESS

Directory

Practitioner of the Week

Georgia Dune is the owner and sole practitioner of DuneSpa in Middlebury. She has been a dedicated bodyworker since 2005 and she opened DuneSpa in 2020. Her peaceful space is located in between Otter Creek Used Books and Otter Creek Yoga in Marble Works and all sessions and services are by appointment only. Her passion is to help people have less pain, not only the day of and after their sessions, but every day. The bodywork she offers; cupping and foot massage is deeply relaxing and makes lasting changes in the whole body.

Georgia Dune, Licensed Esthetician Massage Therapist Reflexologist

Georgia has been a Licensed Esthetician since 2018. Body waxing and brow design are her current specialties and she may resume facials once the pandemic is over. View her DuneSpa Google Listing to see her brow work and read customer reviews.

Visit [Dunespavt.com](https://dunespavt.com) to see her full menu of services and client testimonials. Follow DuneSpa at: [Facebook.com/dunespavt](https://facebook.com/dunespavt) [Instagram.com/dunespavt](https://instagram.com/dunespavt)

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community calendar

oct 21 THURSDAY

Vermont Adult Learning open house in Middlebury. Thursday, Oct. 21, 3-6 p.m., Marble Works, 99 Maple St., (former Marble Works Pharmacy). Tour Vermont Adult Learning's new location, learn about programs and classes, meet the staff and teachers, and enjoy a snack at this family-friendly event. Lego station and white board drawing for kids. Masks required. More info at 802-388-4392

oct 22 FRIDAY

“Perennial Lessons from the Pandemic – In Conversation with New Perennials Community Partners,” at Middlebury College. Friday, Oct. 22, 10 a.m.-noon, Wilson Hall, McCullough Student Center, 14 Old Chapel Rd. Part of the New Perennials Project Perennial Harvest Days, a series of events throughout October that share, explore and deepen the work of New Perennials partners in food systems, education, health and wellbeing, creative arts, and faith and sacred practice traditions. More info at new.perennials.org/harvestdays. Free and open to the public. CDC and Vermont COVID restrictions apply.

New Perennials Project on site at The Knoll, Middlebury College's Organic Garden in Cornwall. Friday, Oct. 22, 2:30 p.m. start, 152 Route 125. Tours, workshops, theater, dance and meditation. Part of the New Perennials Project Perennial Harvest Days, a series of events throughout October that share, explore and deepen the work of New Perennials partners in food systems, education, health and wellbeing, creative arts, and faith and sacred practice traditions. More info at new.perennials.org/harvestdays. Free and open to the public. COVID restrictions apply.

Age Well grab-and-go meal in Starksboro. Friday, Oct. 22, 3:30 p.m., Starksboro Baptist Church, Route 116. Menu includes pork cutlet, brown gravy, mashed cauliflower, diced beets, wheat roll, banana bread and milk. Please stay in your car. Drive up, check-in, contact free pick up. Call Michelle to reserve by Tuesday, Oct. 19, at 802-377-1419. Open to anyone age 60 and up and their spouse of any age. Free ride or pick-up and delivery may be provided. Call TVT at 388-2287 to inquire. TVT requires 48-hour notice.

Take-out fish dinner in Vergennes. Friday, Oct. 22, 5-7:30 p.m., St. Peter's Parish Hall, 85 S. Maple St. Menu includes beer battered fish, zesty wedges, coleslaw, mixed vegetables, roll and Butter, and chocolate chip cookie. \$10 per person/\$5 for children under 6. Reservations: 877-2367.

Surf and Turf dinner in Middlebury. Friday, Oct. 22, 5-7 p.m., VFW, 530 Exchange St. Meal includes steak, shrimp, baked potato and green beans. Eat in or take-out. Open to all. Costs: Steak dinner \$14/ shrimp dinner \$16/combo \$18. All proceeds benefit veterans' programs. More info at vfwpost7823@yahoo.com or 802-388-9468.

oct 23 SATURDAY

American Red Cross Blood Drive in Bristol. Saturday, Oct. 23, 9 a.m.-1 p.m., Bristol Recreation Department, 1 South St. Donations of blood or platelets are needed to help replenish severely depleted supplies.

Fill the Firehouse food drive in Bristol, Lincoln, Monkton, New Haven and Starksboro. Saturday, Oct. 23, 9 a.m.-noon, (check hours at your town fire station). The 5-town community fire departments will open their station doors to accept non-perishable food and toiletry donations. All items collected benefit the Have-A-Heart Food Shelf, which serves the 5-town community. Suggested donation items include: pasta sauce, pasta, soup, canned beans (black & kidney), baked beans, canned vegetables, canned fruit, canned tuna and chicken, peanut butter, macaroni and cheese, cereal, toilet paper, bar soap, toothbrushes and toothpaste. Expired products, soda pop and sugary beverages not accepted. Cash and check donations also welcomed.

Pop-up fall lawn sale in Starksboro. Saturday, Oct. 23, 9 a.m.-noon, Starksboro Meeting House, 2875 Route 116. A wide variety of items will be available, most sales by donation. The building is located at in Starksboro village next to the Town Offices. Plenty of parking in the town center parking area. The profits will go to the fund for the Meeting House beffy restoration project.

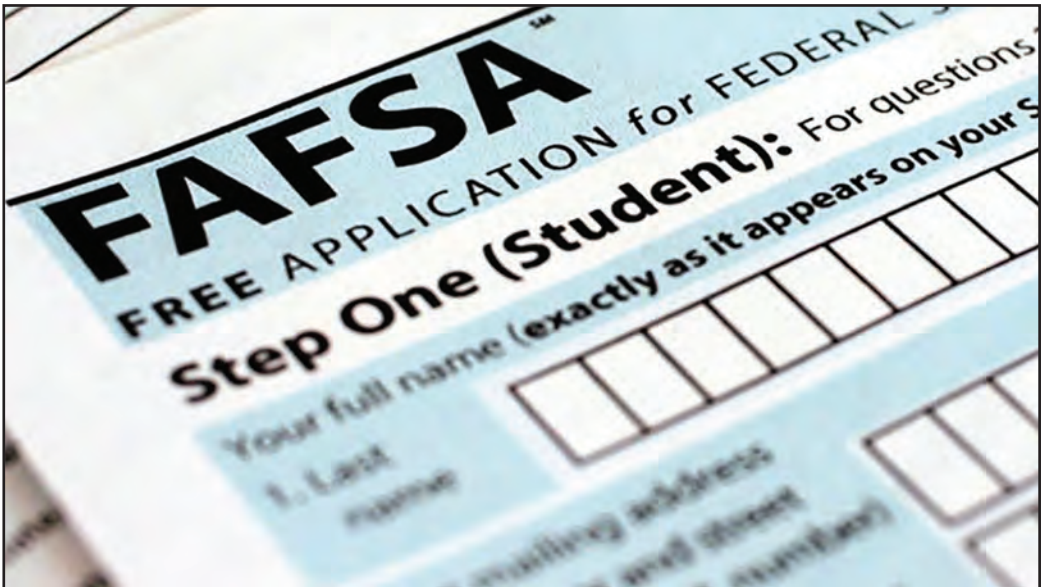
Share the Warmth: A Winter Outerwear Giveaway in Bristol. Saturday, Oct. 23, 10 a.m.-noon, town green. If you are in need of clothing for the upcoming winter season, please stop by and take what you need. There will be coats, snow pants, boots, hats, mittens, gloves, scarves and socks. All items are free. This event is sponsored by the 5 Town Partnership.

Take-out harvest supper in Monkton. Saturday, Oct. 23, 4-5 p.m., Monkton Friends Methodist Church, 78 Monkton Ridge. Menu includes baked ham, macaroni and cheese, squash, coleslaw, a dinner roll and a dessert of apple crisp. Meal must be ordered by Oct. 18. Pick-up and payment from in the church parking lot. One dinner, \$12. Place your order on the church's website, by email monktonfriendschurch@gmail.com or leave a message by calling 802-453-3020 with your name, phone number, and number of meals you wish to order. Regular and gluten-free versions available.

Outdoor ski movie screening in Hancock. Saturday, Oct. 23, 6 p.m., Middlebury College Snow Bowl, 6886 Route 125. Middlebury Ski Club and Frost Mountain Nordic present an outdoor screening of the ski movie “Roots.” Movie starts at 6:30 p.m. Dress warmly; BYO seating. Enjoy a raffle and bake sale. Tickets \$5 person/\$10 family. Appropriate for all ages.

oct 25 MONDAY

Age Well senior luncheon in Middlebury. CANCELED Monday, Oct. 25, 11:30 a.m., Rosie's on Route



Get a step ahead

VERMONT STUDENT ASSISTANCE CORPORATION will air a free, live, online “VSAC Shows You How” Zoom webinar on Tuesday, Oct. 26, 6-7 p.m. Let VSAC demystify the financial aid process for you with this helpful workshop for students making post-high school plans, whether attending college, applying to trade schools, or other enrichment programs. See calendar entry for more details.

7 South.

oct 26 TUESDAY

Drive-thru flu vaccine clinic in New Haven. Tuesday, Oct. 26, 7:30-10:30 a.m. and 4-6 p.m., Addison County Home Health & Hospice, 254 Ethan Allen Hwy. (Route 7) Available for those 12 years or older. No high-dose vaccines available. Free and open to the public. Donations welcome.

More info at 802-388-7259 or ACHHH.org.

American Red Cross Blood Drive in Vergennes. Tuesday,

Oct. 26, 10 a.m.-2:30 p.m., Victory Baptist Church, 862 Route 7. Donations of blood or platelets are needed to help replenish severely depleted supplies.

Free virtual Diabetes self-management program. Begins

Tuesday, Oct. 26, 4-6:30 p.m., Zoom.

In partnership with The Giving Fridge, Porter Medical Center will be hosting a free virtual Diabetes Self-Management program Tuesday, Oct. 26, 4-6:30 p.m., Zoom. In partnership with The Giving Fridge, Porter Medical Center will be hosting a free virtual Diabetes Self-Management program Tuesday, Oct. 26, 4-6:30 p.m., Zoom and Facebook. Vermont Student Assistance Corporation (VSAC) will air a free, live, online “VSAC Shows You How” Zoom webinar, simulcast to Facebook. VSAC outreach counselor Carrie Harlow will walk participants through how to complete a FAFSA step by step. More info at www.vsac.org.

Virtual financial aid workshop. Tuesday, Oct. 26, 6-7 p.m., Zoom and Facebook. Vermont Student Assistance Corporation (VSAC) will air a free, live, online “VSAC Shows You How” Zoom webinar, simulcast to Facebook. VSAC outreach counselor Carrie Harlow will walk participants through how to complete a FAFSA step by step. More info at www.vsac.org.

oct 27 WEDNESDAY

Age Well grab-and-go meal in Shoreham. Wednesday, Oct. 27, 11 a.m.-noon, Halfway House, Route 22A.

Menu of chicken and biscuit, stuffing, mashed potatoes, vegetables and dessert. Honk once at back door, meals will be brought out. Open to anyone age 60 and up and their spouse of any age. Call the restaurant to reserve at least 24-hours in advance. 802-897-5160. Free ride or pick-up and delivery may be provided. Call TVT at 388-2287 to inquire. TVT requires a 48-hour notice.

oct 28 THURSDAY

“Joseph Battell: A Life and a Legacy” virtual lecture. Thursday, Oct. 28, noon, Zoom. The Henry Sheldon Museum presents a talk by David Bain, Middlebury College Senior Lecturer in English and American Literatures, who will offer a biographical slide talk on Joseph Battell (1806–1874), a leading citizen of Middlebury and contemporary of Henry Sheldon. Battell bequeathed his mountain lands to Middlebury College. Presented in conjunction with the Sheldon Museum's current exhibit “Sightlines-Picturing the Battell Wilderness.” \$5 pre-registration required. More info and registration at henrysheldonmuseum.org/events.

oct 29 FRIDAY

Age Well grab-and-go meal in Starksboro. Friday, Oct. 29, 3:30 p.m., Starksboro Baptist Church, Route 116. Menu of pot roast with vegetable gravy served with mashed potatoes, diced beets, dinner roll, berry crisp and milk. Please stay in your car. Drive up, check-in, contact free pick up. Call Michelle to reserve by Tuesday, Oct. 19, at 802-377-1419. Open to anyone age 60 and up and their spouse of any age. Free ride or pick-up and delivery may be provided. Call TVT at 388-2287 to inquire. TVT requires 48-hour notice.

Haunted jail tour in Middlebury. Friday, Oct. 29, beginning at 4 p.m., 35 Court St. ACSD and ACCS will host haunted jail tours of the Middlebury Jail for Halloween. The Jail was built in 1864, and some believe its haunted, so hopefully the spirits

will make it a scary memorable experience for everyone. 4-7 p.m. tours appropriate for younger kids. 7-10 p.m. tours appropriate for older kids and adults. Candy bags handed out and allergy bags available. Tours of small groups start every 5-10 minutes. Donations accepted for ACCS. To help or donate Halloween decorations for the project email peter.newton@vermont.gov.

Haunted Forest and bake sale in Bristol. Friday, Oct. 29, 4-8 p.m., 3319 South 116 Rd. Bring the kids for trick or treating from 4 to 6 (less scary) 6 to 8 is when it gets dark and creepy, and help raise funds for the Brendon P. Cousino Med47 Foundation. Donations accepted for the haunted forest. Bake sale, pies, hot chocolate, apple and popcorn. More info contact Cindy Cousino at cmcousino@gmavt.net. Also on Oct. 30 and 31.

Food distribution in Bristol. Friday, Oct. 29, 5-6 p.m., St. Ambrose Church, 11 School St. Have A Heart food shelf will distribute food to those in need. Curbside pick-up only. Unvaccinated people need to mask. Newcomers always welcome. No sign up — just show up. See you there.

Terror on TAM in Middlebury. Friday, Oct. 29, 8-11 p.m., Creek Road entrance. Come walk the haunted trail on the TAM portion next to the athletic fields near the Middlebury Parks & Rec building on Creek Road. Free. Appropriate for middle and high school age and over. Repeats Saturday.

oct 30 SATURDAY

Halloween celebration in Middlebury. Saturday, Oct. 30, 10 a.m.-5 p.m., Middlebury Sweets, 1395

Route 7. Come by the candy store in costume and get a free treat. Enjoy spooky decor and music, discounted bulk candy, free samples, free hotdogs, popcorn and cider (while supplies last) and kids' games. More info at 802-388-4518. Appropriate for all ages.

Pumpkin Palooza in Lincoln. Saturday, Oct. 30, 2-5 p.m. Lincoln Library, 222 W. River Rd. Start sharpening your pumpkin carving tools. Watch or participate in the costume parade and partake in the annual pumpkin carving contest and naming ceremony outside at the library. Enjoy delicious homemade soup and baked goods, hot cider and popcorn. Bring your own carving tools. Proceeds from the sale of food and pumpkins will benefit the Lincoln Library.

Author Matthew Raidbard in Middlebury. Saturday, Oct. 30, 3 p.m., Ilsley Public Library, 75 Main St. Raidbard will discuss his new book, “Lead Like a Pro: Effective Leadership Styles for Athletic Coaches.” More info at ilsleypubliclibrary.org.

Haunted jail tour in Middlebury. Saturday, Oct. 29, beginning at 4 p.m., 35 Court St. See Oct. 29 entry.

Haunted Forest and bake sale in Bristol. Saturday, Oct. 30, 4-8 p.m., 3319 South 116 Rd. See Oct. 29 entry.

Orchard Spooktacular in Shoreham. Saturday, Oct. 30, 6-8:30 p.m., Douglas Orchards, 1050 Route 74. Bid farewell to an amazing harvest season while celebrating Halloween with a night of spooky family fun, live music by The Plumb Bobs, hard cider tasting, bonfire, hot cider, pumpkins and more. Free. Appropriate for all ages. More info at 802-897-5043.

Terror on TAM in Middlebury. Saturday, Oct. 30, 8-11 p.m., Creek Road entrance. See Oct. 29 entry.

oct 31 SUNDAY


Halloween celebration in Middlebury. Sunday, Oct. 31, 10 a.m.-5 p.m., Middlebury Sweets, 1395 Route 7. See Oct. 30 entry.

Haunted jail tour in Middlebury. Friday, Oct. 29, beginning at 4 p.m., 35 Court St. See Oct. 29 entry.

Spooktacular in Middlebury. Sunday, Oct. 31, 4-7 p.m., Drive-through and walk-through Spooktacular is back with up to 12 stops, plus a walk-through area. Location list forthcoming.


Haunted Forest and bake sale in Bristol. Sunday, Oct. 31, 4-8 p.m., 3319 South 116 Rd. See Oct. 29 entry.





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Pet of the week
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Next up on the events calendar:



Steven Kirby Quintet performs his “Illuminations Project” live at Brandon Music - Saturday, October 23rd, 7:30 p.m

Contemporary and mainstream jazz by guitarist, composer, and educator Steven Kirby. The quintet includes Kirby's arrangements and compositions, with Kirby on guitar, John Poniatowski on bass, Mike Connors on drums and special guest vocalist, Aubrey Johnson.

Tickets are \$25. Dinner and concert \$60.
Go to <http://www.brandan-music.net> for details and on-line booking.

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Reader Comments

Here's what one reader has to say about us!

A subscriber from Weybridge writes:

“You keep the community together!!”

Quotes are taken from reader comments submitted with subscription renewals.



ADDISON COUNTY
INDEPENDENT

Ferrisburgh still seeking feedback on ARPA funds

By **ANDY KIRKALDY**
FERRISBURGH — Ferrisburgh selectboard members are still seeking feedback from residents, business owners and landlords on how the board should spend its roughly \$800,000 of American Rescue Plan Act funding.

A survey on which the board seeks input may be easily found on the right side of the town's website, ferrisburghvt.org. As of Oct. 15, the survey had already drawn 152 respondents, according to Selectboard Chair Jessica James, and more responses are welcome until Nov. 1, she said.

The board has scheduled an early 5:30 p.m. start to its Nov. 2 meeting to make public the survey results and take more testimony from attendees over Zoom.

The survey asks those who fill it out to identify themselves as residents, business owners or landlords, and if responders prefer funding to be dedicated to upgrading water systems, community septic, emergency response capacity, or Maple Broadband, the nonprofit seeking to bring high-speed internet to unserved and underserved areas of Addison County.

It also asks a series of questions of how responders have been economically affected by COVID-19, and then gives them a list of 17 options for possible ways to spend the ARPA funds and asks responders to prioritize them.

The selectboard is seeking

public feedback before committing any of the ARPA funding, including how to respond to requests for support from Maple Broadband and the Vergennes-Panton Water District, which supplies water to the Ferrisburgh Fire District, which in turn serves 458 units.

Both their requests fall under the umbrella of approved uses for funding, according to American Rescue Plan Act.

A survey on which the board seeks input may be easily found on the right side of the town's website, ferrisburghvt.org.

negative economic impacts caused by the public health emergency, including economic harms to workers, households, small businesses, impacted industries, and the public sector;

• **Replace lost public sector revenue**, using this funding to provide government services to the extent of the reduction in revenue experienced due to the pandemic;

• **Provide premium pay for essential workers**, offering additional support to those who have borne and will bear the greatest health risks because of their service in critical infrastructure sectors; and,

• **Invest in water, sewer, and broadband infrastructure**, making necessary investments to improve access to clean drinking water, support vital wastewater and stormwater infrastructure, and to expand access to broadband internet.

Grants available for environmental education

ADDISON COUNTY — As the organization has done in previous years, Otter Creek Audubon Society (OCAS) is offering Environmental Education Grants to Addison County educators. Teachers of all age levels are encouraged to develop proposals of up to \$800 to support the OCAS mission of encouraging a culture of conservation.

The deadline for application submission is Monday, Nov. 1. Funds will become available Jan. 1, for use during 2022.

Grant money can be used to help defer the cost of field trip transportation, equipment, admission fees and outside presentations. However, because of the ongoing COVID-19 pandemic, many school protocols now have restricted field trips or

in-school presentations. Teachers have responded by proposing a variety of creative outdoor learning experiences that provide safe enrichment activities for their students.

Nine proposals from ten Addison County schools were funded in 2021. For example, Lincoln Community School grade 5/6 teachers engaged a tracking and wilderness survival educator to guide students in four mornings of tracking and fire building.

The Literacy Intervention students at Middlebury Union Middle School gained respect for their natural world through a visit to the site of an ice fishing tragedy, meeting with an historian and a wildlife warden.

Grant funds paid for individual (and thus safe) Naturalist Bags

for each preschooler at Quarry Hill School. Drawing materials, collection boxes, and "real binoculars" were among the items in the bags that enhanced the children's regular outings.

And Salisbury Community and Weybridge Elementary schools' 3rd- and 4th-graders learned about adaptations and climate change impacts through meeting live animals from the Southern Vermont Natural History Museum.

OCAS wants to support Addison County educators and looks forward to hearing what teachers

need as they strive to provide their students with safe, natural world experiences. All interested elementary, middle and high school teachers are encouraged to develop proposals and apply for the OCAS Environmental Education Grants. Proposals that get students out into the natural world will be favored.

For further information and an application please visit the OCAS website at <https://wp.me/pt0Pq-27i>, or email Carol at cgramsmac@mac.com.

Applications are due on Monday, Nov. 1, 2021.



LUCRETIA TRELEVEN ENJOYS a guided drawing activity, led by the guest author Ashley Wolff, at Wren's Nest Preschool. Wolff's visit was made possible by an environmental education grant from Otter Creek Audubon Society.

Photo by Suzanne Miller.



QUARRY HILL SCHOOL'S grant from Otter Creek Audubon Society paid for each preschooler to have their own Naturalist Bag with supplies (including binoculars!) to take on outdoor adventures.

Photo credit to Su White

Lincoln

Have a news tip?
Call Dawn Mikkelsen at 453-7029

NEWS

LINCOLN — It's all about postcards in this month's display case at the library. The Golden Age of postcards was the late 1800s and early 1900s. During this time sending a penny postcard was like sending a quick text. The postman would likely walk it right across town! There were many postcard companies marketing their versions of the 50 states. Lucinda has shared

some of the beautiful and comical postcards she has collected on this theme. Come find your favorites!

FROM THE TOWN

There will be some slight changes to the Town Clerk's office hours in the coming week. On Monday and Tuesday, Oct. 25 and 26, the town clerk's office will be open from 8:30 a.m. to 1 p.m. They will be back to regular hours on

Wednesday, Oct. 27.

REMINDERS

The 5 Town Fire Department Food Drive is Saturday, Oct. 23. The Lincoln Firehouse will be collecting non-perishable and toiletry donations from 9 a.m. to noon. Cash and check donations are welcomed and appreciated. All donations benefit the Have-A-Heart Food Shelf. Pumpkin Palooza will

be held at the library on Saturday, Oct. 30 from 2 to 5 p.m. There will be pumpkin carving (bring your own tools), costume parade and soup and bake sale.

Until next timem ... When You Are At Peace You Attract Positive Energy. Beauty Begins The Moment You Decide To Be Yourself. Life Is Short, Make Your Own Music.

STUDENTS OF THE WEEK FROM AREA HIGH SCHOOLS

Mt. Abraham Union High School

Carter Monks

Carter Monks of Bristol is Mount Abraham Union High School's Student of the Week. He is the son of John Monks and Stacy Carter.

To his teachers, Carter exemplifies the Mt. Abe ideals — thoughtfulness, intelligence, compassion, inclusiveness and leadership. He has received high or highest honors throughout high school while taking a challenging course load, including AP Calculus and AP Language and Composition. He was nominated to attend Boys State this past summer and was then selected to represent Vermont at Boys Nation in Washington, D.C. On top of academics and sports Carter is part of the Mt. Abe Environmental Action Group and the student activism club. He has served as class president since 10th grade.

Add the fall musical in grades 9 and 10, and four years of baseball and soccer at Mt. Abe, and it's evident that Carter is very involved and busy. On top of that, he also works for the family business, Vermont Tree Goods, running the saw mill during the summer, and during the rest of the year working odd hours helping at the saw mill and wood shop, or delivering furniture. He also works at the Vermont Baseball School summer camps as a counselor with kids age 8-12. When not in soccer or baseball season he volunteers at the food shelf in Bristol.

In winter you can find Carter snowboarding or playing pond hockey, and in general he enjoys being outside with family, friends and his family's golden retriever, Jaxon.

Carter says he has learned never to make assumptions for what each year in high school will bring. "Being flexible and willing are the keys to truly enjoying your four short years of high school," he says. He encourages his peers to be curious about new ideas and people instead of judging them. "It may sound basic but the more time we all spend being curious the less time we have to be divided by unnecessary judgments," he says.

Carter is deep in the process of applying to colleges, but he knows he wants to stay in the Northeast, which he considers home. Everyone at Mt. Abe wishes him all good things.



Carter Monks
MAUHS

Otter Valley Union High School

Anna Kerr

Congratulations to Anna Kerr, Otter Valley Union High School's Student of the Week. Anna lives with her parents, John and Gail Kerr of Brandon. She also has a sister, Breigh Peterson.

Anna has worked hard throughout high school, and is a regular on Otter Valley's honor roll. Last year she was inducted into the National Honor Society, which she considers one of her biggest achievements. This year she is enrolled in a number of challenging classes, including AP World History, AP Literature and Precalculus.

Anna devotes her free time in winter to figure skating. She also plays the cello.

Two jobs throughout the year, at Joann Fabrics in Rutland and Kinney Drugs in Middlebury, keep Anna busy when she's not in school. She also finds time during the winter to teach and coach at a learn-to-skate program and gives private skating lessons. Before becoming a coach she was a "tot scooper" for the Rutland Recreation & Parks Department's Learn to Skate program. During the summer of 2020 Anna volunteered to help with the feral cat population in Brandon.

Anna found that one of the most helpful things to know about high school is to make sure to communicate with her teachers. "They are there to help you," she says. "If you have any questions or are struggling with something, just ask for help because chances are someone has that same question."

Once she finishes high school, Anna plans to attend college and major in Cyber Security. Everyone at Otter Valley wishes her all the best going forward.



Anna Kerr
OVUHS

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Students of the Week from all area high schools will receive a gift certificate from Vermont Book Shop and a mug from Otter Creek Bakery. Students of the Week are chosen by school teachers and administration.
Best of Luck to All Addison County Students!
If you are interested in advertising in Student of the Week contact advertising@addisonindependent.com

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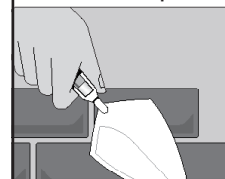
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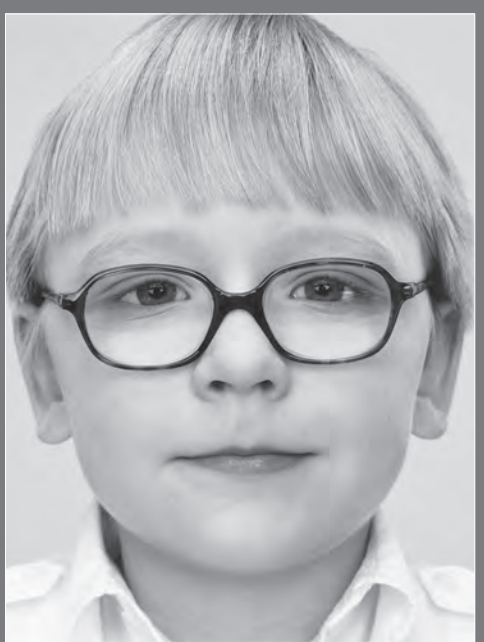


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Call 388-4944 or email ads@addisonindependent.com for details.

CLASSIFIEDS

Public Meetings

AL-ANON OFFERS HELP and hope to anyone who has been affected by a loved one's drinking. Middlebury hosts online meetings, Sunday nights at 7:15 pm and Wednesdays at 1:30 pm. Visit vermontal-anonlateen.org for the link and list of other meetings in the region. If you'd like to speak to an Al-Anon member, call our answering service (866-972-5266) and an Al-Anon member will call you back.

VERGENNES FREE THINKERS Founded in 1935 on the principle of one alcoholic helping another to achieve sobriety, A.A. is an effective and enduring program of recovery that has changed countless lives. A.A. has always been committed to making its program of recovery available to anyone, anywhere, who reaches out for help with an alcohol problem. The Vergennes Free Thinkers meeting was created in January of this year to maintain a tradition of free expression, conduct a meeting where alcoholics may feel free to express any beliefs, doubts or disbelief they may have, to share their own personal form of spiritual experience, their search for it, and/or their rejection of it, without having to accept anyone else's beliefs or having to deny their own. Meetings are held with a high regard for compassion and inclusion without judgment or exception. If you think we can help, please join us on Thursdays at 6pm by contacting Vergennes-free thinkers@gmail.com for Zoom and in-person meeting information.

VERMONT SUPPORT LINE Are you struggling with a challenging situation? Do you have feelings of sadness, loneliness, isolation, anger, or depression? You don't have to face it alone. Talk with a caring person who understands what you're going through today by calling or texting the free and confidential Pathways Vermont Support Line available 24/7 at (833) VT - TALKS.

Public Meetings

ALCOHOLICS ANONYMOUS in person meetings are suspended until further notice. For a list of local virtual meetings visit <http://bit.ly/district9aa>. For more information visit <https://aavt.org/> or call the 24 hour hotline at 802-388-9284.

THE TURNING POINT CENTER of Addison County is temporarily closed. Due to COVID-19 we are now holding our meetings online. For up-to-date information on how to access recovery services remotely please visit <https://turningpointaddisonvt.org/covid-19-page-2/>.

Services

C+ DRYWALL and plastering. Call Joe 802-234-5545.

CONSTRUCTION: ADDITIONS, RENOVATIONS new construction, drywall, carpentry, painting, flooring, roofing, pressure washing, driveway sealing. All aspects of construction, also property maintenance. Steven Fifield 802-989-0009.

WE BUY OLD STUFF Estates, collections, antiques etc. Also hunting and fishing items. Call Erik 802-345-0653.

Free

DIGITAL ACCESS View obituaries, calendar listings and classifieds online at addisonindependent.com. Don't miss out on events, garage sales, or opportunities- check out our free digital listings. Looking to read more? Become a subscriber!

FREE ADMISSION TO toy train museum-like exhibit. Over 900 cars, 3 layouts. Masks required. Call Paul for information, 802-388-2812.

Free

FREE CAMP WOOD. You haul away. Monday - Wednesday pick up. 453-2897.

Opportunities

HOMESHARE SOUGHT: Queer woman, nonsmoking, social worker with tortoise seeks wheelchair accessible housing with caregivers. Homesharer(s) receive generous yearly stipend in exchange for help with daily living tasks. \$ available to help fund home modifications. Training provided. All ages, genders, races, orientations and family configurations welcome; experienced with kids aged 4-college and ready to contribute fun and funds to household. Jill: allenjillm@gmail.com.

Help Wanted

AMERICAN FLATBREAD MIDDLEBURY Hearth is hiring! Offering good compensation, respectful co-workers, and great food. We are hiring for multiple full time and part time positions including bar leadership, daytime prep and evening shifts. Ample opportunities for growth in a positive work environment. Please stop in for an application or email Joe at joe@americanflatbread.com. EOE.

ARE YOU HIGH ENERGY and do you enjoy working with people? Then we have a job for you! We are currently looking for counter help at our fast-paced and fun deli in Charlotte, VT. If you are hard working and enthusiastic about helping people then take this opportunity to join this high performing team! We are currently hiring for full and part-time help and weekends are a must. Please drop off resumes at The Red Onion for consideration. If we are closed, feel free to slide them under the door. We hope to see you soon!

Help Wanted

DENTAL OFFICE SEEKING per diem hygienist in Vergennes to fill in periodically. Please email your CV and availability to drcongalt@yahoo.com.

Help Wanted

PART-TIME SNOWPLOW OPERATOR The Town of Lincoln is accepting applications for a part-time Snowplow Operator. This position is responsible for a variety of winter related highway tasks. Hours may

Help Wanted

include nights, weekends, and holidays. A clean driving record, ability to pass drug and alcohol tests, and a valid CDL are required. At least one-year experience plowing snow preferred. We are an equal opportunity employer. Please call Dave at the Lincoln Town Garage at (802) 453-3703 for more information.

Help Wanted ads can be found on Pages 9B and 10B.

Help Wanted

Help Wanted

Help Wanted

TOWN OF NEW HAVEN

The Town of New Haven is seeking to fill the positions of **Town Administrator** and **Zoning Administrator**. These can be combined to be a full-time position or two part-time positions. Salary, wages and benefits dependent upon experience and position(s) applied for. The Selectboard is seeking an individual or individuals with strong interpersonal, business, financial, grant writing, planning and zoning skills. The ability to oversee and manage a small town and its employees. Knowledge of State Statutes and municipal experience are a must. Related experience and/or a bachelor's degree in administration or business; Planning and Zoning experience preferred. Please send a letter of interest, salary requirements, resume and three references to:

Town Administrator/Zoning Administrator
C/O Town of New Haven
78 North St., New Haven, VT 05472
Job open until filled. Positions to be filled ASAP.
Draft job description available by request and at newhavenvt.com

Begin a career, don't start a job.
Spend your time doing work that makes a real difference.
We need great people who want to help great people.

Are you compassionate, kind, resilient, and adaptable? Specialized Community Care is seeking unique individuals who will act as mentors, coaches, and friends to provide support for adults in Addison, Rutland, and Chittenden Counties with Intellectual and Developmental Disabilities. This is a fun and rewarding career spent "Off the Couch." We provide extensive training, support, professional growth and advancement opportunities in a family work environment. We offer pay increases after a probationary period and further advancement and pay for self-paced skill building. We want to hire your values and train the skills that will help make you successful.

Let's talk!

Please contact us at 802-388-6388
Web: www.sccvt.org | Email: humanresources@sccvt.org

Help Wanted

Help Wanted

Help Wanted



We are hiring for the following positions:

2nd shift production operator
Candidates must be able to lift 50lbs, have basic math and reading skills, be familiar with computers, have great attention to detail, a positive attitude, and the ability to work independently.
Position is based at our Bethel facility.
Full-time Monday to Friday 12:00 pm to 10:00 pm.
Benefits available after probationary period.

Over the Road Delivery Driver
Occasional overnights depending on weather. Class A CDL and two years' experience required. Must have a clean driving record and be able to lift 50lbs.
Pay based on experience, benefits available after probationary period.

Please forward your resume to tlittle@greenmountainfeeds.com.

Help Wanted

Help Wanted

Help Wanted



Come Join Our Team!



Otter East Bakery + Deli is looking for a new team member to join their baking staff!

Bread, pastry, cookies, and desserts all made here in house. An open kitchen requires some customer service skills. The ideal candidate should have good communication skills, be quick on their feet and enjoy working with the public
Responsibilities include, but are not limited to:
-Morning bake-offs (shifts start at 3:45am).
-Prepping product for the week.
-Maintaining a clean work space.
-Working well with others.
-Working fast in a fast-paced kitchen.
-Providing a helping hand for the team as needed.



Cashier- East Middlebury and Downtown Middlebury

We are looking for positive, friendly and hard-working individuals to join our teams at either Otter East Bakery + Deli or Otter Creek Bakery + Deli (depending on availability).
Responsibilities include, but are not limited to:
-working register and welcoming customers
-training on barista station
-maintaining a clean front of house
-working well with the team to run a smooth operation
-boxing and setting up pastries for the day
-stocking beverage cooler, merchandise, and shelves
-helping wherever is needed



Catering Manager- East Middlebury

This position has an immense opportunity for growth. The role would start at Otter East Bakery + Deli for training and production, but eventually grow into future spaces and schedule.
Responsibilities include, but are not limited to:
-Produce all deli salads, green salads, soups, hot foods and specials for Otter East and Vergennes Wine Shop
-Order any product needed for catering needs through vendors
-Launch a streamlined and brand-aligned menu for catering
-Facilitate both locations (Otter Creek Bakery and Otter East) with any sub-ins on deli as well as innovation for menu development
-Communicate with fellow managers regarding weekly offerings
-Launch catering program for all of Otter Creek Kitchens (Otter Creek Bakery, Vergennes Wine Shop and Otter East-- as well as future projects!)
-Help grow wholesale accounts for savory department

Hiring a General Manager

Please send cover letter and resume to be considered

If interested, please send a resume with the position you are applying for in the subject to info@otttereast.com and info@otttercreekbakery.com

14 COLLEGE ST. | MIDDLEBURY, VT | 802-388-3371
51 OSSIE RD. | EAST MIDDLEBURY, VT | 802-989-7220

Age Well is in urgent need of volunteer help! Happiness knocks when you volunteer with Meals on Wheels!

Meals on Wheels provides so much more than a nutritious meal. The moment you knock on that door, you make a connection. It might be a quick hello or a conversation, but the impact lasts a lifetime.
Not just for those receiving the meal, but for you, too.

Time commitment is based on your availability—it can vary from one day a week to two days per month (weekdays only). Meals are delivered every weekday morning, and a delivery route is typically 2 hours.



Areas with the greatest need for Meals on Wheels volunteers:
Addison County: Middlebury, Vergennes and Bridport
Chittenden County: Burlington, Winooski and Essex
Franklin County: St. Albans and Swanton



Addison Independent

CLASSIFIED ORDER FORM

Cash in on our 4-for-3 rates! Pay for 3 issues, get 4th issue free!
An ad placed for consecutive issues (Mondays & Thursdays) is run 4th time free!

Name: _____

Address: _____

Phone: _____

Email: _____

DEADLINES: Thurs. noon for Mon. paper
Mon. 5 p.m. for Thurs. paper

• 25¢ per word • minimum \$2.50 per ad
• \$2 internet listing for up to 4 issues • minimum 2 insertions

• Special 4 for 3 rates not valid for the following categories: Services, Opportunities, Real Estate, Wood heat, Attn. Farmers, For Rent & Help Wanted

- | | | |
|--|--|---|
| <input type="checkbox"/> Notices | <input type="checkbox"/> Work Wanted | <input type="checkbox"/> Att. Farmers |
| <input type="checkbox"/> Card of Thanks | <input type="checkbox"/> Help Wanted | <input type="checkbox"/> Motorcycles |
| <input type="checkbox"/> Personals | <input type="checkbox"/> For Sale | <input type="checkbox"/> Cars |
| <input type="checkbox"/> Services | <input type="checkbox"/> Public Meetings** | <input type="checkbox"/> Trucks |
| <input type="checkbox"/> Free** | <input type="checkbox"/> For Rent | <input type="checkbox"/> SUVs |
| <input type="checkbox"/> Lost 'N Found** | <input type="checkbox"/> Want to Rent | <input type="checkbox"/> Snowmobiles |
| <input type="checkbox"/> Garage Sales | <input type="checkbox"/> Wood Heat | <input type="checkbox"/> Boats |
| <input type="checkbox"/> Lawn & Garden | <input type="checkbox"/> Real Estate | <input type="checkbox"/> Wanted |
| <input type="checkbox"/> Opportunities | <input type="checkbox"/> Animals | <input type="checkbox"/> Real Estate Wanted |
| <input type="checkbox"/> Adoption | | <input type="checkbox"/> Vacation Rentals |

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PLEASE PRINT YOUR AD...

Number of words: _____
Cost: _____

of runs: _____
Spotlight Charge: _____

Internet Listing: **\$2.00**
TOTAL: _____

The Independent assumes no financial responsibility for errors in ads, but will rerun classified ad in which the error occurred. No refunds will be possible. Advertiser will please notify us of any errors which may occur after first publication.


Addison Independent CLASSIFIEDS

Help Wanted Help Wanted

TOWN OF FERRISBURGH Zoning Administrator WANTED

The Town of Ferrisburgh has an immediate opening for a part-time (20 hours per week) zoning administrator. The position of the Zoning Administrator is the town's "Administrative Officer" as described in 24 VSA Chapter 117 and is responsible for processing permit applications, enforcing the land use regulations and supporting the members of the Planning Commission and Zoning Board of Adjustment. Ability to communicate effectively with applicants, multi-tasking and knowledge or experience with land use planning or enforcement preferred but not required. EOE

A job description can be viewed at www.ferrisburghvt.org, see right-hand sidebar. To apply, please send a resume and cover letter to TownClerk@FerrisburghVT.org or to the Ferrisburgh Town Clerk, 3279 US Route 7, Ferrisburgh, VT 05456



Seeking Part Time Family Nurse Practitioner or MD in beautiful Middlebury, VT for well-established, independent seven doctor private practice. Collegial medical community with specialty presence.

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Small town life with excellent schools. Easy access to the outdoors, skiing, hiking, fishing in a College town with theater, music and the arts. 35 miles from major Medical Center and Vermont's largest city.

Please contact:
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Middlebury Family Health
1330 Exchange St., Suite 201
Middlebury VT 05753.
802-388-1500 x232
sladd@middfam.comcastbiz.net

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We have both full and part time positions in our Warehouse, Mail Order Packing Department, and Specialty Food Production. We offer competitive wages, generous employee discounts, and hours that meet your schedule.

Please stop by our retail store: **5797 Route 7, Ferrisburgh** to complete an application, or call us at **1-800-99DAKIN**.

Email your resume to tdanyow@dakinfarm.com.

MAPLEFIELDS

Looking for work in your hometown?

We offer medical, dental, paid vacation, personal time, sick time and 401K for full time positions.

ALL ADDISON COUNTY LOCATIONS CURRENTLY HIRING!

For openings and to apply, visit Maplefields.com

HELP WANTED

Good News Garage's Ready To Go program (R2G) is seeking safe and efficient part-time drivers in Addison County.

R2G provides van transportation to individuals and families, enabling them to access essential life activities, including work, job training and childcare. Vans and navigation units are provided.

For more information and to apply, visit the recruiting site of our parent organization Ascentria at: GoodNewsGarage.org/careers

Please contact recruiting@ascentria.org with any questions.

Ready To Go

A program of Good News Garage

A Division of Ascentria Care Alliance

Equal Opportunity Employer

We're Hiring!



Production Staff Shipping Staff Delivery Driver

See full job listings on ChamplainOrchards.com/employment



Tradespeople Wanted!

Do you have a positive attitude and work well with a team? Bread Loaf is looking for tradespeople of all levels to work on commercial projects in Middlebury, White River Junction, St. Johnsbury and Rutland, VT. Health and dental insurance, 401K, paid vacations and holidays.

Email your resume to rahern@breadloaf.com. Learn more about us at www.breadloaf.com.



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ADDISON COUNTY
INDEPENDENT
VERMONT'S TWICE-WEEKLY NEWSPAPER
58 Maple Street • Middlebury, Vermont 05753 • (802) 388-4944

Help Wanted

Help Wanted ads can be found on Pages 9B and 10B.

Help Wanted



Apprentice Soap Maker

Vermont Soap is looking for an attentive, reliable and responsible person with basic math skills to learn the art of crafting bar soap. Must be a team player and want long term employment. This is a full time position with paid vacation time, paid holidays, 401k with employer match, and more!

Please send cover letter and resume to nichole@vermontsoap.com.

Help Wanted

South Mountain Transport is hiring Class A CDL drivers to join our growing company.

We are a family owned and operated company located in Vergennes, VT specializing in the transport of grain, minerals, aggregates, and fuel.

The positions require overnights and drivers are home every weekend. We offer health benefits, paid vacation, holiday pay, per diem pay for overnight stays, excess mileage bonuses and weekly pay.

If you are interested in joining our team, please inquire by email to office@southmnttransport.com, or call Jeff @ 802-989-5024 or 802-870-7121.

Help Wanted

Help Wanted



N.T. FERRO JEWELERS IN WOODSTOCK, VT HAS A SALES ASSOCIATE POSITION OPEN.

Duties include setup and closing the store and other related store procedures. Jewelry experience is a plus. This is a 4 day per week position.

Send resume to nickferro@gmail.com cell: 646-496-7044

Help Wanted

2 BEDROOM LAKE HOUSE

in Leicester, available Nov. 1 through May 31. Heat, lights included. No smoking. \$2,200/mo. Inquiries, call 802-388-0860.

BRANDON 1-BR UP-STAIRS APARTMENT

for rent for \$900.00 per month and \$900.00 security/damage deposit. No smoking or pets. Leave a message at 802-247-0115 for more info, a showing and application.

MIDDLEBURY, OFF CAMPUS HOUSING

available. 802-388-4831, AJ Neri Property Rentals.

Help Wanted



Sweet Charity, a re-sale store in Vergennes with a mission of giving back to the community seeks bookkeeper.

Responsibilities include payroll, bills, quarterly taxes, monthly reports, communication with board Treasurer and store manager.

Please send inquiries to: Sweet Charity: Attn Bookkeeper, 141 Main St, Vergennes, VT 05491 or email: m_redpath@msn.com.

This is an AMAZING group, doing GREAT things in our community. Join us!

Countryside

carpet & paint

Immediate Openings

Full Time Customer Service
Weekdays and Saturdays required

Job Details: Paint department sales and service
Duties: Assist with customers needs, mix paint, help load customer vehicles, unload trucks, some custodial
Qualifications: Reliable, customer skills, team player, able to lift 50 lbs, a valid driver's license.

Job Details: Flooring department sales and service
Duties: Assist customers with finding flooring solutions, measuring, quoting jobs, order product, assist with loading customer vehicles and unloading trucks
Qualifications: Willing to learn product, detail oriented, basic math skills, a valid driver's license, friendly and a team player.

*Send resume or request an application at customerservice@countrysidecarpetandpaint.com or pick up an application at Countryside Carpet and Paint at 16 Creek Road, Middlebury, VT 05753



Keep the news coming!

Subscribe to the Addy Indy online, in print, or on the go!

addisonindependent.com

For Rent

BRANDON: Senior woman who enjoys country music, playing cards & Antique Road Show, seeking housemate to lend hand w/ occas. cooking, light cleaning & snow removal. \$300 + internet. Pet would be considered! 802-863-5625 or HomeShareVermont.org for application. Interview, refs, background checks req. EHO

For Rent

DRY, WINTER/SUMMER STORAGE SPACE in Addison. Available storage space in my barn for summer/winter storage. The barn is structurally sound and weather-tight with electricity. No heat or running water. The barn is also available for lease. The entrance door measurements are 8' wide by 7' high. For more info: 802-363-3403 or rochon_m@yahoo.com.

For Rent

LARGE, PRIVATE, SECURE HEATED storage space or workshop. 24x28x14 foot high ceiling with 10x12 overhead door and private person door. Separate heat and a wash sink in the unit. Route 7 location in Leicester, \$750/month. Includes, electric, water, snowplowing and lawn maintenance. Lease and deposit required. Call 802-349-7431, leave your name and number and I will call you back.

For Rent

OFFICE SPACE FOR RENT. Office space available in historic Middlebury building, one block from downtown. Private parking, utilities and other amenities included in rent. For inquiries call 802-989-8822.

For Rent

VERGENNES VALLEY VIEW APARTMENTS is currently taking wait list applications. Occupants must be 62+ years of age. No smoking/ No pets. Income limits apply - Rent based on income. Equal Housing Opportunity. 802-247-0165 TTY: 800-253-0191 www.SummitPMG.com.

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968 as amended which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status, national origin, sexual orientation, or persons receiving public assistance, or an intention to make any such preference, limitation or discrimination."

This newspaper will not knowingly accept any advertisement for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD Toll-free at 1-800-424-8590. For the Washington, DC area please call HUD at 426-3500.



For Rent

VERGENNES WILLOW APARTMENTS is currently taking waitlist applications for 1 and 2 bedroom apartments. No smoking/no pets. Income limits apply- Rent rate based on income. Equal Housing Opportunity 802-247-0165 TTY: 800-253-0191. www.SummitPMG.com.

Att. Farmers

FOR SALE: SAWDUST delivered. 85 cubic yard loads. Call Paul for pricing. 802-623-6731.

HORSE BLANKET WASH and repair. Accepting non-leather (for now) horsewear of all kinds for cleaning and repairing at my Weybridge location. Call or text Sue Miller at 802-377-5945 or email svdwmiller@icloud.com with "horse" in the subject line for more information.

For Rent

SMALL SQUARE BALES \$3.50. Excellent round bales \$30.00. Call 802-377-5455.

For Rent

WHITNEY'S CUSTOM FARM WORK Pond agitating, liquid manure hauling, drag line aerating. Call for price. 462-2755, John Whitney.

SUVs

2007 H3 HUMMER, very well maintained. Luxury model. \$10,000. Pictures and features information available. Bauer892@comcast.net.

Wanted

FREON WANTED We pay \$\$\$ for cylinders and cans. R12, R500, R11, R113, R114. Convenient. Certified Professionals. Call 312-291-9169 or visit RefrigerantFinders.com.

OLD GUNS WANTED



Rifles, Hand guns, Shot guns
Top prices paid.
P: 802-775-2859
C: 802-236-7213

For Rent

It's against the law to discriminate when advertising housing

It's against the law to discriminate when advertising housing. Its easier to break the law than you might think.


You can't say "no children" or "adults only."

There's a lot you can't say.

The Federal Government is watching for such discrimination.

Let us help you sift through the complexities of the Fair Housing Law. Stay legal. Stay on the right side of the nation's Fair Housing Law.

Call the Addison Independent at (802) 388-4944.



ADDISON COUNTY
INDEPENDENT

Bicyclist hit by van on Route 7

MIDDLEBURY — Middlebury police investigated a reported hit-and-run incident involving a white van that had allegedly struck and injured a cyclist. It occurred at around 9 a.m. on Friday, Oct. 15, on Route 7 South near the town’s Department of Public Works building.

The cyclist told police he’d been riding his bike on the side of the northbound lane of traffic when the van struck him as it was passing a turning U-Haul truck. A passerby saw the injured man and took him to Porter, according to police, who said the cyclist sustained minor injuries to his leg and arm.

There were no surveillance cameras in the area to aid in the investigation, and no other drivers had stopped to provide assistance, according to police.

In other action last week, Middlebury police:

- Assisted Middlebury Regional Emergency Medical Services (MREMS) with a medical call in the Foote Street area on Oct. 11.
- Received a report about three students allegedly leaving the Middlebury Union Middle School campus without permission on Oct. 11.
- Responded to a report of a

Middlebury Police Log

possible domestic disturbance downtown on Oct. 12.

- Investigated a report of a possible domestic disturbance at a Court Street Extension address on Oct. 12.
- Responded to a trespassing complaint in the Court Street area on Oct. 12.
- Responded to a reported home burglary on Weybridge Street on Oct. 13. Police determined there was no burglary and that the caller had been experiencing a mental health crisis. Police took the woman to Porter Hospital to receive counseling.
- Received a complaint about a car revving its engine off Seymour Street on Oct. 13.
- Assisted MREMS with a suicidal patient in the North Pleasant Street area on Oct. 13.
- Were informed of a theft at MUMS on Oct. 13.
- Received a complaint about a person trying to buy alcohol at the Jolley convenience store on Court Street using someone else’s driver’s license on Oct. 13.

Road rage incident ends with gunfire

ADDISON COUNTY — Vermont State Police cited both a man they said was responsible for a recent lengthy road rage incident on Route 100 in Hancock, Waitsfield and Duxbury, and a victim of the incident who eventually retaliated with gunfire.

On Oct. 8 state police responded to the area of Routes 100 and 125 in Hancock for a report of a road rage incident that started in Duxbury and ended in Hancock with the shooting of the vehicle driven by John Grayson Eckroth, 29, of Granville.

Police allege that Eckroth passed multiple vehicles on a double yellow on a corner in Duxbury and stopped in the middle of Route 100 in Waitsfield blocking both lanes of traffic. Police alleged that during this incident, Eckroth was tailgating, driving erratically, and brake-checking, actions that nearly caused multiple accidents. Many of these events were captured on a dashcam, VSP said.

Police said that Eckroth also followed a vehicle for 30 miles to Hancock, where he proceeded to drive by the house several times beeping his horn and causing a disturbance.

The vehicle then pulled into the driveway of a Hancock home of 36-year-old Larry Runk. Police report that Runk then fired birdshot from a shotgun in the direction of Eckroth’s vehicle, and it shattered

Vt. State Police Log

the glass in the rear passenger door. No one was injured in this altercation.

State police cited Runk for aggravated assault with a deadly weapon and reckless endangerment.

Based on their investigation, state police later in the day cited Eckroth for negligent driving, disorderly conduct and giving false information to police in an attempt to implicate another driver in this road rage incident.

Vermont State Police remind the motoring public to not engage in road rage incidents and report aggressive driving.

State police were also involved in other activity recently:

- On Oct. 11 state police identified the driver of a vehicle that had crashed into a Ferrisburgh house and then left in the early morning hours of Oct. 9. Police reported that Sierra Dessuerault, 27, of South Burlington was driving a 2015 Jeep Cherokee southbound on Route 7 when she attempted to turn left onto Old Hollow Road in North Ferrisburgh. Dessuerault overshot the turn, and the front end of her vehicle struck a residence on

- Were informed of a theft from a Main Street business on Oct. 13.
- Responded to a noise complaint in the Valley View Drive area on Oct. 14.
- Checked on two people who were found sleeping under the pavilion structure near Mary Hogan Elementary School shortly after midnight on Oct. 14.
- Arrested Nathaniel Shukwith, 42, of White River Junction on an outstanding in-state arrest warrant on Oct. 15. Police said Shukwith was taken to Marble Valley Regional Correctional Facility for lack of bail.
- Cited Roxanne Martell, 46, of Middlebury for retail theft, following an alleged incident at a Court Street Extension business on Oct. 15.
- Assisted MREMS with a woman experiencing a mental health crisis in the Merchants Row area on Oct. 16.
- Gave a ride home to an intoxicated local resident on Oct. 16.
- Responded to a reported fight at the South Village Green apartments on Oct. 17.
- Assisted Vermont State Police at the scene of a car crash at the intersection of Route 125 and Cider Mill Road in Cornwall on Oct. 17.



MARKET REPORT ADDISON COUNTY COMMISSION SALES

RT. 125 • EAST MIDDLEBURY, VT
Sales for 10/14 & 10/18, 2021

COST			
BEEF	LBS.	/LB	\$
J Fifield	1155	.75	866.25
Ethan Allen Farm	1765	.70	1235.50
L. Compagna	1290	.70	903.00
Nop Bros & Sons	1710	.65	111.50
A Brisson	1560	.62	967.20
Bartholomew Bros	1515	.60	909.00
M. Taft	1225	.60	735.00

COST			
CALVES	LBS.	/LB	\$
L. Garvey	90	2.30	207.00
Pinello Farm	108	2.25	243.00
Pease Family Farm	120	2.15	258.00
M. Garvey	97	2.00	194.00
Kayhart Bros	99	2.00	198.00

Total # Beef: 157 • Total # Calves: 399

We value our faithful customers.

Sales at 3 pm - Mon. & Thurs.
call 1-802-388-2661

PUBLIC NOTICE

Full Passport Service Addison County Courthouse

The Addison County Clerk located in Frank Mahady Courthouse is available to accept passport applications and provide passport photos.

REGULAR HOURS
Monday, Tuesday, Thursday, Friday
9am to 1pm

Wednesday 12:30pm to 4:30pm

APPOINTMENTS REQUIRED.
FACE MASKS REQUIRED.
(even if vaccinated)

802-388-1966
addisoncountyclerk@gmail.com

**STATE OF VERMONT
SUPERIOR COURT
PROBATE DIVISION
ADDISON UNIT
DOCKET NO. 21-PR-04181
IN RE THE ESTATE OF
SANDRA T. PIDGEON**

NOTICE TO CREDITORS

To the creditors of the estate of Sandra T. Pidgeon late of Middlebury. I have been appointed to administer this estate. All creditors having claims against the decedent or the estate must present their claims in writing within four (4) months of the first publication of this notice. The claim must be presented to me at the address listed below with a copy sent to the Court. The claim may be barred forever if it is not presented within the four (4) month period.

Dated: October 12, 2021

Joan D. Donahue, Executor
99 Maple Street, Suite 10B
Middlebury, VT 05753
802-989-7342
joan@bpd.legal

Publication: Addison Independent
Publication Date: 10/21/21
Address of Probate Court:
Addison Probate Court, 7 Mahady Court, Middlebury VT 05753

TOWN OF LINCOLN NOTICE OF TAX SALE

Property: 4063 South Lincoln Road, Lincoln, Vermont
Owner of Record: Shelley Solworth

The resident and nonresident owners, lien holders and mortgagees of lands in the Town of Lincoln, in the County of Addison and State of Vermont, are hereby notified that the taxes assessed by such Town for the years 2015, 2017-18, 2018-19, 2019-20, and 2020-21 remain, either in whole or in part, unpaid on the following described lands in such town, to wit:

A parcel of land consisting of 18.2 acres, more or less, with all improvements thereon, located at 4063 South Lincoln Road, Lincoln, Vermont, designated as parcel 361301112.000, and being all and the same lands and premises described in the Warranty Deed of Richard L. Pedrick and Louise E. Pedrick to Shelley Solworth, dated December 11, 1975 and recorded in Book 30 at Page 101 of the Lincoln Land Records.

Subject to and benefited by all easements, rights of way, permits, and restrictions of record.

Reference is made to said deeds and their records and all prior deeds and their records for a more particular and complete description of the above-described lands and premises.

So much of such lands will be sold at public auction at the Lincoln Town Office, 62 Quaker Street, Lincoln, Vermont, a public place in said Town, on Tuesday, November 16, 2021, at 9:00 A.M., as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Lincoln, Vermont, this 21st day of October, 2021.

Nancy Stevens
Collector of Delinquent Taxes
Town of Lincoln

Public Notices

can be found in this
ADDISON INDEPENDENT on **Page 11B.**

TOWN OF LINCOLN PUBLIC NOTICE ZONING BOARD OF ADJUSTMENT

The Lincoln Zoning Board of Adjustment will hold a public hearing for Waiver Application # 21-090, as requested by Donna Wood for Parcel I.D. # 1070179 at 233 East River Road, Lincoln, VT. The hearing regards the proposed construction of a new solar timber frame canopy. The application is on file at the Lincoln Town Office along with supporting documentation for viewing during regular office hours.

The hearing will be held in-person Monday, November 8, 2021, at 7:00 pm at the Lincoln Town Office and virtually using Zoom. The Zoom link will be included in the Agenda which can be found on the Town’s website: <https://lincolnvermont.org/planning-zoning>

Nicole Lee, Lincoln ZBA Clerk

TOWN OF BRIDPORT NOTICE OF TAX SALE

Property: 2813 Hemenway Road, Bridport, Vermont
Owner of Record: Martha C. Orvis and David J. Knauss

The resident and nonresident owners, lien holders and mortgagees of lands in the Town of Bridport, in the County of Addison and State of Vermont, are hereby notified that the taxes assessed by such Town for the years 2019 and 2020 remain, either in whole or in part, unpaid on the following described lands in such town, to wit:

A parcel of land consisting of 2 acres, more or less, with all improvements thereon, located at 2813 Hemenway Road, Bridport, Vermont, designated as parcel 08-037, and being all and the same lands and premises decreed to Martha C. Orvis and David J. Knauss by Decree of Distribution in the Estate of Carol C. Knauss, dated September 5, 2019, and recorded in Book 93 at Page 500 of the Bridport Land Records.

Subject to and benefited by all easements, rights of way, permits, and restrictions of record.

Reference is made to said instrument and its record and all prior instruments and their records for a more particular and complete description of the above-described lands and premises.

So much of such lands will be sold at public auction at the Bridport Town Office, 82 Crown Point Road, Bridport, Vermont, a public place in said Town, on Tuesday, November 16, 2021, at 1:00 P.M., as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Bridport, Vermont, this 21st day of October, 2021.

Katie King
Collector of Delinquent Taxes
Town of Bridport

TOWN OF MIDDLEBURY SELECTBOARD MEETING

**ROOM 116 – LARGE CONFERENCE
TOWN OFFICES – 77 MAIN STREET
TUESDAY, OCTOBER 26, 2021 - 7:00 P.M.**

Also available via Zoom:
<https://us02web.zoom.us/j/89031980054>
By Phone: +1 646-558-8656 (not toll-free)
Webinar ID: 890 3198 0054

For those wishing to watch but not participate:
Selectboard meetings are livestreamed to MCTV’s YouTube Channel:
https://www.youtube.com/user/MCTV_Vermont
and also broadcast live on Comcast Channel 1071

AGENDA

- | | |
|------|--|
| 7:00 | 1. **Call to Order
2. *Approval of Agenda
3. *Approval of Consent Agenda
3.a. Approval of Minutes of the October 12, 2021 Regular Selectboard Meeting
3.b. Acceptance of Selectboard Subcommittee Meeting Minutes
3.c. Small Business Saturday 2021 Proclamation
3.d. Letter of Thanks to Shirley Pominville and her family for maintaining the plantings on the Washington St. Ext. and Seminary Street Ext. traffic islands over many years
3.e. Town Manager’s Report |
| 7:10 | 4. *Citizen Comments [Opportunity to raise or address issues not otherwise included on this agenda]
5. *Agenda Placeholder
6. *Director of Public Works Planning Dan Werner with updates and recommendations from the Infrastructure Committee Meetings of October 14, 2021 and October 21, 2021
6.a. Flood Resiliency Project Change Order #2 - Wood & Tire Disposal Costs
6.b. Purchase of Sidewalk Sander
6.c. Police HVAC System Study – Additional Services Proposal for Cost of Replacement of Current Roof Top Heating Units with Gas-Fired Equipment, including a 20-year Life Cycle Cost Analysis
6.d. Court Square & Washington Street Water System Improvement Bids |
| 7:25 | 7. *Departmental Purchasing Requests (If any) |
| 7:30 | 8. *Elise Shanbacker, Addison County Community Trust (ACCT), with a request for the Town’s approval of a Subordination Agreement on the Town’s Mortgage on the land and buildings owned by Stone Hill Housing, LLP, at 428 Court Street |
| 7:35 | 9. * Director of Planning & Zoning Jennifer Murray requesting approval for submission of a Municipal Planning Grant to Support Neighborhood Development Area (NDA) Concept (tentative) |
| 7:40 | 10. *Leslie Kameny of the Middlebury Tree Committee requesting approval for submission of a tree planting grant (details forthcoming) |
| 7:45 | 11. *Joe McVeigh, President, Ilsley Library Board of Trustees, and Dana Hart, Library Director, requesting approval of the charge for the Working Group |
| 7:55 | 12. *Ross Conrad, Middlebury Representative to the Maple Broadband Governing Board, with additional information in support of Maple Broadband’s request for American Rescue Plan Act (ARPA) funds to bring fiber optic internet access to Addison County |
| 8:10 | 13. *FY22 Year-to-Date Budget Reports as of September 30, 2021 – General Fund and Water, Wastewater & Equipment Funds |
| 8:15 | 14. *Appointment to Energy Committee |
| 8:20 | 15. *Planning for Town-College Lunch – Agenda and Attendance |
| 8:25 | 16. *Approval of Check Warrants
17. **Board Member Concerns
18. *Executive Session – None Anticipated
19. **Action on Matters Discussed in Executive Session |
| 8:40 | 20. *Adjourn |
| | * Decision Item ** Possible Decision |

PATRICIA A. HANNAFORD REGIONAL TECHNICAL SCHOOL DISTRICT BOARD MEETINGS WARNING

We are changing our Board meetings from the 2nd Wednesday of each month to the 1st Wednesday of each month, starting November 3, 2021 until the end of the school year June 1, 2022.

BOARD MEETINGS

1st Wednesday of the Month - 5:00 P.M. – A208 with remote access option

NOVEMBER 3, 2021	MARCH 2, 2022
DECEMBER 1, 2021	APRIL 6, 2022
JANUARY 5, 2022	MAY 4, 2022
FEBRUARY 2, 2022	JUNE 1, 2022

STATE OF VERMONT SUPERIOR COURT CIVIL DIVISION ADDISON UNIT DOCKET NO: 300-12-12 Ancv DITECH FINANCIAL, LLC PLAINTIFF VS.

**CAROLINE M. MARINI AND OCCUPANTS of 1836
MUNGER STREET, MIDDLEBURY, VT 05753
DEFENDANT(S)**

NOTICE OF SALE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Gary P. Marini & Caroline M. Marini, to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for Home Loan Center, Inc., dba LendingTree Loans, dated April 6, 2009, and recorded in Book 242, at Page 339, of the City/Town of Middlebury Land Records, of which mortgage the undersigned is the present holder by Assignment of Mortgage recorded in Book 274, Page 850, as corrected by Assignment of Mortgage recorded in Book 279, Page 566, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at November 19, 2021 at 02:00 PM at 1836 Munger Street, Middlebury, VT 05753 all and singular the premises described in said mortgage,

To Wit:

Being all and the same lands and premises conveyed to Gary P. Marini and Caroline M. Marini by Warranty Deed of Michael C. Visconti dated June 15, 2005 and recorded June 16, 2005 in Book 216, at Page 327 of the Middlebury Land Records and further described therein.

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

The public sale may be adjourned one or more times for a total time not exceeding 30 days, without further court order, and without publication or service of a new notice of sale, by announcement of the new sale date to those present at each adjournment or by posting notice of the adjournment in a conspicuous place at the location of the sale. Terms of Sale: \$10,000.00 to be paid in cash or by certified check by the purchaser at the time of sale, with the balance due at closing. The sale is subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens, if any, which take precedence over the said mortgage above described.

The Mortgagor is entitled to redeem the premises at any time prior to the sale by paying the full amount due under the mortgage, including the costs and expenses of the sale.

Other terms to be announced at sale

Ditech Financial, LLC
Sheldon M. Katz, ERN 4784
BROCK & SCOTT, PLLC
1080 Main Street, Suite 200
Pawtucket, RI 02860
Phone: 401-217-8701
Fax: 401-217-8702
Sheldon.Katz@brockandscott.com

North Branch School celebrates learning with fire and meaning

RIPTON — Rituals and celebrations are important to every school. Prom, homecoming, Friday night football games, theater productions, graduations — those time-honored events and gatherings bring the whole community together and create meaning for the students. At the North Branch School, a small independent school for grades 7-9 in Ripton, the students have been working since the start of the year

on a powerful ritual tradition, known as Burning School. But it's not like the others. "I don't know of any school that celebrates the start of the year by burning something the students spent a month creating and building," said Tal Birdsey, head teacher and co-founder of the school. "We like to do things outside the norm, a little on the edge. And we like the kids to drive it and find the meaning in it."

Nearly 10 years ago, the tradition was started. Each fall, the students decided, they would build a large wooden structure, staple prayers, poems, letters and other objects of meaning on it, and set it on top of a great pyre at the school's annual fall alumni gathering, and watch it go up in flames. "If you want to get adolescents excited, mention fire," said Birdsey.

In the first days of school each September, the call rings out: "What are we going to make for the Burning School this year?" This fall, students gathered around the big table in the "big room" and bantered back and forth. "We should make a giant coronavirus!" someone offers.

"The kids were particularly intrigued by the idea of spending time to make something, and then letting it go. It's similar to Buddhist sand mandalas. Great care and love go into it, and then you let it become part of the world."

— Tal Birdsey

"We should make a giant crown!" "A pyramid!" "We should make a sun!" A student tears a sheet of notebook paper out and someone draws a rough plan, and soon the building begins in earnest. "We don't want to govern the process too much," said Birdsey. "The key thing for kids this age: give them responsibility. Give them the chance to be creative, play, even make mistakes. Give them a chance to take it seriously and make meaning. They will figure it out."

..... Every third year, the school's humanities theme is Utopia. For the entire year, students study utopian ideas, movements and communities. Projects and presentations on Walden, Athenian Democracy, Eugenics, Eden and Martin Luther King Jr.'s "I Have a Dream" speech are all part of the school's studies. "Kids this age have an innate sense of and desire for equality and justice," said Birdsey. "Utopian thought is about seeking and creating a 'more ideal' world. How can we, how can I, make a good world. Those notions and actions are inspiring to kids of this age."

Several years ago an eighth-grade student was studying the Burning Man Festival, the free-form event focused on community, art, self-expression and self-reliance held in the western United States since 1991. The student showed a film of a great wooden pagoda that had been built for the festival. Participants were allowed to leave messages, notes, letters and prayers



NORTH BRANCH SCHOOL students completed their "Burning School" sculpture last month by attaching mementos, including letters, old ticket stubs, favorite poems and lyrics, artwork and report cards. Students and alumni of the Ripton middle school then burned the sculpture as part of a yearly tradition to start the school year.

in the pagoda. Then the structure was burned — as a way to release the messages into the world. Simultaneously, space was made for a new work to be created in the void.

"The kids were particularly intrigued by the idea of spending time to make something, and then letting it go," said Birdsey. "It's similar to Buddhist sand mandalas. Great care and love go into it, and then you let it become part of the world."

The student then proposed the idea: why don't we do our own version of Burning Man here at our school?

The students decided to build their own structure and then set it ablaze on the evening of the school's alumni party each October. One year, the students built a 30-foot tower (which did not please the Ripton town fire marshal). Other years there was a miniature chapel; a replica of Thoreau's cabin, (complete with bed, fireplace, and writing table); and once a bird singing in a cage after the students had read Maya Angelou's "I Know Why the Caged Bird Sings."

The school was in luck this year. The family of seventh-grader Genevieve Volpe of Ripton had heaping piles of cut-offs from

lumber they had milled on their land.

"We brought over two truckloads and they went at it," Birdsey said. "Five drills, hammers, hand-saws, a bucket of screws and nails. That's it."

This year a small room-sized square first appeared. Then a half sun sprouted from the top. Buttressing triangular rooms were added on three sides. The students attached rough siding to partially enclose the interior room. Sitting solidly on the school's stone patio, one might think one is looking at a giant 15-foot tall wooden Samurai helmet. "I like the sun," said Stella Laird, a ninth-grader from Lincoln, who then adds, "It was my idea."

..... Once the structure is complete, every student brings 10 or more mementos to place on it — letters to old friends or family members; scraps and old ticket stubs; favorite poems, quotes, or lyrics; photocopies of old school work or special pictures, old or new art-work, copies of report cards, diplomas and awards, dried flowers and autumn leaves.

The day before the burn, the students gather around to participate in a special meditation. Every one of the items brought in by the students is attached to the structure. The whole school works in complete silence. The only sounds are the rustling of paper, the clicking of staples, footsteps, and maybe the breeze and the occasional flock of geese flying high overhead. After the items are attached, each student reads something that someone else put up.

"It's a cornucopia of ideas and memories and big thoughts," said Birdsey.

"For us, it's about our intentions," said ninth-grader Leila Stillman-Utterback. "At the beginning of the year, we are trying to set intentions for this year. We are sending up things we want to embrace and release things we want to leave behind."

"It's a time of coming together for the school," said Finn Myers, a ninth-grader from Middlebury. "Everyone puts something of meaning to them on the structure."

In my case, something that has a place in my heart. Remembering my dad, who died 10 years ago, putting something on it for him, and hoping it goes up to him."

Part of the learning around the project focuses on creating and discovering meaning in the process.

"It has two meanings," explained Oscar Andersson, a ninth-grader from New Haven. "First, a sculpture that we all built together. The second is that after a few weeks of school, everyone feels comfortable enough that we can show things of meaning to the world."

..... On the night of the event, all 25 students gather to lift the structure, which weighs more than 300 pounds. Graduates from the previous year toll the school bell. With a torchlight procession, the structure is carried onto the field and lifted onto the prepared pyre. The school's ninth-grade class recites two poems to the more than 100 assembled parents, grandparents, siblings, friends, neighbors, and no small number of dogs.

This year the poems were "The Peace of Wild Things" by Wendell Berry, and "In Blackwater Woods" by Mary Oliver. Both poems were chosen by the ninth-grade class. The oldest school alum present is given the honor of lighting the fire to set it burning.

"Like everything we do, we want the kids to have agency," said Birdsey. "It's their school, their lives. They want to make a mark in the world. They want to make something beautiful. A fire at night is beautiful. But this is their fire, they have made it, with their hands, hearts and minds."

The school's former students look forward to coming back to see what this year's class made. It's no longer their school, and it is now changing and growing into a new form.

"The idea of the fleetingness of time, of light and darkness, of transience, change, growth, endings and new beginnings, a living metaphor for life — all of this is involved in the Burning School," said Birdsey. "These kids know they only have three years in the school, so they want to make it matter."

VETERANS DAY

NOVEMBER 11, 2021

Salute those who have served or are serving.

Please send form along with **PICTURE** (if desired) and **MESSAGE** to:

58 Maple Street, Middlebury, VT 05753

or email to **advertising@addisonindependent.com**

Your Name: _____

Address: _____

Telephone #: _____ Email: _____

Service Member's Name: _____

Rank: _____ Branch of Service: _____

Where Stationed: _____

Message: _____

Send a **PHOTO** and **MESSAGE** of an active-duty or veteran family member to the Addison Independent. Your **FREE** Veterans Day tribute will be printed on November 11th in our special Veterans Day edition. Let's show them that they are always in our hearts and how proud we are of who they are and what they're doing!

Deadline for submissions:
FRIDAY, NOVEMBER 5TH BY NOON

Published: NOV. 11

ADDISON COUNTY INDEPENDENT
Serving Addison County, Vt., Since 1946

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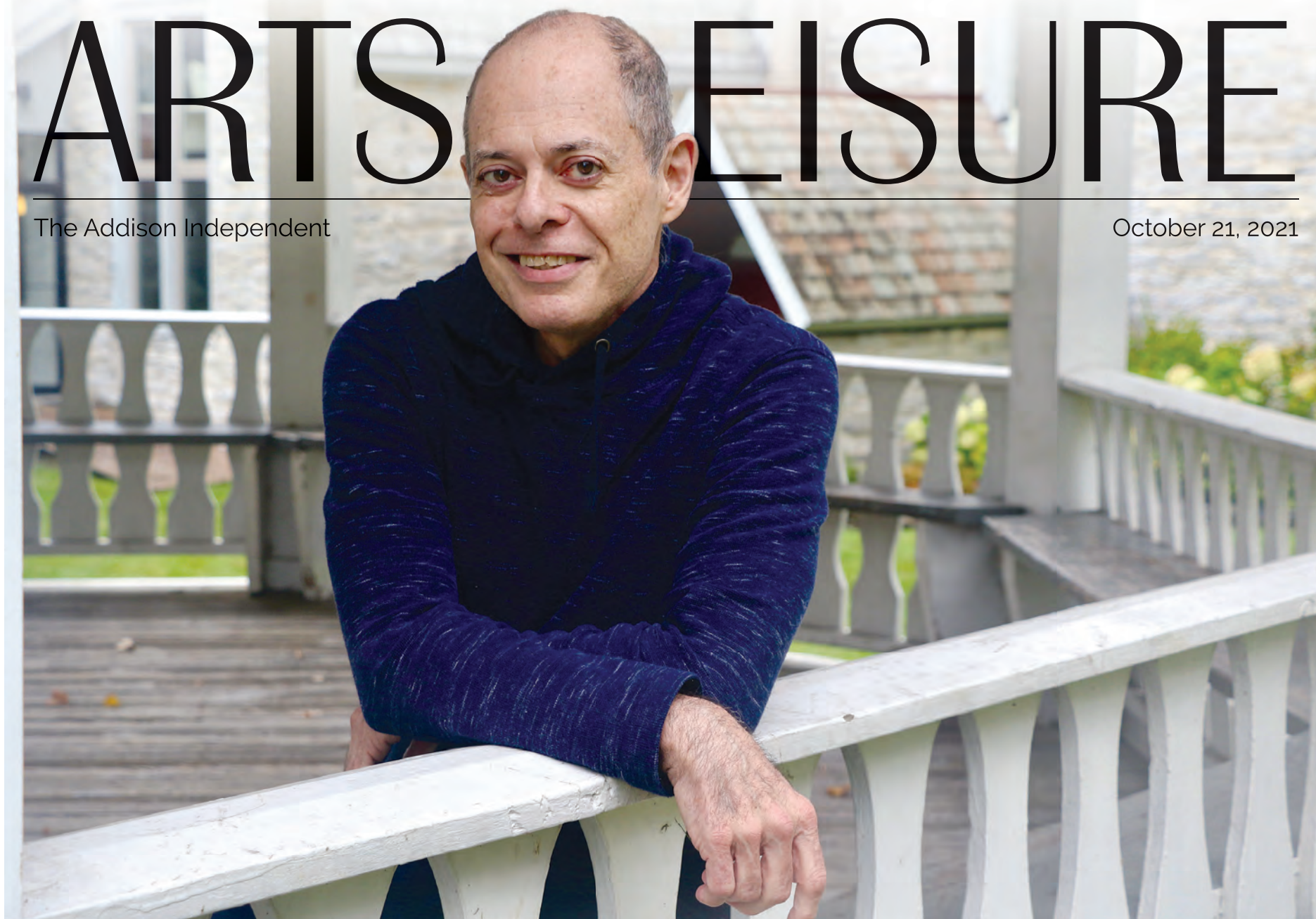
  



ARTS LEISURE

The Addison Independent

October 21, 2021



Composer Jorge Martin from Addison was tapped to compose a piece to commemorate the victims and survivors of the tragic 2019 shooting at the Walmart in El Paso, Texas. He headed to Texas earlier this week to prepare for the premiere this weekend.

INDEPENDENT PHOTO / STEVE JAMES

Local composer premieres requiem in El Paso

W

BY **ELSIE**
LYNN PARINI

hen Addison composer Jorge Martin received a phone call from El Paso, Texas, back in early 2020, he figured it was probably spam. Thankfully he picked up. The call was an offer to compose a piece of music to pay tribute to the victims and survivors of the

Aug. 3, 2019, mass shooting at the Walmart in El Paso. Martin's resulting piece, the "El Paso Requiem," will premiere this weekend.

"I find it altogether remarkable and noteworthy that this community chose a concert, which in fact brings the community together, as their way to pay their respects to their dead,"

"WE NEED TO INVESTIGATE THIS PROBLEM: HOW DO WE PRODUCE THESE KILLERS? IT'S NOT SOMETHING WE LIKE TO DO; **THE DARKNESS IS OVERWHELMING. BUT WE HAVE TO CONFRONT IT.**"

— Jorge Martin

said Martin, commending the Communities for Peace (a historic partnership of El Paso Opera), El Paso Pro-Musica, El Paso Symphony Orchestra and the University of Texas at El Paso (UTEP) Music Department for commissioning

this piece. "I have considered this a great honor and a solemn responsibility; it is humbling for me as an artist to grapple with the enormity of the event."

Martín, who was born in the Cuban city of Santiago de Cuba, attended Yale College and earned master's and doctoral degrees in music composition from Columbia University. He also isn't a total stranger to El Paso. Previously he composed songs for tenor Brian Downen — a member of the UTEP faculty and active in the El Paso music community — and accompanied Downen to the world premiere of one of the songs he wrote for him. But Martín was still a surprise to receive the call. The

The El Paso Requiem was originally to be premiered in September 2020 to mark the one-year anniversary of the attack. That wasn't

SEE REQUIEM ON PAGE 5

'It gives us hope'

ALASKAN NETS

remember a chance meeting with Lloyd Komesar at the Middlebury Market on a sunny summer day. Must have been in 2014, when he regaled me with his idea of a late summer film festival in Middlebury.

I couldn't help but be impressed by his passion and energy, but in truth I thought he had a bit of the Prof. Harold Hill in him, and I wondered when he was going to try to sell me a trombone.

BY **KARL LINDHOLM**

Turns out, the man had plan. His Middlebury New Filmmakers Festival is a dynamic addition to cultural life in Middlebury and Vermont in the late summer. The festival this past August, the seventh, was such a welcome release as we tentatively emerged (with all the proper safeguards) from our COVID restraints.

During a meeting before the festival, Lloyd had urged me not to miss the documentary "Alaskan Nets," which he told me had a significant sports dimension: basketball in Alaska. Unfortunately, I was hosting a documentary myself with baseball content at precisely the same time, so I unfortunately missed it.

Shortly after the festival, I had coffee with a friend who raved about "Alaskan Nets" and noted its Middlebury "connection." The filmmaker, Jeff Harasimowicz, was there at the screening and identified himself as a Middlebury College graduate.

Indeed so! There are no fewer than six Harasimowiczes with Middlebury degrees. Jeff produced, directed, and edited this feature film.

I have now seen it twice (Jeff sent me a "confidential screener" as the film hasn't yet been distributed) and can confirm that it's terrific, a profoundly moving and deeply serious take on the impact of sports on communities.

In its premiere showing at the Santa Barbara International Film Festival last April, "Alaskan Nets" won the Audience Choice Award, the festival's top overall prize. Here in Middlebury, it won the Best Documentary Feature Award — the best among the 36 feature documentary entries!

"Alaskan Nets" is the story of a high school basketball team's quest for a state championship and the impact of that quest on the community. Now *that* in itself is not a unique concept — a high school championship



D.J. KING, the best player on the Metlakatla basketball team, is one of the central characters in "Alaskan Nets," the film that won the Best Feature Documentary Award at the 2021 Middlebury New Filmmakers Festival.

and a proud and engaged community. We can relate right here in Addison County. Jeff himself has described his film as "Friday Night Lights meets Hoosiers" (pretty good company!).

What's unique about his documentary is the setting, the community, and how deeply woven basketball is to its very essence. "Alaskan Nets" is set in Metlakatla, a small island community of 1,300 in southeast Alaska. It's the last native reserve in the state.

Fishing is the lifeblood of Metlakatla and basketball is its passion. In 1984, the Metlakatla Chiefs won the state championship and have been chasing another one ever since. The film takes us through that season, introducing the players and their families, connected so intimately to one another, and the hardship, physical danger, and intimacy of life in an extraordinarily tight-knit community.

In the film, "Grandmother" — who cooked day-of-game meals for the players — explained the bond: "We are a fishing community, that's our heartbeat. Basketball is definitely more than a game."

"Basketball is all we have," the high school principal said, "It needs to be a 'springboard' for these kids." Another towns person related that "fishing's going bad. The only thing to look forward to is basketball; it gives us hope."

The word "hope" gets repeated again and again.

Three compelling figures come to be central in the film, the team's two best players, cousins Danny Marsden and D.J. King and coach T.J. Scott, who describes Danny, talented and confident, as a "rare breed," and D.J. as a "firecracker," full of passion and intensity, sometimes his own worst enemy. You get to know them well, and care deeply about them, amid the general challenges of life in

Metlakatla and the truly tragic moments they endure as the season progresses.

So how did Jeff Harasimowicz from Harvard, Mass., (25 miles from Boston; 3,600 miles from Metlakatla) come to make this stunning film? Jeff was a Film and Video major with a concentration in Economics at Middlebury with a keen interest in sports. Injured in football, he turned to rugby ("I loved rugby") and was, as he told me in a recent conversation, "hoping to play basketball as a walk-on, but was the last player cut in 2004."

After Middlebury, he spent 10 years learning the film business in Los Angeles and New York, working on the campaigns of major films in large production companies (back-to-back Oscar winners, "The Artist" and "The King's Speech," as well as "Iron Man 2" for Marvel Studios). In 2013-14, he was the head of production at Teton Gravity Research in Jackson Hole, Wyo., largely making outdoor adventure films, and then founded his own production company in Bend, Ore., in 2015, called Raised by Wolves.

"I saw myself as a producer," he explained, describing the adventure of making "Alaskan Nets." "I wanted to tell a story and stumbled across a photo essay of a native reserve in Alaska bound by fishing and basketball. Producing is not as scary as directing. I was terrified of being a director."

He reached out to Metlakatla coach T.J. Scott (whom he describes "one of the nicest guys, truly unselfish"), and the five-year process of getting "Alaskan Nets" from concept to screening began.

He needed a partner with actual filmmaking experience.

"I exhausted my list of possible production

SEE FILM ON PAGE 3

FILM

CONTINUED FROM PAGE 2

friend suggested 'a guy in Eugene' who had a small production company, AO films, Ryan Welch."

Over coffee in Bend, Jeff made his pitch: "Would you like to move to Alaska for a year, leave your family, and make no money?" Ryan said "YES!" and "I had a partner!"

Jeff then bought a camera with his own money: "YouTube was my university."

He needed to gain the trust of the people of Metlakatla. Approval of tribal council was essential, and Jeff made formal presentations in three trips there. Over time, he gained that trust: "The community could see our personal investment. We were putting ourselves out there. Us against the world."

Jeff was married to Haley in October 2017 — and then promptly left in November to live in Metlakatla fulltime until April, after which

companies and thought, 'This sucks, I can't do it,' he recalled. "Then a

he made weekly visits for five months. Ryan Welch and his partner Ryan Rossman also were there for weeks at a time. Jeff and Haley survived this early separation; they now have two children, Weston (2) and Colbie (1).

The support of Alaska Airlines was also crucial to the success of this venture. "The travel costs would have been insanely expensive, and we couldn't have done it without them."

Since the film was completed, Jeff and his partners have picked up as an executive producer the actor Chris Pratt, who spent much of his childhood in Alaska. "Having Chris on board is a huge validator for us," Jeff says.

Jeff and Alaska Airlines flew in members of the Metlakatla team and community for the premiere at Santa Barbara last April. "They loved it," Jeff says. "I owe so much to the people of Metlakatla, for their hospitality, their trust, and their love, and for letting me and my team be a part of their world and to tell their story."

He is close to finalizing a distribution deal and plans to get "Alaskan Nets" back here to Middlebury. Don't you miss it!

Call me if you need a ride.



103-year-old reads poetry

Naomi Replansky was a finalist for the 1952 National Book Award in Poetry and the 2014 Poets' Prize and Winner of the Poet Society of America's 2013 William Carlos Williams Award. Now at the age of 103, she will give a virtual poetry reading on Wednesday, Oct. 27, at 4:30 p.m.

Replansky has been writing poetry since the age of eight. Her book of Collected Poems will be available at The Vermont Book Shop in Middlebury. To participate in this virtual reading, register at go.middlebury.edu/naomi.



"ALASKAN NETS" WON the award at August's Middlebury New Filmmakers Festival for the Best Feature Documentary. It was directed, produced and edited by 2007 Middlebury College graduate Jeff Harasimowicz. It is a film about the Alaska fishing village of Metlakatla and their high school basketball team's quest for a state championship. Picture is Harasimowicz (second from right), his partners at AO Film Ryan Welch (far left) and Ryan Rossman (far right) and Metlakatla coach T.J. Scott (second from left).

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Give and take: mini gallery for all at Lincoln library

They say "it's the small things in life"... Hmm. If you need some help figuring out what that idiom means, go check out the porch of the Lincoln Library where you'll find a box — ahem, a gallery — of small things with the sole purpose of providing a place for people to bring and share joy.

BY **ELSIE**
LYNN PARINI

"The whole idea is: Let's just have some fun!" said Mary Barnett, who volunteers at the library every week, and launched the mini-gallery project in August. "If you're inspired to put something in, put something in. And if you really love something there, take it."

To get things going, Barnett reached out to a bunch of local artists and asked for some "starter art." "A bunch of people said yes," she said, naming Janet Chill, Janet Fredericks and Nancy Custer Carroll. "I had some lovely art. But then I also added a bunch of tchotchkes that I found at thrift stores to try to encourage people to put art in the box. I don't want people to feel like they aren't an artist so they can't contribute. Everyone can put something in!"

The only rule is that the art contributed has to be small. Specifically 5-inches square or smaller. Barnett says most things are 2-inches or 4-inches square.

The art sits in a custom box made by Cris DaBica (who is on the Five Town Friends of the Arts board with Barnett) with a sliding Plexiglas cover to protect the work from the elements.

"My initial reaction was one of joy and excitement to know that many forms of art from the community members would be represented in the library," said Chill, who was one of the first contributors with a small landscape painting of a Lincoln Road.

That's the whole idea. The project is sponsored by the Five Town Friends of the Arts whose mission it is to stimulate arts in the area.

"Art is so important to have vibrant in the community you live in," said Barnett who was a school counselor at Mount Abraham Union High School for 25 years. "Everyone has a different way of being creative."

All are welcome at the Mini Gallery.



"LET'S JUST HAVE SOME FUN! IF YOU'RE INSPIRED TO PUT SOMETHING IN, PUT SOMETHING IN. AND IF YOU REALLY LOVE SOMETHING THERE, TAKE IT."

— Mary Barnett



Mary Barnett spearheaded the mini art gallery project at the Lincoln Library back in August. As a member of the Five Town Friends of the Arts and retired school counselor, Barnett hopes this mini free gallery will spark interest in the arts.

INDEPENDENT PHOTOS / STEVE JAMES

REQUIEM

CONTINUED FROM PAGE 1

El Paso Symphony Orchestra, soprano Jammie Lea, mezzo-soprano Cherry Duke, tenor Brian Downen, 65 voices of the UTEP Choral Union, and EPSO principal cellist James Carney.

No pressure.

Where to begin? Martín chose to start with Giuseppe Verdi's "Requiem" mass as a base layer.

"Then you make decisions," Martín said of his composition process. "For the text I chose parts of the Catholic Latin mass for the dead and two verses from Scripture, one in English and the other in Spanish... I also used numerals... Like, for example, we repeat the word *muerte* 23 times and at the end a bell tolls 23 (or more) times; this might suggest an interpretation of how many more may die as a result of mass shootings; or perhaps a recognition of the killer who also killed himself that day."

"Muerte," of course, is the Spanish word for death.

In the "Dies irae" or "Day of wrath" movement,

a lot of time to put together a piece of this magnitude. It would be led by Maestro Bohuslav Rattay and feature the

Martín points to the phrase: "That day is one of weeping, on which shall rise from the ashes the guilty man, to be judged." He explained, "I interpret 'the guilty one' (el culpable) as 'totos,' all of us. It's a very Catholic interpretation; we're all guilty and sinful. That is something we should not to lose sight of because we can become self-righteous.

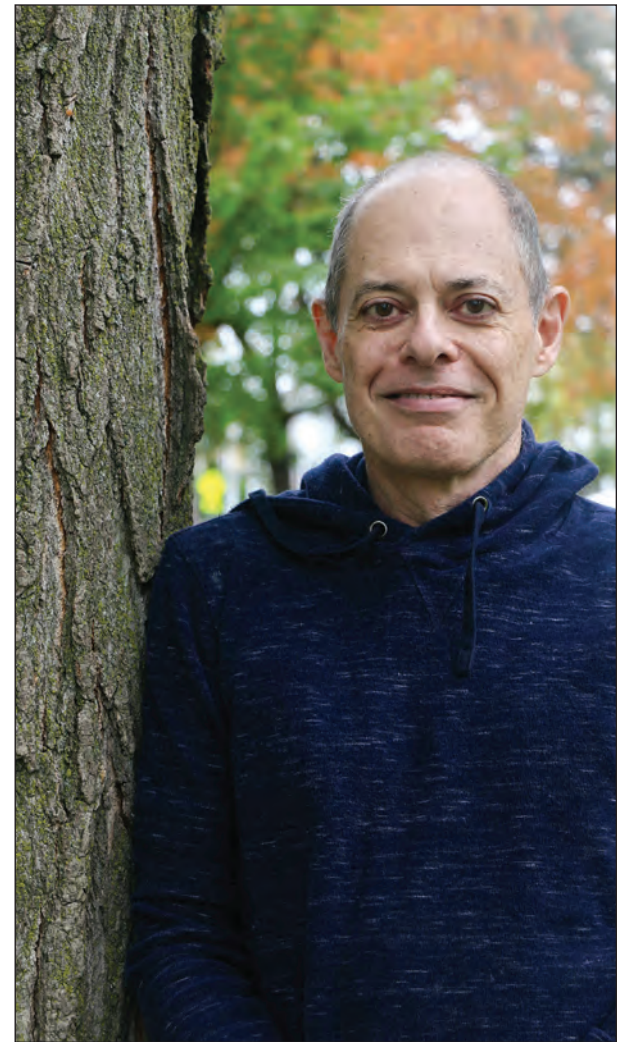
"We need to investigate this problem: How do we produce these killers? We need to feel for their soul — it's not something we like to do; the darkness is overwhelming. But we have to confront it. I don't want to leave that person out of it because it's a part of all of this.

"The work for me is about catharsis," Martín explained. "Grief is a very personal thing and everyone has their own because grief is love. And everyone's love is unique."

The approximately 25-minute piece didn't premiere in September of last year due to the pandemic. So Martín, a self-claimed "inveterate tweeker," took the extra time to refine his work. The premiere is now slated for Oct. 22 and 23.

Martín headed for Texas earlier this week for rehearsals. Unfortunately, most of us (um, probably all of us) won't be able to see this in person. Digital links to the show are not planned either.

For more info on the El Paso Symphony Orchestra visit epso.org.



Jorge Martín used Verdi's "Requiem" as the basis for his composition titled "El Paso Requiem: a Requiem for all who have perished in such horrific and tragic circumstances, so damnably peculiar to our country."

INDEPENDENT PHOTO / STEVE JAMES

CALL FOR WRITERS: Krampusnacht seeks stories

Bald Mountain Theater is calling for submissions for the annual Krampusnacht show, a celebration of both the light and the dark.

The show is currently looking for stories (no more than two pages long), but also welcomes submissions of poems, songs, folk tales or even ideas about what you'd like to see in a show dealing with these themes and this time of year.

In the past, Bald Mountain Theater has featured horror stories, tales of family dynamics around the holiday season, urban legends, and stories about finding hope in the darkness. Humor is always welcome. Drawing inspiration from real life and then adding an element of the magical is particularly fitting with Bald Mountain Theater's productions.

Submissions are due by Monday, Nov. 15. The annual Krampusnacht show will take place on Friday, Dec. 3 and Saturday, Dec. 4. Submissions can be emailed to baldmountaintheater@gmail.com.

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THURSDAY, OCT. 21

“OUR TOWN” SCREENING AND DISCUSSION IN MIDDLEBURY. Discussion, Thursday, Oct. 21, 6:30-7:30 p.m., via Zoom or Ilsley, depending on COVID conditions. Film can be viewed on Kanopy through Ilsley Public Library. Middlebury Classic Film Club's fall 2021 series about what makes a good neighbor continues with this film about Grover's Corners, N.H. While far from perfect, still it's a place that we seem to long for. Maybe it's the seeming simplicity of earlier days. The story of these neighbors is set in the early 20th century, but its message of community is timeless.

SATURDAY, OCT. 23

“FIRE SHUT UP IN MY BONES” LIVE IN HD IN MIDDLEBURY. Saturday, Oct. 23, 1 p.m. Town Hall Theater, 68 S. Pleasant St. Yannick Nézet-Séguin conducts Grammy Award-winning jazz musician and composer Terence Blanchard's adaptation of Charles M. Blow's moving memoir, which The New York Times praised after its 2019 world premiere at Opera Theatre of Saint Louis as “bold and affecting” and “subtly powerful.” The first opera by a Black composer presented on the Met stage

and featuring a libretto by filmmaker Kasi Lemmons, the opera tells a poignant and profound story about a young man's journey to overcome a life of trauma and hardship. Tickets \$24 adults/\$10 student plus applicable fees. All attendees must be vaccinated and wear a mask. More info at townhalltheater.org or ocmvermont.org.

STEVEN KIRBY QUINTET IN BRANDON.

Saturday, Oct. 23, 7:30 p.m. Brandon Music, 62 Country Club Rd. Guitarist, composer, and educator Steven Kirby has built a reputation for performing exciting, melodic, lyrical and expressive mainstream and contemporary jazz music. He writes original compositions and arrangements, as well as creative arrangements of standard tunes, using a quintet of instrumentalists and a singer performing both wordless and lyrical vocals. Tickets \$25. A specialty three-course dinner is also available from 6 p.m. for \$35 — reservations required as seating is limited. Call 802-247-429 or 802-282-8655.

MONDAY, OCT. 25

“THE CONDOR AND THE EAGLE” FILM SCREENING IN MIDDLEBURY. Monday, Oct. 25, 6:30 p.m., Marquis Theater, 65 Main St. This film is a powerful way to present the inspiring

work of land defenders and activists to large audiences across the world. The film asks how social change happens, and explores best practices on how to build effective social movements. Bill McKibben will facilitate community discussion after the film. To register visit ilsleypubliclibrary.org.

WEDNESDAY, OCT. 27

NAOMI REPLANSKY VIRTUAL POETRY READING. Wednesday, Oct. 27, 4:30 p.m., Zoom. Replansky was a finalist for the 1952 National Book Award in Poetry and the 2014 Poets' Prize and Winner of the Poet Society of America's 2013 William Carlos Williams Award. She has been writing poetry since the tender age of 8. To participate, register at go.middlebury.edu/naomi.

THURSDAY, OCT. 28

“JOSEPH BATTELL: A LIFE AND A LEGACY” VIRTUAL LECTURE. Thursday, Oct. 28, noon, Zoom. The Henry Sheldon Museum presents a talk by David Bain, Middlebury College Senior Lecturer in English and American Literatures who will offer a biographical slide talk on Joseph Battell (1806 –1874), a leading citizen of Middlebury and contemporary of

SEE CALENDAR ON NEXT PAGE

MCTV SCHEDULE Channels 1071 & 1091		MIDDLEBURY COMMUNITY TELEVISION: P.O. Box 785, Middlebury, Vt. 05753		Please see the MCTV website, www.middleburycommunitytv.org , for changes in the schedule; MCTV events, classes and news; and to view many programs online. Submit listings to the above address, or call 388-3062.	
MCTV Channel 1071 Friday, Oct. 22 5 a.m. Cannabis Control Board (CCB) 7:30 a.m. Congregational Church Service 10 a.m. Selectboard, Gov. Scott Weekly Update 4 p.m. Memorial Baptist Church Service 5:30 p.m. Energy Week 6:30 p.m. Middlebury Edition with Robin Scheu p.m. CCB - Market Structure, Licensing 9 p.m. CCB - Medicinal Cannabis & Advisory Committee Saturday, Oct. 23 6:30 a.m. CCB 9 a.m. Energy Week 10 a.m. Selectboard, CCB 3:30 p.m. Middlebury Edition 4 p.m. Memorial Baptist Service 5:30 p.m. Eckankar 7 p.m. Catholic Mass 7:30 p.m. Energy Week 8:30 p.m. Gov. Scott Weekly Update Sunday, Oct. 24 12 a.m. CCB 5 a.m. Selectboard, Public Affairs		9 a.m. Catholic Mass 9:30 a.m. The Story Matters 10 a.m. Energy Week 11 a.m. Memorial Baptist Service 12:30 p.m. Middlebury Edition 1:05 p.m. Gov. Scott Weekly Update 4 p.m. Congregational Service 5:30 p.m. Eckankar 6 p.m. The Story Matters 7 p.m. Catholic Mass 7:30 p.m. CCB Monday, Oct. 25 12 a.m. CCB 6 a.m. The Story Matters 6:30 a.m. Public Affairs 10 a.m. Selectboard 12 p.m. The Story Matters, Public Affairs 4 p.m. Gov. Scott Weekly Update 8 p.m. Green Mountain Care (GMC) Board Tuesday, Oct. 26 12 a.m. GMC Board 9:30 a.m. Eckankar 10 a.m. Selectboard, Public Affairs 2 p.m. CCB - Compliance 3 p.m. Energy Week 4 p.m. Congregational Service 5:30 p.m. Middlebury Edition 7 p.m. Selectboard		Wednesday, Oct. 27 12 a.m. CCB – Sustainability 7:30 a.m. Memorial Baptist Service 9:30 a.m. Catholic Mass 10 a.m. Selectboard, Public Affairs 5 p.m. Energy Week p.m. Selectboard 9:30 p.m. Middlebury Edition 10 p.m. Gov. Scott Thursday, Oct. 28 5 a.m. Selectboard, Public Affairs 8 a.m. Congregational Service 9:30 a.m. The Story Matters 10 a.m. Gov. Scott 12 p.m. Selectboard, Gov.Scott 8 p.m. Energy Week 10:30 p.m. Eckankar 11 p.m. Gov. Scott, Public Affairs Channel 1091 Friday, Oct. 22 5:30 a.m. GMALL Lecture 10 a.m. Sheldon Gallery Talk 11 p.m. ACSD & HCC School Board Meetings 5 p.m. All Things LGBTQ 6 p.m. Sheldon Museum Talk 7 p.m. Bear Pond Books 10 p.m. Dr. John Campbell – COVID Lectures	
		Saturday, Oct. 23 5 a.m. All Things LGBTQ 6 a.m. Sheldon Museum Talk 7 a.m. GMALL Lecture 9:30 a.m. ACSD, HCC Board Meetings 3 p.m. Lyndon Institute Fall Concert 4 p.m. Kids Yoga 4:25 p.m. Yoga with Liza Eaton 5:30 p.m. All Things LGTQ 6:30 p.m. Street Signs 7 p.m. Lyndon Institute Fall Concert Sunday, Oct. 24 5 a.m. All Things LGBTQ 6 a.m. Sheldon Museum Gallery Talk 7 a.m. Kids Yoga, Yoga w/Liza Eaton 8:30 a.m. GMALL Lecture 1 p.m. School Board Meetings 5:30 p.m. Moccasin Tracks 6 p.m. COVID Lectures 8 p.m. Lyndon Institute Fall Concert Monday, Oct. 25 5 a.m. GMALL Lecture 11 a.m. Chair Yoga with Liza Eaton 12 p.m. Abled and On Air 12:30 p.m. COVID Lectures 3 p.m. Wednesday Night Live 5 p.m. Sheldon Museum Talk 6 p.m. GMALL Lecture		8 p.m. School Board Meetings Tuesday, Oct. 26 9 a.m. Wednesday Night Live 10:30 a.m. GMALL Lecture 12 p.m. All Things LGBTQ 1 p.m. Sheldon Museum Talk 5 p.m. Lyndon Institute Fall Concert 6 p.m. HCC & ACSD Board Meetings Wednesday, Oct. 27 a.m. COVID Lectures 7 a.m. Local School Boards 12 p.m. Sheldon Museum Talk 3:30 p.m. All Things LGBTQ 6 p.m. Moccasin Tracks 8 p.m. GMALL Lecture 9:30 p.m. Moccasin Tracks Thursday, Oct. 28 12 a.m. State Board of Education 6 a.m. All Things LGBTQ 7 a.m. Yoga 12 p.m. Lyndon Institute Fall Concert 12:30 p.m. HCC & ACSD Board Meetings 5 p.m. All Things LGBTQ 6 p.m. COVID Lectures 8 p.m. Sheldon Museum Talk	

Henry Sheldon, who bequeathed his mountain lands to Middlebury College. Presented in conjunction with the Sheldon Museum's current exhibit "Sightlines-Picturing the Battell Wilderness." \$5 pre-registration required. More info and registration at henrysheldonmuseum.org/events.

FRIDAY, OCT. 29

"THE SPIRITS OF ROKEBY" IN FERRISBURGH. Friday, Oct 29 5-8 p.m., Rokeby Museum, 4334 Route 7. Be part of this short-form experience — part history, part live theater. Event includes a history presentation and a reenactment of a séance. Small visitor groups with timed tickets. More info at rokeby.org. Masks required indoors (actors excluded). If COVID numbers suddenly rise, may shift to digital. Continues Saturday, Oct. 30, 2-8:45 p.m.

SCAREFEST DOUBLE FEATURE IN VERGENNES. Friday, Oct. 29, 7 p.m., Vergennes Opera House, 120 Main St. Join in a weekend of Halloween thrills and chills with a scary movie double feature. Doors open 6:30 for "Micky Keatings' Darling," starring Sean Young, followed by Robert Mocklers' "Like Me," a chilling response to the age of social media. Talkback to follow.

MUSIC FROM COPLAND HOUSE, SUSAN GRAHAM, MEZZO-SOPRANO IN MIDDLEBURY. Friday, Oct. 29, 7:30 p.m., Robison Hall Mahaney Arts Center, 72 Porter Field Rd. or live-streamed. The acclaimed Music from Copland House ensemble and "America's favorite mezzo" Susan Graham (Gramophone) perform works by Richard Danielpour and Rita Dove, Pierre Jalbert, and John Harbison. Tickets: \$25/20/10/5. In-person attendees must have COVID vaccination and wear masks. More info at middlebury.edu/arts.

SATURDAY, OCT. 30

SEE CALENDAR ON PAGE 10

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ARIES: March 21-April 20. There's no need to separate business and pleasure this week, Aries. You can find a way to combine them if you get creative. Get the work team on board.

TAURUS: April 21-May 21. Taurus, if collaborating with someone else has you second-guessing yourself, venture out alone for a little bit and see what progress you made. You can always team up later.

GEMINI: May 22-June 21. Gemini, others look to you for support in the days ahead. Lend an ear and a helping hand if asked. Simply being there as a sounding board may be enough.

CANCER: June 22-July 22. Cancer, expect the unexpected in the days ahead. The unknown can be mysterious, and that can spice things up for a little while. Embrace the challenge.

LEO: July 23-Aug. 23. Leo, your willpower may not be strong this week, so be on guard if temptation arises. It's alright to indulge once in awhile, but do your best to stay the course.

VIRGO: Aug. 24-Sept. 22. Virgo, a little personal pampering can go a long way from time to time. You can't always look the other way regarding your personal needs. Help yourself to help others.

LIBRA: Sept. 23-Oct. 23. Libra, you're usually cool as a cucumber, but something has you riled up this week that may be putting doubts in your head. Focus and breathe.

SCORPIO: Oct. 24-Nov. 22. Scorpio, you may feel like you are ready to throw caution to the wind, but deep down you know that's not your style. Continue to do your research and find the best way forward.

SAGITTARIUS: Nov. 23-Dec. 21. Sagittarius, a conversation with a loved one provides some clarity for both of you. Allow this heart-to-heart to serve as a foundation for future discussions.

CAPRICORN: Dec. 22-Jan. 20. Build restful moments into your schedule while working from home, Capricorn. This way you have a fine line between home and work life. Start today with a long lunch.

AQUARIUS: Jan. 21-Feb. 18. You can pursue different ventures all the while keeping your day job, Aquarius. It's not a "one-or-the-other" thing. If something feels like a calling, do your research.

PISCES: Feb. 19-March 20. Take stock of your

relationships, Pisces. Make sure that you are getting as much as you're giving. Work out any imbalances if necessary.

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FAMOUS BIRTHDAYS

OCT. 21 — Ursula K. Leguin, author (d)

OCT. 22 — Robert Rauschenburg, artist (d)

OCT. 23 — Ang Lee, screenwriter, director (67)

OCT. 24 — Bill Wyman, musician (85)

OCT. 25 — Zadie Smith, novelist (46)

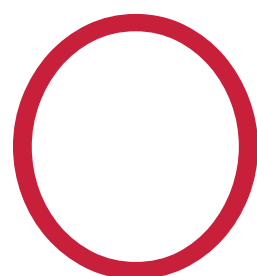
OCT. 26 — Mahalia Jackson, singer (d)

OCT. 27 — Fran Lebowitz, writer (71)

MAKE THE PERFECT APPLESAUCE



Joyce Amsden is a
UVM Extension Master
Gardener Intern from
Sharon.



BY **JOYCE**
AMSDEN

One of the great pleasures of a sunny fall day is the juicy, sweet crunch of a new apple, fresh from the orchard.

Sometimes a trip to the orchard yields such a bounty of apples that it is impossible to eat

them all fresh. This can be particularly true if you get "drops." Most food safety sources say that "drops"

should be cooked before eating because of toxins that can develop on apples bruised by a fall to the ground.

One of my favorite ways to cook apples is to make applesauce. On its own or with cottage cheese or yogurt, it makes a delicious breakfast, side dish or snack.

You can make applesauce by peeling, coring and cooking the apples with a bit of water, then mashing or processing them to the desired texture. If you have a cone strainer or food mill, you can try the method below, which retains more of the apple flavor and

sweetness. The lovely pink color and flavor easily justifies the cost of the strainer or mill, if you are so inclined.

Different varieties yield different color and sweetness. (McIntosh is one of my favorites).

Adding cinnamon adds spice and sweetness without calories or the health problems related to added sugar.

To prepare your apples, first wash them under cool water. Drain.

One at a time, quarter the apples, removing the blossom ends, stems and core. Place them in a saucepan. Most sources recommend removing the seeds as they harbor very minimal traces of a toxin.

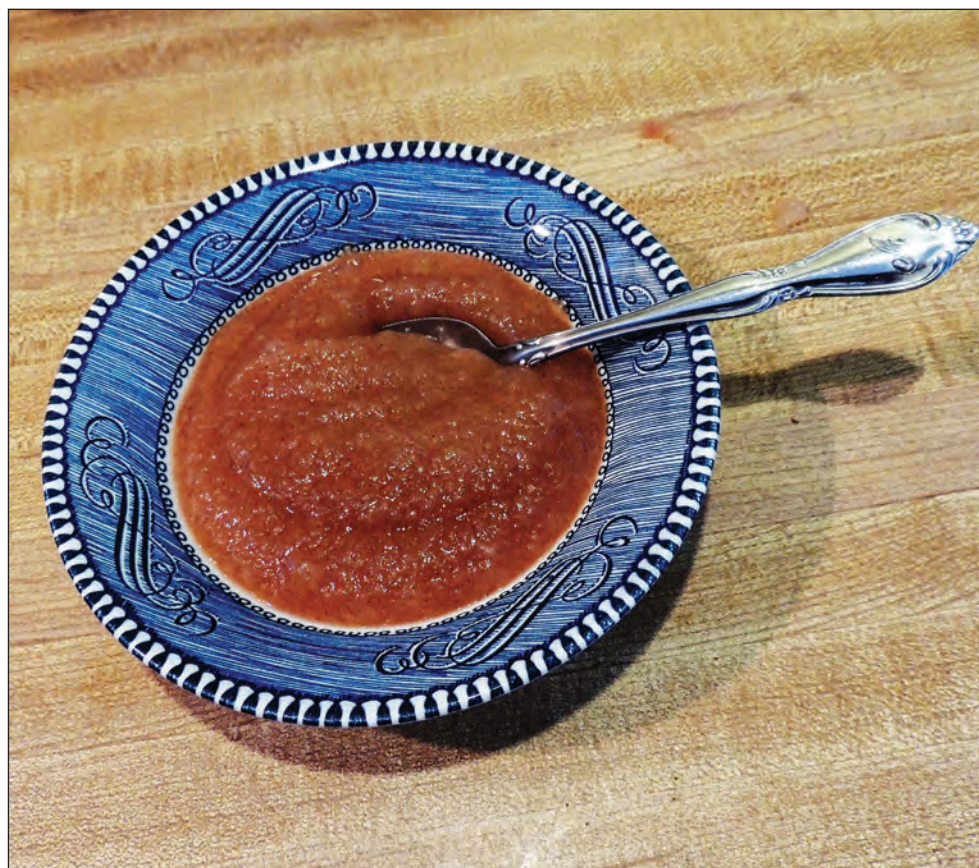
Although it is unlikely that anyone would eat enough seeds to cause a problem, there is another reason to remove the core. The casings around the seeds do not soften in cooking and can slip through the food mill into your applesauce and have an unpleasant texture.

When you have prepared your apples, add 1/2 to 1 cup water to the pot so that the apples don't burn before they begin to release their juice. Cover and cook over medium heat for 15-30 minutes or until soft, stirring frequently. Adjust heat to avoid scorching.

Put the pulp through a food mill or cone strainer. Season to taste with cinnamon. I use a heaping teaspoon for three pounds of apples. Allow the sauce to cool. Taste before making a decision whether to sweeten with a little honey or sugar.

Ladle into plastic freezer containers leaving 1/2-inch of headspace. Freezing best preserves the fresh flavor but has the disadvantage of having to wait for it to thaw before use. Being a high-acid food, applesauce also can be canned in a hot water bath, which has the advantage of being ready when you are.

If your applesauce makes it to the canning kettle or freezer without being devoured by your friends and family, it will make a lovely winter treat.



To make applesauce, quarter the apples, removing the blossom ends, stems and core, then place in a saucepan with 1/2 to 1 cup water to cook. Cook apples over medium heat for 15-30 minutes or until soft, stirring frequently. Applesauce seasoned with cinnamon makes a nutritious breakfast, side dish or snack, especially as the days grow colder.

PHOTOS / JOYCE AMSDEN

Warm and wow guests with homemade hot mulled apple cider

When hosting friends and family at home, it's understandable that hosts direct so much of their focus to the foods they plan to serve. The main course is often the focal point and most memorable aspect of a dinner party, and that's true whether the get-together is a backyard barbecue, a holiday meal with the family or a formal affair with colleagues.

Food might be a focal point, but guests also will need something to drink. Traditional spirits like wine and cocktails are the standard, but hosts who want to get a little creative should not hesitate to do so. When choosing a special beverage, timing is everything. Guests will want to cool down on warm summer evenings, so something cold and refreshing can make for the perfect signature cocktail. When hosting on nights when the mercury has dropped, a warm beverage can heat up guests in a matter of minutes. On such nights, hosts can serve this version of Hot Mulled (Sherried) Apple Cider courtesy of Laurey Masterton's "The Fresh Honey Cookbook" (Storey). One added benefit to Masterton's recipe is it can produce a welcoming winter aroma, helping hosts establish a warm ambiance for the festivities.

HOT MULLED (SHERRIED) APPLE CIDER

Serves 16
1 gallon apple cider
1 orange, unpeeled, cut into slices
1/4 cup whole cloves



- 4 sticks cinnamon
 - 1/4 cup honey, preferably cranberry honey
 - 1 cup sherry (optional)
1. Combine the cider, orange slices, cloves, cinnamon, and honey in a large pot over medium heat. If you are picky about things floating in your cider, make a little bundle out of cheesecloth and place the cinnamon and cloves inside before adding to the cider. I like to chew on cloves, so I just toss everything in. Bring to a boil, and then reduce to a simmer over low heat for an hour or so to spread these lovely winter aromas around your home.
 2. If you're serving it to adults, add the sherry. It might make everyone want to go sledding!

— MetroCreative

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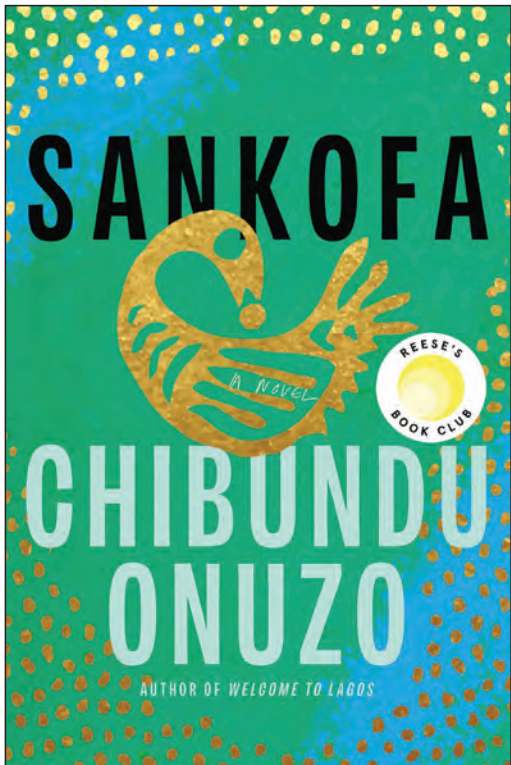
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REVIEW BOOK

MORE LITERATURE TO EXPLORE CULTURAL HERITAGE

SANKOFA — BY CHIBUNDU ONUZO
(Catapult)



Anna Graham, who later in her life, with an unsteady marriage, a fully-grown independent daughter, and a mother recently passed, is now uncovering her past and figuring out who she is. While cleaning out the flat that belonged to her Welsh mother, Bronwen Bain, she discovers her father's diary, given to her mother for safekeeping. Brownwen told Anna very little about her father, just he left, returned to Africa, and was never interested in being a father. Anna, growing up as a half-caste in England, discovers Francis Aggrey was a student in London and boarded with her grandfather which is how he came to meet, and fall in love, with her mother. Reading his diary sets off the events of the book to follow, as the person her father turns out to be is problematic for Anna. Still, she travels to meet him, and as she navigates the cultural and familial heritage that was kept from her, she comes into her own. As the novel draws to a close, the meaning behind the title, "Sankofa," is revealed, and a traditional ceremony provides an all encompassing moment of clarity that is emotionally moving, and creates the bonds that hold this book together.

— Reviewed by Jenny Lyons. Connect with her on Instagram @jennysbookshop to find more great book reviews and recommendations. Look for these titles and more at your local bookstore.

The Night Watchman,
by Louise Erdrich

*How the One-Armed Sister
Sweeps Her House,*
by Cherie Jones

*Chronicles from the Land of
the Happiest People on Earth,*
by Wole Soyinka

Interior Chinatown,
by Charles Yu

What Storm, What Thunder,
by Myriam J. A. Chancy

The Stationery Shop,
by Marjan Kamali

The Mountains Sing,
by Mai Phan Que Nguyen

I Will Die in a Foreign Land,
by Kalani Pickhart

CALENDAR CONTINUED FROM PAGE 7

**AUTHOR
MATTHEW
RAIDBARD IN
MIDDLEBURY.**
Saturday, Oct.
30, 3 p.m., Ilsley
Public Library,
75 Main St.

Raidbard will discuss his new book, "Lead Like a Pro: Effective Leadership Styles for Athletic Coaches." More info at ilsleypubliclibrary.org.

**SCAREFEST MOVIE AND DANCE PARTY IN
VERGENNES.** Saturday, Oct. 30, doors open at 6:30. Vergennes Opera House, 120 Main St. Get your costumes on and creeped out with "The Ranger," starring Jeremy Holm, followed by a Halloween Dance Party. Tunes by DJ Fatty B! The Antidote will be slinging drinks. A special mystery guest will judge the Costume Contest and will give away \$200 in prizes. Catch the whole weekend for \$50.

SUNDAY, OCT. 31

GREEN MOUNTAIN CLUB HIKE IN LEICESTER. Sunday, Oct. 31, Leicester Hollow and Chandler Ridge Loop. This moderate 9-mile hike can be wet. Return via the Chandler Ridge Trail, with views to the east and west. Contact leader for details, Jenn Mayhew, 513-403-4196. More at

gmcbreadloaf.org.

SPOOKTACULAR IN MIDDLEBURY. Sunday, Oct. 31, 4-7 p.m. The Drive-thru Spooktacular is back, along with a bonus walk-through area.

WEDNESDAY, NOV. 3

"A LIFE IN ART AND ACTIVISM" IN MIDDLEBURY. Wednesday, Nov. 3, 7 p.m., Ilsley Public Library, 75 Main St. Artist, legislator, and former director of the Flynn Center in Burlington, John R. Killacky draws on commentaries from his book "Because Art" to relate his experiences as a dancer in New York in the 1970s and '80s, the maelstrom of the Culture Wars of the 1990s, and his work advocating for artists with disabilities. Free. If you'd prefer to view via live stream go to vermonthumanities.org. Details on how will be posted closer to the date of the event.

THURSDAY, NOV. 4

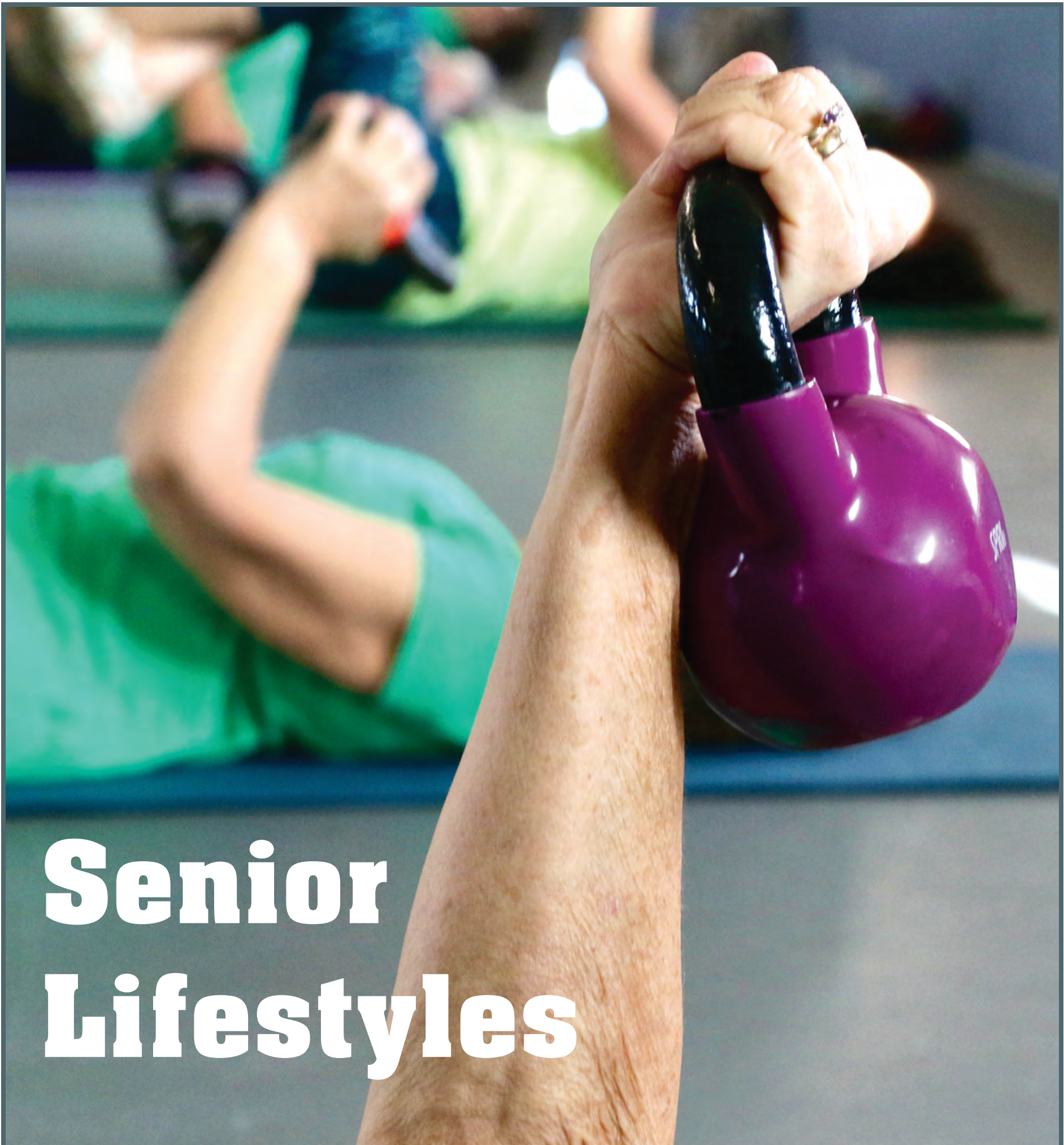
**LIGHT DETECTION AND RANGING (LIDAR)
VIRTUAL LECTURE.** Thursday, Nov. 4, noon, Zoom. Will Amidon, Middlebury Geology Professor will discuss a new technique to visualize landscapes using high-resolution topographic images of Earth's surface — Light Detection and Ranging (LiDAR) — which collects

data by firing a laser from an aircraft and uses the reflection to estimate land surface elevation at a spatial resolution of roughly 1 meter. Presented by the Henry Sheldon Museum in conjunction with the Sheldon's current exhibit "Sightlines — Picturing the Battell Wilderness." \$5 pre-registration required. Register and more info at henrysheldonmuseum.org/events.

SATURDAY, NOV. 6

THE DISSIPATED EIGHT IN BRANDON. Saturday, Nov. 6, 7 p.m., Brandon Town Hall, 1 Conant Sq. Middlebury College's famous a capella group returns for their 5th performance with great harmonies, and a unique touch of comedy. They sing a range of songs from modern day pop to traditional barbershop. All tickets \$5.

**"UNDERDOG" VERMONT FILM PREMIERE IN
MIDDLEBURY.** Saturday, Nov. 6, 7 p.m., Town Hall Theater, 68 S. Pleasant St. "Underdog," a film created by Middlebury College alum Tommy Hyde, profiles the tale of Doug Butler, a hardscrabble Vermont dairy farmer who risks losing the only home he's ever known to chase his dreams of dog mushing in Alaska. Hyde and Butler will offer a post-film Q&A after the premiere screening. Tickets and info at townhalltheater.org or call 802-382-9222.



Senior Lifestyles

INSIDE: Kettlebell workout • Sensory losses • Doctor visits

A publication of the Addison Independent • October 21, 2021

Quick Hearing Quiz

Do you...

- 1 Feel like people are mumbling a lot?
- 2 Contribute little at meetings, restaurants or family gatherings?
- 3 Need to turn up the volume on the TV?
- 4 Feel it is difficult for you to hold a conversation with background noise?
- 5 Miss key words in a conversation?
- 6 Have difficulty carrying on a conversation on the telephone?
- 7 Often ask people to repeat themselves?
- 8 Have a family member or friend mention you might have a problem with your hearing?

If you answered "yes" to two of these questions, you could benefit from a hearing consultation.



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Kettlebell class thrives even through the pandemic

Seniors share workouts and fellowship

By ANDY KIRKALDY

PANTON — Seventeen faithful attendees of a senior kettlebell workout class at Vintage Fitness Center in Vergennes were much chagrined when center owners Kimberly and Joel Palmer decided it was best to close operations after the COVID-19 pandemic struck in March 2020.

The members of the class, average age in the early 70s with the oldest in the mid-80s, understood the tough choice the Palmers had to make. But still they took the news hard.

“We had a group of us, the lower-impact older group, that were just devastated,” said Pantan resident Janet Seaburg, 84. “We need that at our age.”

Vergennes resident Karen Quigley, 67, also remembered when she learned the Palmers shut down Vintage Fitness. Especially during the pandemic’s lockdown phase, she said missing the class was painful.

“I felt incredibly lost. This twice-a-week thing had been a way to get me out of the house, and I think the others

felt the same. We were together, and we were exercising,” Quigley said. “When everything came to a screeching halt, we all were lost. We didn’t know what to do.”

Then Seaburg had the brainstorm that first sparked the group into organizing their own self-directed classes: She offered her

Panton property on Button Bay as a workout site. It has room for all to observe masking and distancing recommendations.

“I live in this big house on the lake with a nice yard, and I have a three-car garage, and I can clean it and open all the doors,” she said. “So we came here last July 9, and we’ve had 126 classes since then.”

The fact that they have met that often is also thanks to another Seaburg idea. As the weather started to turn cold in the fall of 2020, she thought of the large dog training space at Comfort Hill Kennel in Vergennes, run by Linette Paquette.

“She said she has this huge dog obedience ring,” Seaburg said. “She’s been renting that space to us two days a week for an hour in the winter.”

“We’re all seniors, but probably half the group is 10 to 15 years older than I am (67). They’re inspiring. I want to be them when I’m that age.”

— Karen Quigley



CAROL SPENCER WORKS out with a kettlebell at one of the twice-weekly sessions held at the Comfort Hill Kennels in Vergennes. She is one of a 17 older women who formed a workout group at the start of the pandemic and are still at it. Independent photo/Steve James

Since the first workout on Seaburg’s lawn on July 9, between 13 and 17 members of the group have faithfully attended — and taken turns leading — the group workouts.

As well as kettlebells — weighing between 5 and 30 pounds depending on the strength and joint condition of the participants — Quigley said workouts incorporate cardio calisthenics, such as jogging in place and jumping jacks,

and core-strengthening exercises using resistance bands and exercise balls.

The variety creates a more complete and interesting workout, she said.

“It encompasses everything, and thanks to Kim and Joel Palmer we have the skills now. We know what we’re doing, and we know how to be safe,” Quigley said. “It just works for all of us.”

Workouts average about 14 people per (See Training, Page 16)

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Staying active, good fitting shoes will help prevent falls

By DR. EDWARD YOON

As we age, we begin to learn — sometimes firsthand — how devastating a fall can be. It isn't quite as easy as it once was to hop back up and continue on our way.

Each year millions of older adults experience falls and fall-related injuries. Vermont ranked No. 48 in a state-to-state comparison with 32.9% of adults age 65 and older reporting a fall in the past 12 months, according to recent data from the 2021 America's Health Rankings Senior Report.

About one in four people in the United States over age 65 reports falling each year. Among older adults, 1 out of 5 falls causes a serious injury, including 90% of hip fractures and 51% of traumatic brain injuries. Contributing factors for falls include poor balance, poor vision, certain medications, alcohol consumption, physical inactivity, osteoporosis, physical disabilities and general frailty.

Being aware of the risk factors and following these tips can reduce your chances of serious injury, and help you maintain and improve the quality of your health and remain independent.

• **Medications:** Any time you get a new prescription, ask your pharmacist or doctor about side effects like dizziness or drowsiness that can affect balance.

• Review Your Health Benefits:

As we approach the Medicare annual enrollment period in October, older adults should consider whether their current plan includes programs that can help reduce the chances of a fall.

• **Stay Active:** Do exercises that can strengthen your legs and improve balance.

• **Talk to Your Provider:** A health care provider can help assess and reduce your fall risk. Medicare-eligible individuals can access care through an Annual Wellness Visit, which is free to anyone on Medicare.

• **Footwear:** Make sure your shoes fit, have good traction, and are comfortable. See a doctor if you are experiencing foot pain.

• **Check Your Home:** Most falls happen at home. Remove clutter, fix steps that are uneven and make sure there is adequate lighting. Install grab bars and handrails in the bathroom and on stairways. Use a cane, walker, crutches or other support if needed.

Falls can present a more significant health threat than many may realize, but by understanding risk factors and how to reduce them, older adults can empower themselves to live healthier lives.

Editor's note: Dr. Edward Yoon is chief medical officer of UnitedHealthcare Medicare & Retirement of New England.



Watch your step!

"WARRIORS" MARY GORDON, left, and Joanne Ringer run through a footwork drill last Tuesday during one of their kettlebell workout sessions held regularly in Vergennes.

Independent photo/Steve James

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Family members should be aware of sensory losses in the elderly

BURLINGTON — 83% of older adults live with at least one form of sensory loss, according to a survey by Home Instead Inc. Sensory loss increases the risk of feeling isolated.

“Older adults living with limited or diminished senses are faced with the added stress and difficulties brought on by prolonged isolation from their loved ones,” said Lakelyn Hogan, Ph.D., gerontologist, and caregiver advocate at Home Instead. “And it’s especially important to consider their needs, as they may have an especially difficult time staying connected.”

Now more than ever, it is important for family members, caregivers and the community as a whole to be mindful of the signs of sensory loss and take proactive steps to ensure these individuals feel embraced and engaged.

Each of the five senses plays a role in keeping us connected to the world around us. When they are weakened, it can become difficult and frightening to navigate an environment that is not designed to accommodate impaired vision, hearing, mobility and more.

“Some older adults have been able to use video chats and phone calls to stay in touch (See *Sensory loss*, Page 17)



Range of motion

THE WARRIORS' KETTLEBELL workouts involve more than standing in place and deadlift heavy pieces of iron. Cherie Vachon, left, and Carol Spencer stretch while lifting weights during a recent work out at the Comfort Hill Kennels.

Independent photo/Steve James

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Training

(Continued from Page 13)

session. The group has grown close, and members call themselves The Warriors and own matching green T-Shirts.

“CAMARADERIE & CORE TRAINING”

Why do they keep coming back for more? For both healthy exercise and friendship.

“(It’s) the camaraderie and the core training, just the whole overall training, the laughter and the sharing,” Seaburg said. “We just kept up with it. We all



CHERIE VACHON, UPPER left, is all smiles as she lifts a kettlebell at the twice-weekly workouts held at the Comfort Hill Kennels in Vergennes. In between lifting kettlebells, Mary Gordon, above left, Vachon, Carol Spencer and Katrina Matthews do stretching exercises against the wall. Vachon said she not only keeps fit lifting the weights, but it has helped her recover quicker from a dislocated shoulder.

Independent photos/Steve James

support each other. We laugh. We have a good 50-minute exercise.”

Quigley agreed.

“Somehow we have arrived at a very cohesive group. Everybody gets along. Everybody supports each other in the classes and privately, when someone is having a family issue or a health issue or

whatever it might be,” Quigley said. “For me it’s an incredible group of people ... We have a lot of laughs.”

So, why kettlebells? Certainly it helped that the Palmers offered that alternative, and those who tried it liked it.

“I am an exercise person. I had done Curves, which you can’t even mention to

a kettlebell person. But that’s all there was here. But then this came, and I just loved it,” Seaburg said. “Joel still has videos on YouTube. You can watch them and see what an overall program this is.”

Quigley confessed she was an exercise skeptic before starting the Palmers’

(See *Variety*, Page 18)

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Sensory loss

(Continued from Page 15)

with family during the pandemic,” said Tim LaBeau, owner of the Burlington Home Instead. “In fact, according to a recent study, one in four — 28% — feel more comfortable using new technology than they did one year ago. But that technology may not work for seniors with failing eyesight or hearing. For them, isolation remains a threat.”

All of us can play a role in ensuring the aging population feels supported and connected during these times. LaBeau offers these tips to help connect:

- Contact older loved ones or neighbors regularly and create meaningful interactions to ensure they feel valued.
- During phone calls, be sure to speak up and enunciate your words clearly.
- When possible, visit in-person from a socially safe distance..

One simple way to make those with sensory loss feel included is to practice empathy. By putting ourselves in their shoes, we can help create a more inclusive and aging-friendly world for our loved ones, neighbors and others in the community.

“We can find opportunities to lead with empathy in everyday situations,” explains Hogan. “For example, if you’re in line at the grocery store and an older adult in front of you is having a hard time grabbing their credit card from their wallet, instead of getting frustrated, take a deep breath and remember that they may not have the same sensitivity in their fingers as you do.”

Brain’s immune cells and Alzheimer’s

CHARLOTTESVILLE, Va. — University of Virginia School of Medicine researchers last week shed light on a vital but previously unknown role for immune cells that protect the brain from disease and injury: The cells, known as microglia, also help regulate blood flow and maintain the brain’s critical blood vessels.

In addition to revealing a new aspect of human biology, the findings may prove important in cognitive decline, dementia and stroke, among other conditions linked to diseases of the brain’s small vessels, the researchers say.

“Precise blood vessel function is critical to accommodate the extreme energy demands of the brain for normal brain function,” said Ukpong B. Eyo, Ph.D., of the UVA Brain Institute. “These findings suggest previously unknown roles for these brain cells in the proper maintenance of blood delivery to the brain and provide novel opportunities to intervene in contexts where blood perfusion to the brain is impaired.”

“Researchers have been studying these cells in the living brain for over two decades but this is the first time we are able to get an idea of these mechanisms of microglia-blood vessel interaction.”

— Ukpong B. Eyo, Ph.D.

THE ROLE OF MICROGLIA

Scientists have known that microglia play many important roles in the brain. For example, the cells police the natural blood-brain barrier that protects the organ from harmful germs in the bloodstream. Microglia also facilitate the formation of the brain’s complex network of blood vessels during development. And they are known to be important in many diseases. In Alzheimer’s disease, for example, recent work suggests that the loss of the immune cells is thought to increase harmful plaque buildup in the brain.

Scientists have been unsure, however, what role microglia play in maintaining blood vessels in a normal, healthy brain. The new research from Eyo and his colleagues reveals that the cells are critical support staff, tending the vessels and even regulating blood flow.

The UVA researchers identified microglia associating with the brain’s capillaries, determined what the immune cells do there and revealed what controls those interactions. Among

the cells’ important responsibilities is helping to regulate the diameter of the capillaries and possibly restricting or increasing blood flow as needed.

“Researchers have been studying these cells in the living brain for over two decades but this is the first time we are able to get an idea of these mechanisms of microglia-blood vessel interaction,” said Eyo, a top expert on microglia.

The researchers believe their new findings could have significant implications for diseases that affect the small vessels of the brain. These conditions are thought to contribute to strokes, Alzheimer’s, loss of balance and mental decline, among other serious health problems.

“We are currently expanding this research into an Alzheimer’s disease context in rodents to investigate whether the novel phenomenon is altered in mouse models of the disease and determine whether we could target the mechanisms we uncovered to improve known deficits in blood flow in such a mouse model of Alzheimer’s,” Eyo said. “Our hope is that these findings in the lab could translate into new therapies in the clinic that would improve outcomes for patients.”

The researchers have published their findings in the scientific journal *Nature Communications*.

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Variety

(Continued from Page 16)

classes in December 2016. She said friend and fellow Warrior Denise Kennedy had to twist Quigley's arm to attend.

"Prior to that I hated exercise, and my neighbor dragged me kicking and screaming to try this," she said. "And I said I'm not going to like it. I can't do it. And I loved it."

Why?

"It's not just 30 minutes on a treadmill where you want to just fall asleep because you're so bored. It's constant movement. The little exercise routines last maybe three or four minutes, so it's always changing, it's always different," Quigley said.

BENEFITS

Research supports the Warriors' efforts as a great way to improve physical and mental health.

A Livestrong.com article (tinyurl.com/kp8zfstn) describes kettlebells as weights that "have been around since the 1700s" and are "shaped like a cannonball with an iron handle attached."

According to the article, "Working with weights such as kettlebells can slow down a number of conditions that tend to accompany aging ... strength training can decrease pain from arthritis and help you manage diabetes."

"Even if you're in perfect health, working with weights can improve your mood, help you sleep better and lower your risk of heart disease. Using kettlebells may also improve your bone density, so if you fall, your bones won't fracture as easily."

A paper from a quartet of medical professionals at Tufts University (tinyurl.com/2nkj8pk8) states:

"Essential to staying strong and vital during older adulthood is participation

in regular strengthening exercises, which help to prevent osteoporosis and frailty by stimulating the growth of muscle and bone. Feeling physically strong also promotes mental and emotional health.

Strength training exercises are easy to learn, and have been proven safe and effective through years of thorough research."

Quigley would agree. After five years of Warrior workouts how does she feel?

"Immensely better, much stronger. Probably stronger than I've ever been in my life," she said. "And it's a good mental exercise as well. It keeps your brain active."

WARRIORS ON THE MOVE

The Warrior workouts started with members leading routines written down on index cards, but by now they know they it all by heart.

As Seaburg said, the notes are no longer needed: "Kim and Joel had taught us more than we realized."

Of course, any workout benefits from music. Seaburg creates playlists of her preferred tunes and sends them to her grandson in Connecticut, and he takes care of the technological end.

"I have five good playlists, and I'm working on a couple more," Seaburg said, citing as favorites show tunes, the stylings of pop singers Michael Bublé and Roger Whittaker, and, if she wants to pick up the pace, songs by Willie Nelson or Huey Lewis and the News.

Quigley said Seaburg incorporated some of Kim Palmer's so-called "silver" playlist into her musical selections, including "a couple polka songs" to liven things up.

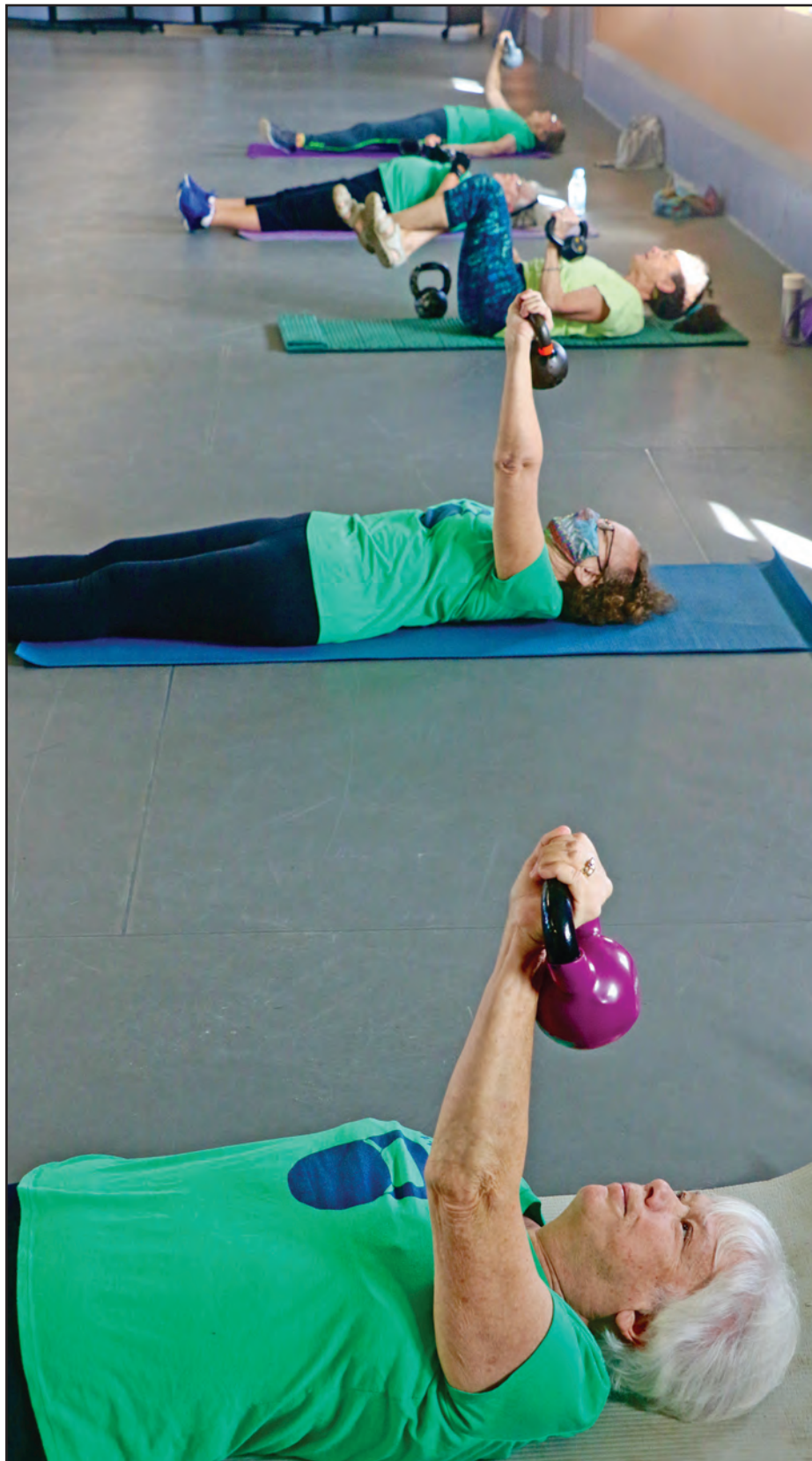
(See Quigley, Page 19)

"(It's) the camaraderie and the core training, just the whole overall training, the laughter and the sharing. We just kept up with it. We all support each other. We laugh. We have a good 50-minute exercise."

— Janet Seaburg

"This twice-a-week thing had been a way to get me out of the house ... We were together, and we were exercising. When everything came to a screeching halt (at the start of the pandemic), we all were lost. We didn't know what to do."

— Karen Quigley



WARRIOR WORKOUTS STARTED with members leading routines written down on index cards, but by now they know the workouts by heart.

Independent photo/Steve James

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Quigley

(Continued from Page 18)

While they laugh and sweat through their routines, Quigley said the Warriors also motivate one another.

"I watch these 80-somethings in our group who are doing jumping jacks better than I can," Quigley said. "I'm one of the youngest, and I'm 67. And we go upwards in age to a woman who's 86.

"I watch these 80-somethings in our group who are doing jumping jacks better than I can."

— Karen Quigley

"I would say start by watching Joel Palmer's YouTube videos (tinyurl.com/VintageFitness). They're fabulous. He has everything from a beginner's routine to advanced. He does incredible safety pointers," Quigley said.

But she admits not all will be fortunate enough to find a group like the Warriors.

"It really was a gift," Quigley said. "We're incredibly lucky to have Janet's beautiful yard in the summer and Comfort Hill in the winter."

To be with these people, we're all seniors, but probably half the group is 10 to 15 years older than I am. They're inspiring. I want to be them when I'm that age."

What would she say to those who, like she did five years ago, resist the notion of exercising?



The Warriors kettlebell exercise group includes 17 women. Shown from left at a Vergennes workout last week are, front row, Connie Houston, Cherie Vachon and Carol Spencer; and back row, Mary Gordon, Janet Seaburg, Joanne Ringer, Karen Quigley, Katrina Matthews.

Independent photo/Steve James

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How often should seniors visit their doctor?

Routine health checkups are a key part of staying healthy. Older adults may feel like they're always visiting one doctor or another. But what is an acceptable frequency for doctor appointments?

The answer isn't always so cut and dry, and many health professionals have mixed feelings even among themselves over the magic number. The Centers for Disease Control and Prevention recommends adults over the age of 65 visit the doctor more than twice as often as 18- to 44-year-olds. According to Paul Takahashi, a physician at the Mayo Clinic in Rochester, Minn., adults should see their primary care physicians at least once a year to make sure diseases are being properly managed and to stay current on preventative screenings.

Visiting the doctor more frequently does not necessarily add up to better health, and it actually can do the opposite. Dr. Peter Abadir, an associate professor of medicine at the Johns Hopkins University School of Medicine, says frequent visits to health facilities where sick people congregate puts one at a higher risk of illness or infection. Visiting the doctor only when necessary is one way to avoid risky exposure.

Doctor visit frequency is not a one-size-fits-all answer. A yearly physical

or checkup is a given, even for people who are healthy. People with a family history of certain conditions, like sleep disorders, cancer, high blood pressure and other conditions, may need to see a doctor more frequently than those with no such histories. In addition, patients may need referrals to certain specialists who work together to provide an overall health plan. That can increase the number of appointments and shorten the intervals between them. Johnson Memorial Health offers some statistics.

Visiting the doctor more frequently does not necessarily add up to better health, and it actually can do the opposite.

- People visit the doctor four times a year on average.
- Studies show that poor or uninsured people prolong the time between doctor's visits.

• Individuals with high blood pressure may need to see the doctor four times a year to ensure medications are working properly.

• Patients on dialysis see the doctor several times a week.

Dr. Jennifer Caudle, a family physician and assistant professor at Rowan University School of Osteopathic Medicine in Stratford, N.J., says too often people visit the doctor only when they are really sick. That works to their disadvantage because the appointment will focus only on treating the illness

Healthline and WebMD recommend older adults schedule these routine tests.

- Blood pressure check
- Blood test to check cholesterol and triglyceride levels
- Colorectal cancer exam starting at age 50
- Weight screening to check for gains or losses
- Prostate cancer screening for men age 70 and older
- Breast exam and mammogram for women, starting at age 40
- Pap smear and HPV tests at the recommended intervals advised by a doctor
- Hearing test
- Osteoporosis test
- Shingles and pneumococcal vaccines
- Eye exam
- Periodontal exam once per year

The frequency of the screenings may depend on individuals' health histories, so each test should be discussed with a physician during adults' annual checkups.

instead of addressing other preventative care and screenings. Balance is necessary in regard to health care.

Patients can work together with their doctors to develop screening schedules that are customized to their particular

profiles. These schedules can be modified as health history information changes or as patients age. Doctors can dial back or increase health visits as needed.

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Information on perimenopause and menopause

Women undergo two major biological stages in life, and each has profound effects on their bodies. The first is called menstruation and comes after the onset of puberty. At this point, young women are physically mature enough to have a child. Around 35 to 50 years later, that same woman's fertile years will cease and she will no longer be able to reproduce. This stage is known as menopause.

The approach of menopause can be a confusing time for women. Learning about menopause can help women make sense of the process.

Menopause is a natural occurrence in a woman's life. Menopause occurs 12 months after a woman's last period. It marks the end of the reproductive years and the cessation of menstruation.

Many women mistakenly believe that the years leading up to the end of their periods is menopause. In fact, this time of potential hot flashes and changes in their monthly cycles is a transitional period known as perimenopause.

The National Institute on Aging (NIA) says menopause can take place between ages 45 and 55. Perimenopause may

occur several years before that. **SIGNS THE TRANSITIONAL YEARS ARE BEGINNING**

Irregular menstruation is one of the first indications that a woman's body is changing. Periods may come at different times or be shorter or last longer. Some women bleed more or less than usual. Women should consult their gynecologists if their periods last more than a week or if bleeding is especially heavy.

HOT FLASHES COULD OCCUR

The NIA says many women experience hot flashes in both perimenopause and menopause. Hot flashes are believed to be related to changing estrogen levels.

The sudden feeling of heat in the upper part or all of the body is often accompanied by flushing of the face and neck. When they occur at night, hot flashes are called night sweats.

MOOD CHANGES/SLEEP ISSUES

Fluctuating hormones can cause other changes in the body. It's common for women in perimenopause to experience mood changes. However, mood also may be affected by disruptions to sleep that

can occur at this time. Women can speak to their doctors about remedies that can help with mood and sleep issues.

ADDITIONAL CHANGES

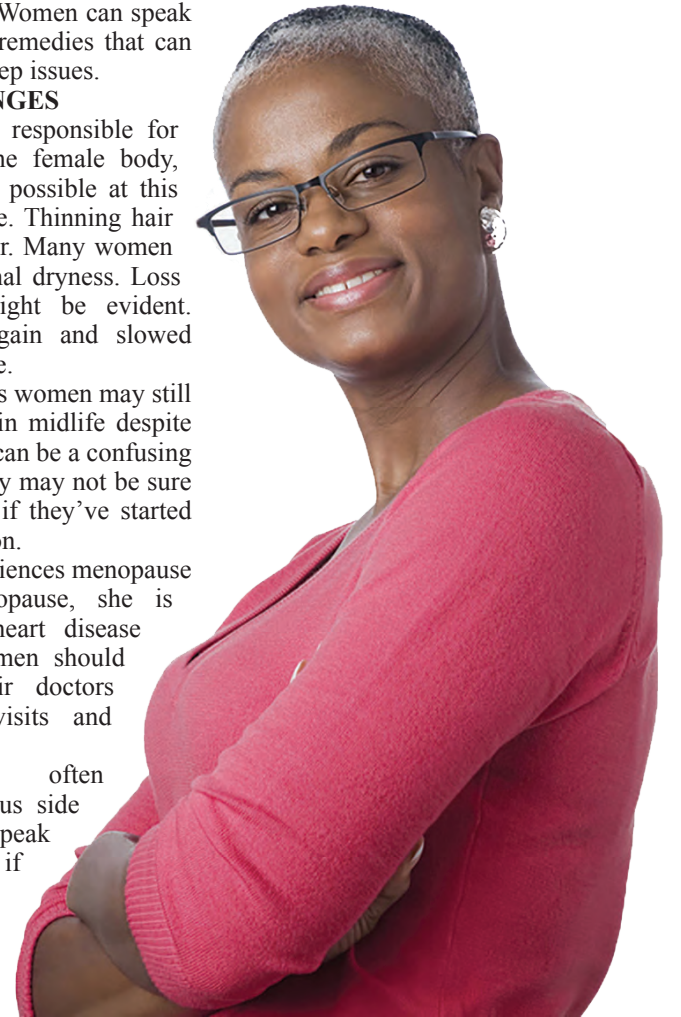
Since hormones are responsible for many operations in the female body, additional changes are possible at this point in a woman's life. Thinning hair and dry skin may occur. Many women also complain of vaginal dryness. Loss of breast fullness might be evident. Furthermore, weight gain and slowed metabolism are possible.

The Mayo Clinic says women may still experience pregnancy in midlife despite irregular periods. This can be a confusing time for women, as they may not be sure if they're pregnant or if they've started the menopause transition.

After a woman experiences menopause and enters post-menopause, she is more vulnerable to heart disease and osteoporosis. Women should continue to see their doctors for routine health visits and screenings.

Menopause is often accompanied by various side effects. Women can speak with their physicians if they have any questions or concerns during this unique time in their lives.

— Metro Creative



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Halloween 2021 is on!



Even before Dr. Fauci gave trick-or-treating the green light, Halloween 2021 was shaping up to be excellent.

Middlebury's Spooktacular is back — this time with drive-through and walkthrough options — on Oct. 31.

The folks responsible for that fantastic, little-kid-appropriate haunted forest in Bristol last year — the Brendon P. Cousino Med47 Foundation — are going "bigger and better" on Oct. 29, 30 and 31 this year.

Ilseley Library is doing a ghost hunt the whole Halloween week.

The Addison County Sheriff's office is offering three days (Oct. 29, 30 & 31) of spooky tours of the actual 1864 county jail — which "I believe is haunted," says Sheriff Peter Newton.

Middlebury Sweets is throwing a Halloween celebration with free hot dogs, popcorn, kids games and discounted candy on Oct. 30 & 31.

Addison Central Teens has created a scary experience for bigger kids in Terror on the TAM, a haunted trail event on Oct. 29 and 30. In Bristol, you can paint a pumpkin for free in the park on Oct. 30 and catch a free concert on the green on the 31st.

Douglas Orchards in Shoreham is hosting a family-friendly Spooktacular of its own on Oct. 30, with live music, a bonfire, hot cider and hard cider, pumpkins and more.

Platt Library in Shoreham is dreaming up plans for a pumpkin parade.

Vergennes has some fun planned for the grownups: SCAREFEST at the Vergennes Opera House is a double scary-movie feature and dance party.

And Middlebury's Patrick Krok-Horton is hard at work on his Rogers Road spectacular. (The Addy Indy wrote about him and his animatronic dinosaur display in 2018; his Star Wars setup last year was stunning.) This year's theme: Pirates!



Art after school

Want to get artsy after school? Middlebury Studio School is doing drop-in online art classes for all ages on Wednesdays through December — everything from paper marbling with shaving cream, to drawing and painting, to printing with bubble wrap. More details on [MiniBury.com](https://www.minibury.com)



See more online

MiniBury.com

THINGS TO DO • MEET PARENTS & FRIENDS
• NEWS FOR FAMILIES • TIPS, TRICKS & TRENDS • CALENDAR



HAVE YOU HERD ABOUT GOATSCAPING

A member of the "goatscaping" herd hired to clear away brush in an eco-friendly way, digs into her job on a Middlebury property.

PHOTO / DOREEN PETERSON

Zora, quiet, commanding, leader, with purple graced around her neck, motions the group she has charge of. A nod of the head indicating this is my area, you work that patch. Her group of five have purpose, happy to be guided, never ceasing in complete annihilation of vegetation.

BY **DOREEN**

PETERSON

The quietest of munching. You wish your uncle Harry

would eat so quietly at the Thanksgiving table.

Zora, a cashmere goat accompanied by her four goat workers, brings gentleness and peacefulness to the typically clamorous task of removing vines, shrubs and all else that resolve to grow where you envisioned a meticulously maintained lawn.

This morning the trailer containing Zora, Tulip, Strawberry, Biscuit and Garnet arrived at our neighbor's yard. Oh so silently they were led to the pen that had been set up the night before. Yellow-checked mesh, holding a small electric charge outlines the vegetation area that will be cleared by the goats. A large

watering tub lies on one side of the pen, assuring great hydration throughout the day.



The task does not need to be explained, or broken down into smaller tasks; the workers do not need encouragement. Simplicity, enjoyment, this is what the goats do best — EAT! And eat they did.

They quickly developed their own strategies. Tunneling, obviously a favorite, began the day, that is, until the littlest one could no longer see her friends and began a soft bleat. It increased in volume until one of the other goats found it to be important or annoying enough to respond. The chorus continued until the young goat again laid eyes on her friend. But the drama did not end there. Zora, cherishes and demands the tranquility of her work, and quickly responds to such a ruckus, (barely above a whisper to my ears) assuring the youngest will make more of an effort to keep close to her companions in future eating endeavors.

The expansive eating continues all morning, taking a small break, only after hours of munching, laying down, for the briefest of breaks, only to rise and continue eating. What manager would not love workers with

SEE GOATS ON PAGE 25

GOATS

CONTINUED FROM PAGE 24

such conviction in their tasks? They are impressive, in beautiful shape, not fat, so one needs to ask, how do they do it?

Alex McCarthy and Bridget Gosselin, are offering "goatscaping" through the company they created, Soil Rich LLC (soilrichvt.com), located in Middlebury. They bring their goats to clear difficult areas of your property in an eco-friendly process. And for some homeowners the huge bonus is the visit of goats onto their property.

When asked, Alex and Bridget will describe each goat's personality and the social structure of the group they brought. They are happy to share the over abundance

of knowledge of their goats, and all the wonderful adventures they are having with raising and nurturing them. The welfare of the goats is their primary concern. They watch closely as the goats manage the work, making sure they are safe, that there are no obstacles that will be difficult for them. Several times, Alex or Bridget would hop into the fenced area to assist in making the goats area more manageable.

They are finding this community extremely welcoming to their new business and they say their bookings are showing that goatscaping is filling a need in this area of Vermont.

Few moments in life bring together all that is good, all that is gentle, working toward the same goal, clearing land, providing food, quietness, harmony between goats and humans. It was a morning of meditation watching Zora and her accomplices working. What joy the goats have brought to our community.



Zora is the leader of the "goatscaping" herd.

PHOTO / DOREEN PETERSON



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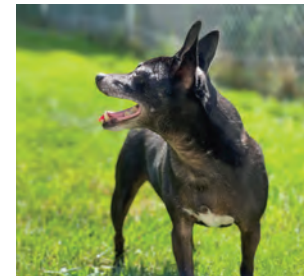
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PETS IN NEED HOMeward BOUND

Addison County's Humane Society

This wiggle-butt is Jayla! She is crazy about people and would adore a human of her very own. She needs to be the only animal in the household. As far as she is concerned, cats are 100% snacks. She is playful and in need of bonding and training with her new owner. She is 4-years old and as cute as it gets. We are learning more about her the more time we spend with her, so call and talk to us to see if Jayla is the one you have been looking for!



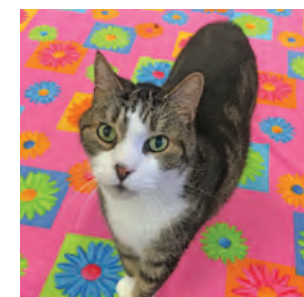
Mickey came to us when his owner recently passed away. He is a Rat Terrier/Chihuahua mix. He is 15-years old and seeking a loving family to retire with. He loves relaxing and hanging out with humans he can trust. He will bark if he needs something and due to his age, can struggle with some incontinence. Mickey, like so many old buddies, needs an end of life home filled with all the sweetness possible.

Meet Goldie and Gidget! This mom and daughter duo are bonded so we'd like to adopt them together. Goldie is a fun-loving mom who actively seeks attention and enjoys running around getting zoomies. Although Gidget can be a bit more timid, bring out some green peppers and she'll run right over to see you! Gidget loves to vocalize her desire for food! Gidget will need someone with a little bit more patience as she works on her self-confidence, but with yummy snacks and consistent help, she will flourish with Goldie by her side. If you think you'd be the right home for these girls, call us today and come see them!



Meet Bugs & Thumper- two very friendly Mini Lop bunnies. These two brothers have been together since the beginning and are about 1.5 years old. They get along great with cats, are a little skittish around kids (toddlers are very loud), however they aren't mean. They love jumping around and running after each other. They are not fixed (however, they will go home with Neuter Vouchers). If you think these two are the bunnies for you please give us a call!

Meet Mavis! Mavis originally came in as a stray, when no one came to claim her, we decided to find her a home. At no fault of her own, she is back and ready for a real forever spot. She wants to be an independent cat at times, however seeks you out for affection when she is ready. She gives little "love bites" to show you how appreciative she is of her humans. This is also a way that some cats seek out bonding with their person. She really wants to be a queen bee! We believe she would thrive in a quiet home with no small children, cats or dogs. A place where she can be her cat self, yet still be spoiled with attention when she is seeking it out.



Twitter is a mush. This old man can take time to warm up to an environment. With proper introductions he can warm up to other cats. Mellow dogs who won't invade his space would be fine. Once he feels safe and comfortable with you, he will beg for attention and food. Twitter deserves a loving and stable home for the rest of his life.

Call or check our website. We may have a pet for you.
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ACROSS

- 1. Break
- 7. Ruled Russia
- 13. Having several lobes
- 14. Walked around proudly
- 16. Atomic #77
- 17. Largest living land animals
- 19. The Great Lakes State
- 20. A type of toast
- 22. Partner to feather
- 23. Bristlelike
- 25. Bowfin
- 26. Distributes
- 28. Hairlike structure
- 29. Sino-Soviet block (abbr.)
- 30. Where wrestlers work
- 31. Blood relation
- 33. A great deal
- 34. Round Dutch cheese
- 36. Move further away from
- 38. Type of wrap
- 40. Furies
- 41. Removes from the record
- 43. Young salmon
- 44. Feline
- 45. Skin decor
- 47. Disfigure

- 48. They __
- 51. Formal term for "on"
- 53. Weight of precious stones
- 55. Traveled rapidly
- 56. Long-winged aquatic bird
- 58. Prickly husk
- 59. Expressed pleasure
- 60. Exclamation of surprise
- 61. Most irritable
- 64. Virginia
- 65. Optimistic
- 67. Humorous works
- 69. Arranged systematically
- 70. Emerges

DOWN

- 1. Wives of a polygamous man
- 2. Where hurt ballplayers land
- 3. Single-celled animal
- 4. Rhythmic pattern
- 5. One from Utah
- 6. A group of seven
- 7. Refrains from inflicting
- 8. Light brown
- 9. Humanistic discipline
- 10. Emits coherent radiation
- 11. It says who you are

	1	2	3	4	5	6		7	8	9	10	11	12	
13								14						15
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56				57		58				59				
60			61		62					63			64	
65		66						67				68		
	69							70						

- 12. Roundworm
- 13. Group of Native Americans
- 15. Makes wider
- 18. Headgear
- 21. One who sets others free
- 24. Form of communication
- 26. A Brit's mother
- 27. Title of respect
- 30. Famed modernist painter
- 32. One-time province of British India
- 35. Prosecutors
- 37. Motor vehicle
- 38. Non-religious
- 39. Native Americans of Colorado and Wyoming
- 42. Pouch
- 43. Touch gently
- 46. Chose
- 47. Actress Tomei
- 49. Former Broncos coach Dan
- 50. Icelandic poems
- 52. More decent
- 54. Grillmasters use it
- 55. Self-immolation by fire rituals
- 57. Expression of annoyance
- 59. __ Spumante (Italian wine)
- 62. Consumed
- 63. Body part
- 66. Thus
- 68. Rupee

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

Sudoku

Each Sudoku puzzle consists of a 9x9 grid that has been subdivided into nine smaller grids of 3x3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9. Puzzles come in three grades: easy, medium and difficult.

Level: Medium

This week's puzzle solutions can be found on Page 31.

Stay Sharp

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UPCOMING MUSIC

MAC HOSTS NEW ENGLAND PREMIERE OF 'A STANDING WITNESS' ON OCT. 29

The Middlebury Performing Arts Series will present a collaborative concert with the chamber music ensemble Music from Copland House and mezzo-soprano Susan Graham on Friday, Oct. 29, 7:30 p.m., at the Mahaney Arts Center's Robison Hall. This dynamic concert explores our national identity, with works by three American composers. Audiences from both on- and off-campus are welcome. Vaccinations (or valid medical or religious exemptions) and masks are required.

The all-American concert program opens with Vermont native Pierre Jalbert's "Crossings," followed by John Harbison's "Songs America Loves to Sing." Then comes the highlight of the evening: the New England premiere of "A Standing Witness," written by Grammy-winning composer Richard Danielpour and Pulitzer Prize-winning

author and former U.S. Poet Laureate Rita Dove. Performed by acclaimed Music from Copland House ensemble and Susan Graham, this cycle of 13 songs is a sweeping retrospective on pivotal historical events and moments in the U.S. over the past half-century. This series of musical snapshots traces the trajectory of American civilization since 1968, and invites us to bring forth what Lincoln called "the better angels of our nature." The Middlebury Performing Arts Series co-commissioned the work through its membership in the national consortium Music Accord.

Tickets are \$25 for the general public; \$20 for Middlebury College ID card holders; \$10 for youth; and \$5 for Middlebury College students. For tickets, health and safety protocols, and information, call (802) 443-MIDD (6433) or visit middlebury.edu/arts.



Music from Copland House and mezzo-soprano Susan Graham will perform at Middlebury College's Mahaney Arts Center on Friday, Oct. 29, at 7:30 p.m.

PHOTO / ALLISON BERT

STEVEN KIRBY QUINTET PERFORMS 'ILLUMINATIONS PROJECT' IN BRANDON

On Saturday, Oct. 23, at 7:30 p.m., Brandon Music is delighted to welcome the return of the Steven Kirby Quintet for a special performance of contemporary and mainstream jazz. Guitarist, composer and educator, Kirby has built a reputation for performing exciting, melodic, lyrical and expressive mainstream and contemporary jazz music. He writes original compositions and arrangements, as well as creative arrangements of standard tunes, using a quintet of instrumentalists and a singer performing both wordless and lyrical vocals. The Boston-based quintet will be performing Kirby's "Illuminations Project" featuring vocalist Aubrey Johnson at Brandon Music on Saturday Oct. 23, at 7:30 p.m. This performance is one for all lovers of contemporary and mainstream jazz.

Steven Kirby describes his "Illuminations Project" as richly textured, multi-layered, ebullient and lyrical jazz with evocative and exciting compositions and stellar musicianship.

The quintet includes Kirby's arrangements and compositions, with Kirby on guitar, John Poniatowski on bass, Mike Connors on drums and special guest vocalist, Aubrey Johnson.

Concert tickets are \$25. A specialty three-course dinner is also available at 6 p.m. for an additional \$35; reservations required as seating is limited. Call 802-247-4295 or 802-282-8655 to make your reservation or book online at brandon-music.net.



Steven Kirby will perform with his quintet at Brandon Music on Saturday, Oct. 23, at 7:30 p.m.



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This newspaper will not knowingly accept any advertisement for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD Toll-free at 1-800-669-9777.



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TBD Mead Lane, Middlebury

TWO LOTS AVAILABLE - These private building lots off Mead Lane in the Butternut Ridge neighborhood are ready for you to build your dream home. The gently sloping parcels include permitted 3 bedroom septic designs and access to public water.

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WE NEED U

Signs it is time to overhaul your kitchen

Remodeling a kitchen adds value to a home. *Remodeling Magazine's* "Cost vs. Value Report" indicates mid-range kitchen remodels cost about \$66,000, and homeowners can expect to recover about 60 to 80% of that cost at resale.

Homeowners may wonder if remodeling their kitchens is worth the investment. But homeowners should not just consider cost,

but also the current conditions of their kitchens when deciding if a renovation project is the right move to make. These signs indicate it may be time to renovate a kitchen.

Breakers are triggered: If the lights go dark from a tripped circuit breaker every time you try to microwave and run the toaster oven at the same time, your wiring is likely not up to the task of handling the workload and could be out of date. A kitchen remodel will assess wiring load needs and an electric overhaul may be necessary.

Lack of storage: One of the biggest hassles homeowners encounter in their kitchens is a lack of storage space. If making a meal involves a Jenga-like stacking and rearranging of kitchen tools, or if an avalanche occurs whenever you search for an item, you might need more storage.

Outdated appliances: Even if your appliances are not avocado green or mustard yellow relics of the 1970s, they might still need to be replaced. According to CRD Design, appliances are only expected to last around 10 to 15

years. If appliances have become unsafe or energy hogs, it could be time for a remodel.

Family is expanding (or shrinking): Kitchens often are the heart of a home. They need to meet the needs of the family that resides in that home. A remodel can add space as needed. On the flip side, when a couple becomes empty nesters, kitchens can be redesigned and downsized to reflect their new needs and desires, such as the addition of a wine chiller or espresso station.

Poor lighting: Task lighting is essential in a kitchen, but older homes may not be equipped with lighting where it's most needed. A carefully designed remodel can improve lighting with under-cabinet lights, pendants, overhead lighting, and even natural light to make the space attractive and more functional.

Frequent run-ins: The notion that you can have too many cooks in the kitchen refers to having too many people trying to pitch in or offer their opinions. However, it also can apply to when too many people are gathering in a small space. Redesigning a kitchen can improve the efficiency of a space and make the room feel larger.

— MetroCreative



\$193,500

Middlebury East Condo for Sale by Owner
Desirable End Unit - One Bedroom
One Bath - 780 sq./ft. Plus Screen Porch

www.tinyurl.com/7eastroad phinney@middlebury.edu



PRICE REDUCTION



FERRISBURGH, VT
 This whimsical 3 level house is tucked nicely away in the woods on a 3+ acre lot. Your bed will feel like it is in a treehouse and the kitchen is banked with windows to let in natural light. The living room is cozy with reading nooks and a desk space. The 3 season sleeping porch tops off the tranquil vibes.
MLS #4885108 \$255,000

GREAT LOCATION



FERRISBURGH
 2 parcels (5+ acres each) available in this 4 lot subdivision located in northern Addison County with easy commute to the Burlington area or commute south to Vergennes or Middlebury. Mature evergreens protect its boundaries from the north wind and from the neighbors for privacy. A great opportunity to build your dream home!
MLS #4846894 + MLS #4846895 \$112,000

LOT WITH VIEWS



BRIDPORT
 This 11+ acre parcel is sited high enough to give you a long range view of the New York bridge. Nice flat meadow, perfect for animals or gardens. Woods for hunting or exploring. The seller is having the soil tested so you can be ready to build next summer.
MLS #4829763 \$99,900



FERRISBURGH
 This sweet 2BD 1 BA home on Otter Creek has been completely remodeled in the last 2 years with character-filled built-ins and paneled wainscoting. Enjoy a modern kitchen and cozy electric fireplace in the vaulted living room and a wraparound deck and firepit for entertaining.
MLS #4887280 \$324,500

NEW LISTING ON OTTER CREEK



FERRISBURGH
 This sweet 2BD 1 BA home on Otter Creek has been completely remodeled in the last 2 years with character-filled built-ins and paneled wainscoting. Enjoy a modern kitchen and cozy electric fireplace in the vaulted living room and a wraparound deck and firepit for entertaining.
MLS #4887280 \$324,500



COMMUNITY CORNER
 Laura Mack has been named a 2021 Vermont Business Magazine Rising Star!
 Laura Mack is the owner of lu•lu ice cream
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PUZZLE

solutions Oct. 21, 2021

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3	1	5	7	4	6	8	2	9
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IPJ
Real
Estate



under contract in 4 days
7K over asking price



under contract in 5 days
31K over asking price



under contract in 4 days
25K over asking price



under contract in 3 days
12K over asking price



under contract in 5 days
50K over asking price

Shown here are just five examples of homes that IPJ Real Estate recently listed, and that sold for over the asking price.

In some cases there were multiple bidders and in others the buyer stepped up quickly.

*There have been 360 residential sales in Addison County year-to-date, and more than half of them have sold at or above the seller's asking price.**

SELLERS: It's a promising market and yet the variables will make it a complex process. Hiring a reputable real estate firm holds more value today than ever before. Let's start by learning what your house could list for in today's market.

BUYERS: Timing is crucial and knowledge is power. Things are moving quickly and there is significant buyer competition. We'll help you position yourself to be as competitive as possible. We want to see you living in your dream house.

Let IPJ Real Estate help!

* Data from New England Real Estate Network

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2021 HALLOWEEN

Coloring & Decorating Contest

- 1. Color and decorate this picture any way you choose (you can use this one or photocopy it or go online for a printable version at: addisonindependent.com).
- 2. Have fun! Be Creative!
- 3. Send your entry to:
Addison Independent
58 Maple Street
Middlebury, VT 05753
Or email them to contests@addisonindependent.com
- 4. Entries must be in by:

Sunday,
Oct. 31st at 5p.m.

Two winners from each age group will win gift certificates from local businesses. All contestants will receive a prize which will be given when and if entries are picked up. Winners will be announced in the November 4th edition of the *Addison Independent*.

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Name: _____ Age: _____

Parent/Guardian's name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Age Group: ☐ under 5 ☐ 5-6 ☐ 7-8 ☐ 9-11 ☐ 12-15 ☐ 16-Adult