



### Artful carpets

An auction of 30 of a late artist's creations will benefit the Sheldon Museum. See Arts + Leisure.



### Finals bound

Five local high school teams will play for championships over the next few days. See Pages 1B-2B.



### Well-being

Learn about anxiety, attitude, sports injuries & a new local leader in our special section inside A+L.

# ADDISON COUNTY INDEPENDENT

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Middlebury, Vermont ♦ Thursday, June 13, 2024 ♦ 52 Pages

\$1.50

## MAUSD voters back third budget

### Latest proposal wins by 500 votes

By MARIN HOWELL

BRISTOL — Voters in the Mount Abraham Unified School District on Tuesday backed the district's third budget proposal for fiscal year 2025, and they did so decisively.

Residents in the MAUSD member towns of Bristol, Monkton, New Haven and Starksboro approved the \$35.4 million spending plan by a 1,243-743 margin.

"We are grateful and appreciative

to all community members who helped the board spread the word about the budget, who advocated, and who showed up to vote," MAUSD Board Chair Erin Jipner said on Wednesday morning. "This vote would not have come to fruition without the tremendous hard work of our admin team who rose to the occasion and were able to meet each ask.

"Success of the vote was highly

reliant on the MAUSD board's dedication to this endeavor. This group is expeditiously learning, adapting, and aligning for the sake of progress," Jipner continued. "Overall, we have much to be grateful for and the room now to look forward."

The \$35,381,196 spending plan on the ballot was the third budget fielded to MAUSD voters this spring. Residents first defeated a \$37 million spending plan by 228 votes on Town Meeting Day and

then rejected a \$35.9 million budget proposal by 57 votes on April 16.

The approved budget represents a 4.47% increase in total spending over the current year, up from a \$33.8 million FY'24 spending plan.

Ahead of drafting the most recent budget proposal, MAUSD board members heard from Superintendent Patrick Reen and other administrators on several topics related to district spending and operations, as well as organized (See MAUSD, Page 15A)

## Baker off to fast start as new ACSD chief

By JOHN FLOWERS

MIDDLEBURY — While Wendy Baker is new to the Addison Central School District, her recent hire as the ACSD's new superintendent is somewhat of a homecoming. She's a ninth-generation Vermonter; her several-greats grandfather Cordon Harris

Sr. settled in Panton with his family during the 1700s.

Her great-great grandfather Cordon Harris Jr. was a Vermont lawmaker and longtime Ferrisburgh town clerk.

His daughter, Mildred Baker, was Wendy's grandmother.

"She taught in a one-room (See Baker, Page 13A)

## City juvenile facility plan questioned at meeting

### State officials make case for new campus

By ANDY KIRKALDY

VERGENNES — A June 5 gathering of about 40 city residents and officials at the Vergennes Opera House heard leaders of the Department for Children and Families and the Department of Buildings and General Services make the case for siting a locked facility for "justice involved" youth in crisis on Comfort Hill in Vergennes.

The 8-acre state-owned site is in a mostly rural area in the city's (See Facility, Page 10A)

## Aug. election slate comes into focus

By JOHN FLOWERS

ADDISON COUNTY — Aug. 13 primaries will be needed to whittle down the field of Democrats and Republicans vying for the two seats representing the Addison-4 House district, as well as for the two seats representing Addison County, Rochester, Huntington and Buel's Gore in the state Senate.

That news became clear on May (See Primaries, Page 5A)



### Rite of passage

For a large number of Addison County families this past weekend marked an important moment of transition as a couple hundred of their children graduated from the three county high schools. Vergennes started with a ceremony on Friday, Mount Abe and Middlebury held their commencements on Saturday. Above, a group of VUHS grads huddle in front of the stage with Ed Cook after his unconventional and inspiring address.

Below, the Mount Abe a capella group Sweet Transition performs in Bristol. Seen at the Middlebury graduation were, Wyatt Stearns, left, and Jolee Heffernan, right.

See more photos and stories from VUHS (Page 11A), Mount Abe (Page 12A) and MUHS (Page 9A).

Photos by Steve James and Buzz Kuhns



### By the way

The Addison County Solid Waste Management District wants you to know how easy it is to turn your household food waste into rich compost for your yard and garden — for free. Join the district for "Be a Rot Star: Home Composting" on Tuesday, June 18, from 5:30-6:30 p.m. at Middlebury's Ilsley Public Library at 75 Main St. The presentation will be in the Ilsley's (See By the way, Page 10A)

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## British journalist, 97, was eyewitness to U.S. history

By JOHN FLOWERS

MIDDLEBURY — At age 97, Joyce Egginton is finally able to relax after decades of writing on deadline for myriad newspapers and book publishers.

On this sunny day in Middlebury, she generously welcomed a fellow scribe to her well-appointed apartment at the Residence at

Otter Creek. Over tea and biscuits, she shared some personal history — and the history she witnessed — as a reporter who fought her way up the ranks of a male-dominated industry, to land a plum assignment as a New York correspondent for the British press.

"(Writing) seemed like an enormously worthwhile thing to do," said Egginton, her

delightful British accent and matter-of-fact demeanor infusing a tinge of stoicism into her accounts of life in Great Britain during and after World War II.

"I didn't envisage (the job) taking me overseas and all that stuff," she said. "These were things that came my way."

Facilitating the interview was one of

Egginton's two sons, Stephen Longmire, a very talented photographer and writer in his own right.

Egginton said she was an avid reader and enjoyed writing. She was keen on making a living at it, but sadly, WWII-era British newspapers weren't delegating reporting (See Egginton, Page 16A)

# Amy Johnston helped build community at Robinson

By MARIN HOWELL  
STARKSBORO — Over the past three decades, Amy Johnston has become a key part of the Robinson Elementary School community.

Through her post as school counselor, she's helped support students passing through the Starksboro school, as well as their teachers and families.

"Robinson is a really unique and special school, and that's one of the reasons I've stayed there for so long," Johnston said during a recent interview. "The dedication of the teachers and staff is unusual. The enthusiasm, energy and hard work has always inspired me."

Now, Johnston, after 32 years at her post, is preparing to step down and make space for someone new.

"Thirty-two years felt like a good time to move on and let someone young and fresh start in this position," she said. "It's an important role, and I think having somebody young with lots of energy and enthusiasm will only help Robinson move forward."

Johnston began working as a school counselor at Robinson in 1992. Prior to that, she'd worked at the Northlands Job Corps Center in Vergennes and obtained a graduate degree in school counseling from the University of Vermont.

Johnston saw the school counselor role as one that melded a couple of her interests.

"I loved school as a kid, and I think that it was a way of combining my interests in education and mental health," she explained.

Johnston wears several hats as a school counselor, working directly with all of Robinson's students and teachers, as well as with families and community members.

"Some of what I do is teach in classrooms social skills and

emotion regulation and basically social emotional learning," Johnston said. "I also work with small groups of students on a variety of topics, ranging from divorce groups to social skill groups, and also work with some individuals."

Over the years, Johnston has also taught parenting classes and collaborated with parents, families and teachers to help students grow academically, emotionally and socially.

One of Johnston's contributions to the elementary school has been spearheading the mentoring program at Robinson. Johnston developed the program in 2005, pairing pupils with adult mentors in the community.

"Starksboro is a really unique community with involved townspeople that really support the school and love the kids and families in it," Johnston said. "I realized by developing a program where kids could connect with a community member and spend time with them, that relationship could help kids grow in all ways and be exposed to all kinds of new experiences and ways of living and ways of viewing the world."

The program eventually expanded to each of the elementary schools in the Mount Abraham Unified School District, as well as to Mount Abraham Union Middle/High School. Johnston said there's now around 100 mentor-mentee matches across the district's schools.

Participating mentors sign on for a one-year commitment with the idea that they'll stay with a student as long as possible.

The program has proven to be fruitful for all involved.

"Mentors have loved the close relationships and connections they've had with the school,



AMY JOHNSTON HAS spent the past three decades working to support students at Robinson Elementary School, as well as their teachers and families. She will retire at the end of this school year after 32 years at the Starksboro school.

Photo courtesy of Amy Johnston

and I've watched kids grow in a 12-plus-year relationship, graduate from high school and thank their mentors for changing their lives," Johnston said. "It's really a beautiful thing to see."

**SUPPORTING STUDENTS**  
While each school year has been unique, Johnston said the heart of her work has remained the same

over the past three decades.

"For me, it's really all been about kids needing relationships and connections with safe grown-ups," she said. "When kids fall in love with their teachers and school, they oftentimes will trust their teachers and fall in love with learning. It's all connected."

She said one thing that's changed

over the years is the expectations of classroom teachers.

"What's asked now of a classroom teacher is to differentiate instruction for every student at every level, and there's a huge amount of testing that's required, standards that they have to meet, and that can be really stressful for teachers," Johnston said.

Johnston said the most important way to support students is by supporting those educators and the other adults in pupils' lives.

"When the adults around kids are doing well, kids feel comfortable and safe to do well," she said. "Kids want to learn and grow, and when you have supportive adults around them, they do."

She said she's found the Robinson community to be a supportive and nurturing.

"The unique thing about Robinson is that I feel the teachers, the staff and the community work closely with students and families to help them grow and learn," Johnston said.

Working alongside Robinson's dedicated staff, as well as the connections she's made with students, their families and the Starksboro community are what Johnston will miss most when she caps off her time at the elementary school later this month.

Though Johnston acknowledges it's time to begin a new journey and she's looking forward to what's ahead, she plans to continue working in some capacity, as well as dive into fun and rewarding hobbies like playing the piano, pickleball, and spending time with family.

Whatever lies ahead, Johnston's time at Robinson will stick with her.

"Starksboro and Robinson are magical, and I will miss them greatly," she said.

# Voters OK OV budget on 3rd vote

BRANDON — The third vote was the charm when it came to an Otter Valley Unified Union School District spending plan.

On Tuesday, voters in the six towns that feed Otter Valley Union High School approved a \$26,808,822 budget for the coming school year. It was the third time that residents of Brandon, Leicester, Whiting, Goshen, Sudbury and Pittsford have weighed in on a fiscal year 2025 spending plan this spring.

The vote tallies on Tuesday were 738 yes to 667 no.

"Thank you to all of you who came out and voted in support of our schools!" said Rutland Northeast Supervisory Union Superintendent Kristin Hubert in an email to the community.

On March 5, residents voted on a proposed \$27,247,823 OVUUS spending plan, and defeated it, 1,325-891. It would have been a spending increase of \$3,073,428, or 12.71%, over last year.

After the OVUU Board reduced the spending proposal by 1% to \$26,979,072, voters on April 23 defeated it again, this time by 1,019-638.

The third vote cut around \$430,000 from proposed OVUU spending. It reduces things like the OVUU assessment to RNESU, the Neshobe Elementary dean of students, the Otter Valley Nordic ski team, the late bus run for middle school activities participants, and professional development for board members.

The result of the cuts would put per-pupil spending at \$12,355, which is lower than the \$12,436 figure that the April 23 version of the budget represented.

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# Wren's Nest Preschool build progresses

By MARIN HOWELL  
BRISTOL — The Willowell Foundation is making headway on efforts to relocate the organization's Wren's Nest Forest Preschool to a new, permanent home.

The foundation has purchased land on Bristol's Harvey Road and begun building a modest schoolhouse on the new preschool property that's expected to be completed next month.

Willowell Administrative Director Tasha Ball said Wren's Nest plans to begin operating at the new site this fall.

The property is just a stone's throw from Wren's Nest's current site at Wild Roots Community Farm. The preschool has been renting space at the farm and homestead since the fall of 2021.

Wren's Nest has moved three times in 12 years of operating as a licensed preschool.

"These moves were costly, time consuming, and demanded an extraordinary amount of energy," Ball said. "Although all of our community partners who have hosted the preschool over the years (Common Ground Center, Treleven Farm and now Wild Roots Farm) have been gracious and incredibly supportive landlords, the long-term sustainability of the program depends on us having our own location."



THE WILLOWELL FOUNDATION is making progress on efforts to relocate the Wren's Nest Forest Preschool to a new, permanent location in Bristol. Work on a modest schoolhouse at the site began in January and is expected to wrap up next month.

Photo courtesy of Tasha Ball

Securing its own space will allow the program to lay down roots and focus on what it does best, Ball said.

"Not having the overhead of monthly rent will allow us to invest the little we make in this profession into our educators and the families we serve," she said.

The Wren's Nest Forest Preschool is a licensed, nature-based program for preschool-age children. Learning at the preschool unfolds through explorations of the

natural world with guidance from trained, outdoor educators and incorporates themes rooted in the surrounding environment.

Plans to secure a permanent home for the preschool gained momentum last year when the foundation was one of four Addison County entities to receive funding through the first round of Community Recovery and Revitalization Program grants through the Agency of Commerce and Community Development.

Willowell also received a portion of Bristol's American Rescue Plan Act funds to put toward the effort.

Ball said that funding allowed the foundation to launch the multi-faceted project, which includes the preschool construction and, eventually, low-income housing for AmeriCorps service members.

"The plan is to complete the preschool build this summer for a fall start date in our new location," Ball explained. "Once the preschool is complete, we hope to assess the feasibility of the second phase to build the AmeriCorps intern low-income housing."

The foundation had originally proposed construction of a three-bedroom housing unit, but is now considering two tiny houses or yurts with a shared bath and kitchen house.

(See Willowell, Page 3A)

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# \$316K renovation transforms Sam Fishman Pool in Vergennes

By ANDY KIRKALDY

VERGENNES — Major improvements to the city of Vergennes Sam Fishman Memorial Pool wrapped up on Saturday included upgrading the filtration system, a new pool lining, improved lighting, new roofing on the pool house, and a second handicap access to the pool itself.

By early evening on Saturday the pool was being filled with water after the pool lining project was complete.

And, to the relief of taxpayers, Vergennes Recreation Director Martha DeGraaf said the estimated \$316,000 of repairs and enhancements done in this first phase of a three-phase improvement project will not have an impact on the city's property tax rate.

That's mostly because the Vergennes City Council put \$266,000 from the city's Infrastructure Improvement Fund — created with American Rescue Plan Act money — toward the project.

And it's also because the heirs of the man after whom the pool is named made a generous donation of \$60,000 that should pay for the rest, give or take \$1,000 or \$2,000 that DeGraaf said the city's Pool Fund can cover if necessary.

Three members of the Fishman family — Sam Fishman's daughters Dr. Dorothy Fishman and Audrey Fishman Franklin, and Dr. Samuel W. Franklin, his grandson, each donated \$20,000 to help make the project a reality. DeGraaf said it's "fair to say" their donations put the fundraising for the project over the top.

In a post on the city's website, DeGraaf expressed gratitude to the family for its donation and to the council for its decision to dedicate funding to the pool, which she notes has served the Vergennes

area for "over five decades."

"The Sam Fishman Memorial Pool is more than just a recreational facility; it is a cornerstone of our community," she wrote. "We are deeply grateful to the Fishman Family for their generous donation and to our city council for prioritizing these much-needed repairs. Together, we are investing in the well-being and happiness of our residents."

Probably the project's most important element was the removal of the older gunite interior pool lining, fixing a few structural issues, and applying new gunite. That \$180,000 task was done by Patenaude Pool Plasterers Inc. of Hartland, a company that did the same work a year ago at the Basin Harbor Club pool and was recommended to the city by club co-owner Bob Beach, DeGraaf said.

"You basically have a complete new pool interior," she said.

The addition of exterior lighting on the deck, including a strong light on a pole at the pool's south end designed to point down at the bottom of the pool, is also vital, DeGraaf said.

"If the lifeguards can't see the bottom of the pool, then we aren't allowed to go on," DeGraaf explained, something that was a real problem, for example, when the region was blanketed with Canadian wildfire haze in 2023.

"We were actually asking parents to turn their (car head) lights on to shine on the pool so swim meets could continue ... Some of that wildfire smog was so bad last year we couldn't have lap swim in the morning."

The roofing on the pool house has been in need of repair for at least a couple of years, as well as the addition of handicap-friendly handrails to aid pool access. A year ago the pool added an electric chair lift to serve the same purpose. The filtration system was the final element of the first phase of what DeGraaf said the city's Parks and Recreation Committee envisions as a three-phase upgrade.

The second phase, at a cost of \$200,000, will consist of repairing the pool's deteriorating decking and adding an in-ground drain around the pool. DeGraaf said an earlier effort to fix the facility's drainage issues was not successful, and a deeper drainage system appears to be the answer.

Finally, the third phase would be a \$100,000 water heating system.

There are no concrete plans at this point on how to pay for the second and third phases of the project, but DeGraaf wrote in her post that part of the plan was to prioritize and take care of one project at a time: "Additionally, funding will be raised through fundraising efforts, donations, and splitting the project into several different stages."

DeGraaf believes investments in the pool are wise ones.

"Our pool is one of our most valued assets in Vergennes," she said. "It's going to provide another 50, 60 years of this asset. And we hopefully have a plan going forward ... that we can look at our dreams and make them become a reality. Because for city residents this is their treasure. This is their summer."

*"The Sam Fishman Memorial Pool is more than just a recreational facility; it is a cornerstone of our community"*

— Martha DeGraaf



WREN'S NEST FOREST Preschool educators, left to right, Sherry Crawford, Ian Gramling, Emma Jackman, Jessica Curto and Jen Olson, plan to begin operating at the program's new site in Bristol this fall. Not pictured is fellow teacher Corinne Goldman. Photo courtesy of Tasha Ball

## Willowell

(Continued from Page 2A)

"The housing portion is very much still in our plans, but will be contingent on land surveys and permitting issues in question, as well as meeting our fundraising goals," Ball said.

### PRESCHOOL GOING UP

Wren's Nest's new site is located on the northern-most lot of a new, 13-lot development in the works off Harvey Road.

"The new property is 2.5 acres of beautiful meadow, stream, and hardwood forest, situated eight minutes south of Bristol village," Ball said. "Building lots will be available to purchase soon and we hope they fill with young families and people who appreciate nature-based education. Our lot is adjacent to a large field of common land that looks over a wetland, meadow, and Route 116 near Sycamore Park."

The team broke ground on a 1,200-square-foot preschool building at the end of January, which is expected to be completed in early July. Bristol's Development Review Board is set to hold a second hearing later this month on the foundation's request for a conditional use permit for the educational facility.

"We have pursued such an aggressive timeline so we could start school there at the end of August without a gap in programming for our currently enrolled families," Ball said.

Lincoln contractor Thomas Building & Design has tackled construction of the schoolhouse.

"Folks couldn't quite believe we'd have it done this quickly, but Thomas Building & Design has been working hard to meet the deadlines and we seem to be on track," Ball said. "Aaron Thomas has been wonderful to work with and understands the mission and vision of this project."

Ball said the bones of the building were designed by Andy White of Boreal Design in collaboration with Thomas Building & Design, the Wren's Nest teaching team and Ball. The finished barn-like structure will feature a large wrap-around porch with cubbies, a sink, and access to

bathrooms from the exterior wall so the preschool can operate fully outdoors for 90% of the school year.

"As an outdoor preschool we wanted something really practical, but also sustainable and beautiful," Ball said. "The porch will provide us with a safe usable space for the many months Wren's Nest is fully outdoors from pick up to drop off. The building is sited right up against the woods where we plan to start stewarding and shaping our outdoor classroom with stump circles, fire pits, and walking paths."

The new location will allow Wren's Nest to increase its capacity from 15 to 18 children per day.

Ball said the team also plans to expand summer programming.

"The Wren's Nest Explorer camps for ages 4-6 are incredibly popular and we can't wait to open our doors to an even wider demographic of young folks who love to play and get dirty in the great outdoors," Ball said. "With the new site, we also plan to hold 20% of our spots for low- to moderate-income families."

The team sees the new location and facility as a community hub where fellow educators, community partners can come for classes, workshops and gatherings.

"The long-term vision of the Willowell board and staff is to become an educational hub, where AmeriCorps members and new teachers can come to learn and practice skills in the forest school pedagogy," she said. "Jess Curto is the new director at Wren's Nest this year, and she comes to us with a strong background in forest preschool education and a passion for the work."

Attracting educators to the site is also a goal of the second, housing

### YOUNG EDUCATORS

"We see the melding of AmeriCorps intern housing with the expansion of the preschool as a pivotal point in the program's evolution," Ball said. "We hope it will allow us to bring young and energetic aspiring teachers from out of state to train, learn, and

possibly stay."

The Willowell Foundation has a 24-year history of working with AmeriCorps service members, a portion of whom work with Wren's Nest.

"Many of (the AmeriCorps members) have stayed — got teaching licenses or found other creative ways to contribute to the workforce and vibrancy of our local communities," Ball said.

The entire project, including AmeriCorps housing and the new schoolhouse, is expected to cost around \$1.5 million. The foundation has yet to secure funds beyond the CRR grant and ARPA funds, though Ball noted the team is always on the hunt for new funding opportunities.

"We feel this project hits on so many of Vermont's highest priorities right now — such as accessibility to high-quality childcare, housing and workforce development — that we will continue to apply for grants and donors," she said.

The team is also looking into options for loans and larger fundraising opportunities.

"We hope to get help from our local community. Wren's Nest has been in operation now for a little over a decade, and has a strong following of alumni and champions of the work we do," Ball said.

In the meantime, the Wren's Nest team is looking forward to beginning this next chapter in its new home.

"Throughout the program's history, the children have created a sort of mythology around each site, with names of special spots in the woods or along streams. At Treleven Farm we had 'Azbons Bridge,' at Wild Roots we had 'the summer river' and the 'Monkey vine,'" Ball recalled. "These beloved places are named and discovered by the students and become the classrooms filled with lore and respect for the land. We can't wait to see what this new property holds. What rocks or bends in the stream will the students take to and how will we inhabit this new tract of land?"



TWO FAMILY MEMBERS of the person for whom the Vergennes Sam Fishman Memorial Pool is named pose with their family's \$60,000 donation to recent pool upgrades and repairs. Pictured are the late Sam Fishman's daughters, Dr. Dorothy Fishman (left) and Audrey Fishman Franklin. They and Dr. Samuel W. Franklin, Fishman's grandson, each donated \$20,000 toward major improvements to the facility just completed this past Saturday.

Photo courtesy of Vergennes Parks and Recreation Department

# Addison County's Hometown Dealer



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# Editorial

## Graduation's life lessons

Inherent in most all graduation speeches is the send-off of a new generation of students into a world offering promise and hoped for success, but also certain obstacles and failure, grief and setbacks. The challenge in the journey is to persevere with grace, humility and goodwill toward others.

Those words of encouragement are said each spring to millions of graduates in thousands of ways, this year with two particular bookends — the beginning of the pandemic when today's graduates in high school and college were entering their freshmen year that culminated with a full lunar eclipse four years later.

The eclipse proved an apt metaphor for today's graduates in as much as 2024 graduates emerged from a temporary period of darkness to the wondrous opportunities seen in new light.

"Your path ahead will not always be clear, and you will surely face more eclipses along the way," Mount Abe Principal Shannon Warden told Mount Abe's graduating class. "Those moments are just that — moments — and just a part of what will be a totality of a lifetime. Embrace these challenges; take pause to problem-solve, communicate, reflect and realign. These are opportunities for you to learn."

At MUHS, senior Maura Connelly singled out kindness as a key lesson to remember. "We all have memories of someone's kind words or actions, times when we felt respected and important," she said, adding that the opposite was also true. "We know what kindness is and we know what kindness is not. We understand its value, because we know how it feels when we aren't treated with it."

She encouraged her classmates to hold that lesson dear in the years ahead. "As you enter new communities and make new memories, how will you be the person that someone else tells a story about," she asked. "Be inclusive and not exclusive. Fight for equity and against discrimination. Be a good person. Be kind because those are the things that really matter."

At each of Addison County's high schools another theme was prominent: the community that binds them. With students sharing various stories of growing up together in small schools from kindergarten through high school, that sense of closeness and cohesion was universal.

"We have the unique experience of graduating from small elementary schools with 20-odd peers, whom we had known all of our lives," recalled MAUHS senior class president Abel Atocha. "... It took a little while, but quickly new friendships formed. We weren't Bristol kids or Starksboro kids anymore, we were Mount Abe kids."

Those kids would soon become graduates.

"Now we are about to leave these familiar halls (of high school) and move into a different part of our lives," said VUHS Class President Benedict Diehl-Noble, "but we will always be connected by the shared start we had here. Whether our next steps are close to home, across the country or even across the world, we know that this school and this small city will connect us forever."

Advice is often offered matter-of-factly, as if it's the tonic to take from commencement ceremonies. After a thoughtful prologue noted historian Ben Burns addressed graduates at Brandeis University:

"OK, let me speak directly to the graduating class. Watch out, here comes the advice.

"Listen. Be curious, not cool. Insecurity makes liars of us all. Remember, none of us get out of here alive. The inevitable vicissitudes of life, no matter how well gated our communities, will visit us all. Grief is a part of life, and if you explore its painful precincts, it will make you stronger.

"Do good things, help others. Leadership is humility and generosity squared. Remember the opposite of faith is not doubt. Doubt is central to faith. The opposite of faith is certainty. The kinship of the soul begins with your own at times withering self-examination.... 'Nothing so needs reforming,' Mark Twain once chided us, 'as other people's habits.'

"Don't confuse success with excellence. Do not descend too deeply into specialism. Educate all of your parts, you will be healthier. Do not get stuck in one place. 'Travel is fatal to prejudice,' Twain also said.

"Be in nature, which is always perfect and where nothing is binary. Its sheer majesty may remind you of your own atomic insignificance, as one observer put it, but in the inscrutable and paradoxical ways of wild places, you will feel larger, inspired, just as the egotist in our midst is diminished by his or her self-regard. And at some point, make babies, one of the greatest things that will happen to you is that you will have to worry, I mean really worry, about someone other than yourself. It is liberating and exhilarating, I promise. Ask your parents.

"Choose honor over hypocrisy, virtue over vulgarity, discipline over dissipation, character over cleverness, sacrifice over self-indulgence. Do not lose your enthusiasm. In its Greek etymology the word enthusiasm means simply, 'god in us.' Serve your country. Insist that we fight the right wars. Denounce oppression everywhere... Insist that we support science and the arts, especially the arts. They have nothing to do with the actual defense of our country; they just make our country worth defending.

"Remember what Louis Brandeis said, 'The most important political office is that of the private citizen.' Please vote.... You indelibly underscore your citizenship, and most important, our kinship with each other when you do. Good luck and godspeed."

And from Mount Abe's ceremony, social studies educator Scott Beckwith adds this:

• "Break bread with as many people as you can. Share a meal. It doesn't have to be fancy, but taking time to sit and talk with others while enjoying food simply feeds your soul."

Such are life lessons for us all.

Angelo Lynn



### Very special grad

SENIOR JOANNA TOY puckers up and wraps her arms around the woman presenting her Mount Abraham Union High School diploma during Saturday's commencement ceremony in Bristol. The presenter, who seems rather familiar, is Toy's mother, Kristen, who happens to be a member of the Mount Abe School Board.

Photo by Buzz Kuhns

## 'Invasive' a troublesome moniker

"We are searching for King Kong!" exclaimed the small band of preschoolers who found me in the woods pulling up garlic mustard. "And when we find him, we are going to kill him with our swords!" another added as they swished their sticks through the air. "Maybe you could just capture him and make a movie with him," I countered. "Yes, we could do it at my daddy's house. It's really big," another chimed in. "Let's capture Godzilla, too!" another added as they tromped off down the path.

Would that it were so easy to transform violence into art, I thought, then looked down at the pile of wilting plants I had already ripped out of the earth. Garlic mustard is a prolific plant with a pretty little white flower. Some people use it to make pesto, but we mostly pull it up, hoping to slow its invasive march through our woodlot. This practice was required by the government once we signed the agreement to conserve part of our land as habitat for endangered bats. The goal was to open up the forest around the many hickory trees, which bats love, so that the bats could reach them more easily. In doing so, sunlight penetrates further onto the forest floor, creating an ideal environment for garlic mustard to thrive and spread. Unfortunately, garlic mustard exudes a toxin from its roots that thwarts the growth of native plants.

It was easy to justify the practice. After all, we were following conservation guidelines. I told myself the toxins in garlic mustard are like lies spread by politicians, inhibiting the truth from

growing. It was more important to protect bats and other native plants than to let nature take its course.

But then I started wondering about how decisions about what is native and worthy of protection are made. And who makes those decisions? Colonists from Western Europe were clearly an invasive species for the indigenous people living here, who in turn, may have been an invasive species for the mammals and other creatures previously here. And when would violence — such as ripping up plants by their roots, or people from their native lands — be justified?

In our current world — demarcated by artificial national boundaries — how can violence of one people against another ever be justified? Which populations deserve to be protected, and by whom? Which would it be acceptable to eradicate? Who has more right to a homeland? Those who lived there originally? Those who live in an area mapped out by other powers? Those who took it by force? Those who are stewarding it in the present time? I would like to think we understand that humans are all one species and could choose to take care of one another instead of killing one another. That clearly isn't the case yet for those in power. Can we convince them of the advantages of working together?

I couldn't fathom a valid justification, which made me wonder again how this seemingly innate desire for violence and "being right" can ever be (See *Ways of Seeing*, Page 5A)

### Ways of Seeing

By Cheryl Mitchell



## Kitchen scale is 'weigh' better

When it comes to measuring stuff, I belong to the school of "close enough." I don't care about precision. It's part of my charm.

NASA scientists and drug dealers might need to fuss over exact measurements, but I don't. Instead, I use my judgment. It's faster. It's easier. And usually, it's close enough.

Sure, I don't always get the greatest results. Last summer, for instance, I sewed myself a sundress without measuring the fabric properly. The tradeoff for speed was that now, to make the hem look even, I have to keep my left knee bent when I walk.

My nonchalance also affects my marriage. Mark, a builder, is downright obsessed with accuracy. One time he walked in on me hanging a shelf. I was holding it against the wall as straight as I could and eyeballing it for level. He didn't speak to me for days after that.

It also irks him that I cook with the same casual attitude. I'll make a new dish that we love, but it won't turn out the same when I make it again. He says that if I measured the ingredients every time, I could reproduce the recipe exactly.

Why would I want to do that? The next, slightly different version could be even better. (Often it is not. But every meal is a new adventure.)

Embracing adventure, however, works better with

cooking than with baking, where tossing in a handful of this and a pinch of that is not how it's done. And whenever I let slip to one of my talented baking friends that I've committed yet another kitchen sin — measuring flour in a liquid measuring cup, using my curled palm as a teaspoon — they gasp.

"You really should weigh your ingredients," they say through clenched teeth. "Baking relies on science, and accuracy is key to consistent results."

I counter: "Meh. In the olden days, people didn't weigh things, and they did all right."

Here, my argument falls apart, because (a) I am objectively a mediocre baker, and (b) in the olden days, people were OK with eating hardtack and nine-day-old pease porridge. They didn't stress about measurements because they were more focused on fending off starvation than on earning a Michelin star.

To me, baking is meant to be a pleasurable pastime, not a science test. Still, if only to get those bakers off my back, I recently purchased a cheap digital kitchen scale.

I hate to admit it, but I am a changed woman.

Now that I can calculate my ingredients to the tenth of an ounce or — even better — to the gram, my baking (See *Jessie*, Page 5A)

## Letters to the Editor

### Pollinators must thrive for us to

Happy Pollinator Week June 17-24. Yes, another way to celebrate our heroes, this time butterflies, moths, beetles, hummingbirds and, most importantly, the bees. It is these small creatures that move the pollen from blossom to blossom fueling our agricultural economy, our food supply and our landscapes.

June is a perfect time to learn the harmful impact of some of our habits in yards and gardens, actions like mowing and mulching, fertilizing and applying pesticides, gardening with non-native and cultivar plants and removing fallen trees and brush. To understand ways to support healthy and sustainable pollination, contact Pollinator Pathway of Addison County at [pollinatorpathway.addisoncty@gmail.com](mailto:pollinatorpathway.addisoncty@gmail.com) and/or visit Pollinator Pathway Northeast online at [pollinator-pathway.org](http://pollinator-pathway.org).

Protect their lives, preserve our own. Celebrate your participation in a worldwide movement to protect native pollinators and the plants they depend on.

Jill Vickers  
Bridport

### Opera company deserves kudos

Thank you Opera Company of Middlebury for "La Fille du Regiment"!

Virtuosic voices, fantastic acting, outstanding orchestra, flamboyant costumes, beautiful music, and humor!! So much beauty in one experience filled my heart to bursting.

Bravissimo!

Christina Wadsworth  
Weybridge

### Graduation was great to behold

I just had a senior graduate from Middlebury Union High School and I can't help but take a minute to reflect on how grateful I am for the ACSD community. My only hesitation in writing this letter is that I will forget something or someone, so let me just say the events leading up to the graduation felt like a gigantic hug.

Financially, businesses and individuals support the seniors by buying ads and spots in the senior play playbill or donating prizes, which in turn allows students to have a very fun and safe graduation night all together. Additionally, the scholarships that are awarded to the seniors are nothing short of amazing — providing many diverse students with some financial support to get them started on their post high school career. However, the most touching part, as a parent, was seeing students march to the final assembly, with much of the Middlebury community out watching, and all the future graduates K-5 at Mary Hogan watching and noticing what a big deal we make of graduation, and surely getting the message that education through 12th grade is celebrated and championed in this community.

I could go on and on, but I suppose you all get the point! It is important to recognize the great things that this community does, and highlight reasons it is such a fantastic place to live — and graduation is certainly one of them!

I cannot close this without recognizing the teachers and administration and staff at MUHS who put in an extra amount of energy and effort at what is already an incredibly busy time of year for everyone. Staff continued to have extra work added to keep the school cleaned up after each event that happened in the evening, teachers prepared awards and statements to highlight individuals, as well as attend graduation and many other evening events that took place outside of working hours. In addition, many administrators (See *Letter*, Page 5A)

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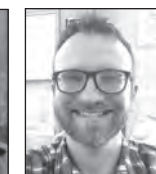
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# Primaries

(Continued from Page 1A)

30, the deadline by which major party candidates needed to file the requisite paperwork to compete in the Aug. 13 primary and the Nov. 5 general election, when a variety of federal, state, county and Vermont House/Senate seats will be up for grabs.

Note: The general election ballot could still boast some new names following the primary, based on successful write-in campaigns, the party-nomination process, and the Aug. 8 deadline for independent and minor party candidates to register.

But based on last week's major party declarations, we can tell you how the 2024 election field is currently shaping up in Addison County. The *Independent* is committed to writing candidate profiles on all the local challengers for House and Senate posts, and offers links in this story on our website for those who've been profiled for previous runs for the same seat, or who've already been interviewed based on their 2024 aspirations.

The *Independent* also offers below the campaign website addresses for the candidates who have them.

• **Governor.** Middlebury Democrat Esther Charlestin — a former town selectboard member — is on the ballot, as is Marielle Blais, a Brandon Progressive. Charlestin (estherforvt.com) will square off against fellow Democrat Peter Duval of Underhill on Aug. 13 to determine who will face incumbent Republic Gov. Phil Scott on Nov. 5.

• **State Treasurer.** Cornwall Republican Joshua Bechhoefer is on the ballot and faces a GOP primary with H. Brooke Paige of Washington. The winner will take on incumbent Treasurer Mike Pieciak, a Winooski Democrat, on Nov. 5.

• **Addison County High bailiff.** Incumbent Democrat Dave Silberman (Davesilberman.com) of Middlebury faces a Nov. 5 challenge from Middlebury Republican Ron Holmes, the county's former high bailiff and a past candidate for sheriff.

• **Addison-1 House,** a two-seat district that includes most of Middlebury: Incumbent Democrats Robin Scheu (robinscheu.com) and Amy Sheldon (tinyurl.com/52juuzbb) are running unopposed. Sheldon chairs the House Committee on Environment & Energy, while Scheu is vice chair of the House Appropriations Committee.

• **Addison-2 House,** a one-seat district that includes Cornwall, Goshen, Leicester, Ripton and Salisbury. Incumbent Rep. Peter Conlon, D-Cornwall, (conlonforhouse.com) is unopposed. Conlon chairs the House Education Committee.

• **Addison-3 House,** a two-seat district that includes Addison, Ferrisburgh, Panton, Vergennes, Waltham and a portion of New Haven: Incumbent Vergennes Democrats Diane Lanpher (tinyurl.com/yc23tstu) and Matt Birong (mattbirong.com) are seeking re-election, and Ferrisburgh Republican Rob North (tinyurl.com/3xdurmjs) is challenging. North ran unsuccessfully for one of the seats in 2022. Lanpher chairs the House Appropriations Committee, while Birong is vice chair of the House Committee on Government Operations & Military Affairs.

• **Addison-4 House,** a two-seat district that includes Bristol, Lincoln, Monkton and Starksboro. This district has generated a lot of interest among candidates in wake of a decision by incumbent Rep. Caleb Elder, D-Starksboro, to take a pass on re-election in favor of a state Senate bid. The current field includes Lincoln Democrat Jeanne Albert; Monkton Republican Lynne Caulfield; incumbent Rep. Mari Cordes, D-Lincoln (maricordes.org); Bristol Republican Chanin Hill; Monkton Republican Renee McGuinness (mcguinness4thouse.com); and Starksboro Democrat Herb Olson.

Aug. 13 primaries will be needed to whittle both the three Democrats and the three Republicans down to two each, for the general election. Cordes serves on the House Committee on Health Care.

• **Addison-5 House,** a one-seat

district that includes Bridport, New Haven, Weybridge and a small chunk of Middlebury: Incumbent Jubilee McGill, D-Bridport (jubileemcgill.com), faces competition from Bridport Republican Del Thompson.

McGill serves on the House Committee on Human Services.

• **Addison-Rutland House** — Hubbardton Republican Jim Casey is the only major party candidate to have filed for the seat, which represents Orwell, Shoreham, Whiting, Hubbardton and Sudbury. The post is currently held by Orwell Democrat Joseph Andriano, who won't seek re-election. Should no other candidate emerge to give Casey a challenge, it would allow the Addison County GOP to reclaim a House seat. Democrats, for the first time ever, won a clean sweep of all the county's House and Senate seats in 2022.

• **State Senate** — which involves two seats representing a district that includes Addison County, Rochester, Huntington and Buel's Gore. Appearing in the Aug. 13 primary ballot, in alphabetical order, will be Leicester Republican Lesley J. Bienvenue; incumbent state Sen. Christopher Bray, D-Bristol (brayforvermont.us); Huntington Republican Landel James Cochran; current Rep. Caleb Elder, D-Starksboro (calebelder.com); incumbent state Sen. Ruth Hardy, D-Middlebury (ruthforvermont.com); and Bristol Republican Steven Heffernan.

Aug. 13 primaries will be needed to whittle both the three Democrats and the three Republicans down to two each, for the general election.

Hardy chairs the Senate Committee on Government Operations, and also serves on the Senate Health & Welfare Committee.

Bray chairs the Senate Natural Resources & Energy Committee, and also serves on the Senate Finance Committee.

Elder serves on the House Committee on General and Housing

Reporter John Flowers is at johnf@addisonindependent.com.

# Scott isn't offering solutions

It's Groundhog Day. Gov. Scott vetoed the yield bill, again leaving Vermont school districts adrift. The reason: all the school budgets voters approved add up to more than Gov. Scott wants them to spend.

None of us like an increase. Some legislators are leaving because they can't afford to serve. We need people to call our communities home, operate our businesses, care for us when we're sick, and educate our children. We know property taxes affect the cost of housing. That cost is making too many people say "no, thanks."

However, exactly what the governor expects the Legislature and local school districts to cut is a mystery. As *Seven Days* noted: "Scott cautioned the public not to expect he'll have any grand new proposals."

So, why the veto? We need real leadership — not politicking — to move us forward.

Health insurance premiums are up by double digits for yet another year, not just for school budgets (almost \$50 million or 5 cents on the tax rate), but also for the state budget, business budgets, municipal budgets, and family budgets. Out-of-control health care costs hurt everybody, but we can't fix them at our kitchen tables or in school board meetings. What has Gov. Scott done — not said — to help?

Rising costs associated with mental health demands explain another 5 cents of the increase in this year's property tax rate. Addressing mental health means treating risks at the source, including supporting parents, so parents can support their children. For that, the governor needs to bring his social service agencies — or what is left of them — to the conversation.

Increased infrastructure costs

explain another 5 cents of the increase, and are aggravated by ambitious but poorly thought-out policy on PCB mitigation. We need the governor's help on this too. What we have instead: the administration continues to turn up problems then leave solutions (and cost) to others.

Just those items alone account for most of this year's tax spike.

Gov. Scott claims he has no "grand solutions." His one big idea was to borrow from the future to pay for today. Then-State Treasurer Pieciak noted that this proposal would erode our state's credit rating, making the future even more unaffordable.

As he did in 2018, the governor insisted on using "one-time money" to pay for ongoing costs — a bad and unsustainable business practice. The Legislature compromised by using \$70 million for this purpose. Now, there are no additional dollars to throw at this problem.

Voters voted on school budgets. The governor signed the state budget. At this late date, what can we cut? We have few tools:

- We could eliminate the property tax exemption for charitable and religious purposes, "saving" about 4.5 cents on the tax rate.

- We could reduce or asset-test the exemption for current use, "saving" up to 5 cents on the rate.

- We could asset-test income sensitivity, "saving" by limiting who gets this credit.

- We could phase out TIF funding, which redistributes opportunity within the state, and about which the Joint Fiscal Office said "the core theoretical assumption upon which tax increment calculations are based is flawed and unsupported by the data and economic theory."

All of these actions would yield savings for the majority of taxpayers. Will the governor

advocate for them? The reality: in education, as in health care, taxpayers are paying for too much infrastructure, both in Vermont and out of state, often in units that are too small to affordably provide quality care.

As a colleague used to say, a person can't go to a 28-course buffet, pay only \$4, and expect the food to be edible. Too often, our answer to rising cost and sagging quality is to add another course.

We could reduce and improve "courses" by bringing more children into fewer, more robust schools. The state's actions do the opposite.

There is no path to affordability that involves forcing public schools to compete with private schools that are narrow in scope, out-of-state, or exclusive in enrollment. Taxpayers in every community help fund tuition to:

- out-of-state prep schools for more privileged children,

- even smaller private schools (including schools with no teachers),

- religious schools that refuse to comply with public accommodations laws.

None of these programs can replace public schools or inclusive private schools like Thetford Academy. They do erode the scale and affordability of schools with a public mission.

If you support this, as the governor does, don't complain about cost. This is a recipe that, across states and in Vermont, results in higher cost and worse outcomes overall. Let's keep our dollars in Vermont, in schools of sufficient scale, and in schools that meet the public obligations of our public education fund, as defined in our Education Quality Standards.

I'm disappointed we didn't do better this session, but I will vote to override this veto. The bill is more responsible than the governor's offerings, and some of his ideas would raise taxes. The bill requires summer work that puts us in a different position next year. It cushions the blow this year, while protecting children and our most vulnerable taxpayers.



## Community Forum

This week's writer is State Rep. Rebecca Holcombe of Norwich; she is a member of the Vermont House Appropriations Committee.

# Jessie

(Continued from Page 4A)

has improved immeasurably (ha).

Plus I can weigh out equal portions of things like ground beef for burgers and dough for English muffins. Pre-scale, my dinner rolls never looked like a matched set. It never bothered me too much, but now that I can pinpoint their weight, I take pride in their uniformity.

The other night we had friends over for a cookout. They were too polite to gush that my homemade hamburger buns looked identical, so I straight-up told them: All the buns weighed within two grams of each other.

They were so impressed. My newfound fascination with weighing ingredients has bumped my baking skills up to a whole new level. I'm not sure, however, how I feel about that.

It goes against my free-wheeling approach, not just to baking but to anything that requires accuracy. So now I'm wondering: Is my lifelong belief in "close enough" really part of my charm? Or am I just careless?

Lately, I've been imagining how nice it would feel to wear my hand-sewn sundress without having to drag one leg. And how tickled Mark would be if, instead of giving him a measurement by holding

my hands a certain distance apart, I told him in actual inches. What if I finally learned how to read those super-tiny hashmarks on the measuring tape? I bet he'd marry me all over again.

On the other hand, I'm afraid I might get too bogged down in the need for accuracy. I don't want to lose the happy-go-lucky part of me, the easygoing part that doesn't get hung up on perfection.

This kitchen scale has given me a lot to think about, and at the moment I don't know what I'll do.

But, as you might expect, I'm enjoying weighing my options.

# Ways of Seeing

(Continued from Page 4A)

transformed into a healing art form. The preschoolers seemed able to do it effortlessly: just change your mind and your intention. I am also heartened

by the current movement to elevate Caring as a profession, a movement, and a way of ensuring that all beings will thrive. It has been a long time coming, but the world is beginning to shift, even

in the face of growing atrocities. I am heartened to imagine that "my daddy's house is a big house" with room enough for all. That perhaps King Kong and Godzilla can live together there in peace.

# Letter

(Continued from Page 4A)

were at many events (including the overnight Project Grad) with smiles on their faces. I would love to name names, but worry I would forget someone, but you know who you are and you have not gone unnoticed.

I know I feel an overwhelming sense of gratitude for our whole community, so thank you!

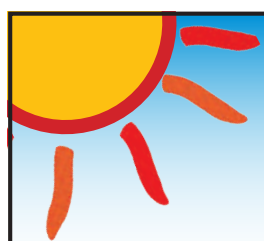
Amy Clapp  
Weybridge

# Letters to the editor

The Addison Independent encourages readers to write letters to the editor. We believe a newspaper should be a community forum for people to debate issues of the day

Because we believe that accountability makes for responsible debate, we will print signed letters only. Be sure to include an address and telephone number, too, so we can call to clear up any questions.

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.



## Addison, VT Homeowner Recommends Bristol Electronics

Bristol Electronics installed our solar panels early this summer and all the sunny days have been pushing our meter backward at a good rate. It feels good to be contributing to "the grid". Working with Chris, Steve, Dave and the other B.E. employees was a pleasure. They were well informed, patient and flexible as we worked through some early unforeseen roadblocks. We strongly recommend this company if you are interested in having solar energy at your home installed by a responsive, responsible company.

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ADDISON COUNTY

# Obituaries

## Diane J. Kandzior, 73, of Ferrisburgh

FERRISBURGH — Diane Jane Kandzior, 73, passed away Tuesday, June 4, 2024, at her home in Ferrisburgh.

The daughter of Donald and Lois (Young) Osgood, she was born November 20, 1950, in St. Johnsbury. She graduated from Vergennes Union High School and went on to earn her LPN from Fanny Allen Nursing School.

Diane held early employment at Clark's Nursing Home and Simmons Precision. After many years of providing child care, she found her passion in dairy farming, applying all her gifted skills. She enjoyed spending time with her close family and friends. She was a lover of all animals, flowers, and recently birds.

Diane was predeceased by her parents, Donald and Lois Osgood.



DIANE J. KANDZIOR

Diane is survived by her husband, Henry; children, Ron (Georgette) Kandzior, Dawn-

Marie (Philip) Livingston, Heather Kandzior (Fred Valiquette) and Audrey Gendreau; grandchildren, Ian, Katherine, Lydia, Karissa, Brailey, Cody and Ashley; great-grandson, Atlas; sister, Marilyn (Bill) Devoid; and brother, Richard (Charlotte) Osgood. Very special to Diane were Jeremy, Douglas, Laine, Troy, Jamison, Morgan, Madison, Ryan, Megan and several nieces and nephews.

A graveside service will be held Saturday, June 22, at 11 a.m. at the Prospect Cemetery in Vergennes.

In lieu of flowers, donations can be made in Diane's name to Homeward Bound, Addison County's Humane Society, 236 Boardman St., Middlebury, Vt., 05753. To send online condolences to her family, please visit [brownmclayfuneralhomes.com](http://brownmclayfuneralhomes.com). ♦

## James P. Trievel, 79, of Middlebury

MIDDLEBURY — James P. Trievel, 79, died Saturday morning, June 1, 2024, at his residence after dealing with many health issues.

He was born November 22, 1944, in Philadelphia, Penn., the son of Harold N. Trievel and Rose (Higgins) Trievel.

He had been employed as a utility worker for CVPS, now Green Mountain Power, for several years. James was a member of the Sons of the American Legion Post No. 27 of Middlebury. He enjoyed outdoor activities, walking, biking and travel.

As a child, James was co-captain of the Harrowgate Stringband for many years with his younger brother, Joseph, and his father,

Harold Trievel, who started the string band in 1954. James's other brothers, Harold and Thomas, were also members of the stringband, a tradition that the Trievel family enjoyed with many citizens of Philadelphia.

James became a volunteer fireman for the Cinnaminson Fire Company after he graduated from Northeast Catholic High School in 1962 and remained with the fire company for several years until he moved to Vermont.

He is survived by his sister Rosemary McGuigan Bennett of Philadelphia, and by several nieces and nephews.

James was predeceased by his parents, by his companion Mary Ann Gardner, and by his siblings, Joseph, Thomas and Harold Trievel.

Visitation will be held at the Sanderson Funeral home in Middlebury, Vt., on Monday, June 24, from 5 to 6 p.m. for all who would like to pay your respects. A memorial service will immediately



JAMES P. TRIEVEL

follow at 6 p.m. at the funeral home.

Burial will take place on Tuesday, June 25, at 9 a.m. at Greenwood Cemetery in Bristol.

Memorial contributions may be made to a charity of one's choice.

Arrangements are under the direction of the Sanderson-Ducharme Funeral Home.

## Raymond White, 37, Vergennes

VERGENNES — Raymond White, 37, of Vergennes passed away unexpectedly June 3, 2024. He was born in Middlebury, graduated from Vergennes Union High School and got an Associate's Degree from Community College of Vermont.

He loved his family, joking around, and wrestling.

He is survived by his daughter

Caeleigh White, mother Lana Delorme, step-father Scott Delorme, father Christopher White, brother Chris White and his fiancée Tori Lang, paternal grandmother Kay Ladue, special nephews Christopher and Tristan, and several aunts, uncles and cousins.

A graveside service is set for June 29 at 11 a.m. at Lakeview Cemetery in Addison.

## Marilyn Aunchman celebration of life

VERGENNES — There will be a Celebration of Life for Marilyn Patten Aunchman on Thursday, June 20, 2-4 p.m., at the American Legion Post in Vergennes. She passed away on Sept. 27, 2023, in Mesa, Ariz., and was formerly a resident of Vergennes. Family and friends are welcome.



TED PERRY

## Edward 'Ted' S. Perry, 87, Middlebury

MIDDLEBURY — Edward "Ted" S. Perry, 87, peacefully passed away June 10, 2024, surrounded by his family. Calling hours will be Friday, June 14, 4-6 p.m. at Sanderson Funeral Home, 117 South Main St., Middlebury, Vt. A full obituary will be in a future edition.



OTTER VALLEY STUDENTS Hayden Martin, left, and Owen Thomas, right, along with their fellow student Brady Quenneville, created a new sign for the Brandon Police Department during teacher Devon Karpak's woodworking class. The students, along with Karpak, presented the new sign to Brandon Police Chief David Kachajian on June 5.

Photo courtesy of RNESU

## Students make new sign for police

BRANDON — Rutland Northeast Supervisory Union students from Devon Karpak's woodworking class at Otter Valley Union Middle and High School crafted a new sign for the Brandon Police Department. They presented the sign to Chief of Police David Kachajian on June 5.

The students spent several months on the project and were thrilled to showcase their efforts. Karpak explained that the design had its challenges,

*"We are really excited to make sure that students have opportunities to create items for the real world and are interested in continuing to strengthen our working relationship with local organizations."*

— Devon Karpak

but they ultimately decided on using 3D printed letters and a deep pour epoxy to weatherproof the sign, a new skill for everyone involved. The result was impressive, and the students were proud of their work.

Brandon Chief of Police David Kachajian said, "When we were presented with the sign by Mr. Karpak and his students, to say that we were beyond impressed with the workmanship would be an understatement. It was fantastic to see the students being able to apply what they

learned in class to create something for our community and for the police department. The level of skill that the students demonstrated in making the sign was worthy of something that a professional carpenter would have done."

Kachajian said that the sign will be displayed proudly in front of Brandon's police department for many years to come.

Karpak said, "We are really excited to make sure that students have opportunities to create items for the real world and are interested in continuing to strengthen our working relationship with local organizations." Karpak and RNESU are looking forward to future opportunities for collaboration with other local organizations.

## M. Elizabeth Kirby, 80, of Panton

PANTON — It is with saddened hearts the family announces the passing of M. Elizabeth Kirby. Mom/Mimi lost the battle after a brief illness surrounded by her loved ones on June 9, 2024, at the age of 80.

Beth was born during a blizzard, at home in Addison, Vermont, to John and Elaine Forand. She was predeceased by her husband Greg, both parents, her sister Anne and brother Michael. She graduated from Mount Saint Mary's High School and the University of Vermont.

She worked as a home economics teacher until having her two daughters, Kathy and Deb. She returned to the workforce as an instructor for the Home Builders Institute at Job Corps in Vergennes where she stayed for over twenty years. Then eventually found a perfect fit at Mount Abe High School in the Planning Room until her retirement nearly two decades later. She had little tolerance for nonsense but found extreme empathy for kids who were less fortunate, needing kindness, understanding, support or a little



BETH KIRBY

extra guidance. Shortly after retirement she was diagnosed with ovarian cancer, her determination kicked cancer to the curb and she remained cancer free for over 9 years.

She loved the home she built with Greg and cared deeply for the upkeep and yard, taking special care of the beautiful gardens. She

grew all her vegetables for the year, canning and freezing all summer. She was a wonderful cook. There was always room for more people at the table and plenty of food, another place setting was simply added. She was an amazingly strong and independent person.

She was proud to be part of the Lions Club in Vergennes. Beth will be lovingly remembered by her children, Kathleen Clark, husband Scott, and Deb Di Stefano, husband Pasquale; seven grandchildren who were blessed to call her Mimi: Jarrett, Rachel, Abrianna, Zeke, Mitchell, Alessandro, and Izzy; as well as many dear friends and family.

Calling hours will be at Brown-McClay Funeral Home in Vergennes on Monday, June 17, from 5-7 p.m. A celebration of her life will be at Addison Community Baptist Church at Addison on Tuesday, June 18, at 10 a.m. In lieu of flowers donations can be made in her name to the Lake Champlain Maritime Museum Longboat Youth program or the Lions Club of Vergennes. ♦

## Obituary Guidelines

The Independent will publish paid obituaries and free notices of passing. Paid obituaries cost 25 cents per word and will be published, as submitted, on the date of the family's choosing. For those who do not wish to purchase an obituary, the Independent offers a free notice of passing up to 100 words, subject to editing by our news department.

Photos (optional) with either paid obituaries or free notices cost \$10 per photo. Obituaries may be emailed to [obits@addisonindependent.com](mailto:obits@addisonindependent.com).

Submissions must be received by 11 a.m. on Wednesday for publication in the Thursday paper and 11 a.m. on Friday for Monday's paper. Email [obits@addisonindependent.com](mailto:obits@addisonindependent.com)

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# Dog rescued from Bristol Falls

BRISTOL — Bristol police helped rescue a dog from Bristol Falls on June 1. Police reported that the dog made its way down the ledge of the falls and was unable to get back onto the path. Bristol police received assistance from the Bristol Fire Department.

“The Bristol Police Department would like to thank the Bristol Fire Department with their assistance in getting Frankie rescued safely and the public for calling in the great tips on locating him,” police wrote in a June 2 Facebook post. “It was a team effort with the assistance of his foster dog mom, Bristol PD, Bristol FD and some rotisserie chicken to get him back home.”

Between May 26 and June 1 Bristol police completed 19 foot patrols and one car patrol,

## Bristol Police Log

conducted 14 traffic stops, and checked security at Mount Abraham Union High School seven times, at Bristol Elementary School seven times and at local businesses six times.

Police also processed seven fingerprint requests and conducted one welfare check.

In other recent activity, Bristol police:

- On May 27 provided traffic control while a damaged banner hanging over West Street was removed.
- On May 27 responded to a

traffic hazard on South Street. A branch was removed from the roadway.

• On May 28 were told of lost dogs found on Monkton Ridge Road. Police reported the individual was expected to keep the dogs until the owner was found.

• On May 28 assisted Bristol Elementary School with a truancy concern.

• On May 29 received a cell phone found on Mountain Street and contacted the owner.

• On May 31 responded to an animal complaint on Plank Road. Police issued a warning for a barking dog.

• On May 31 responded to a report of a suspicious person on Airport Drive. Police determined no action rose to the level of an offense.



**BEARS CAN BE** drawn to backyard composters. Vermont Fish & Wildlife has a number of recommendations to keep them away.

Photo y John Hall, VTF&W

# Driver stopped for going 85 mph in a 50

ADDISON COUNTY — Vermont State Police stopped a vehicle on Route 17 around the intersection with Weybridge Road on June 7 at a little after 12:30 p.m. for speeding 35 mph over the limit — 85 in a 50 mph zone — while showing signs of erratic driving.

While speaking with the driver, identified as Luis F. Jimenez, 28, of Weybridge, the trooper said that he observed signs of impairment. Police arrested Jimenez, took him to the New Haven barracks, cited him for driving under the influence and driving with excessive speed.

In other recent activity, state police:

- On the evening of June 4, a little before 7 p.m., received a report of

## Vt. State Police Log

a man making threats through text messages. They identified the man as Alex Billado, 30, of Colchester. After investigating, police cited Billado for criminally threatening a former family member. Billado is due to answer the charges in Addison County Superior Court, criminal division, on July 29, and he was lodged at Northwest State Correctional Facility for violating his probation.

- On June 7 at about half an hour before midnight, stopped a vehicle

for speeding and other motor vehicle violations on Route 7 by the intersection with Greenbush Road in Ferrisburgh. Police identified the driver as Amanda LaMonda, 40, of Ferrisburgh, and they cited her for driving under the influence.

• On June 8 at a little past 6 p.m., observed a motor vehicle violation on Route 7 near the intersection with Route 17 in New Haven. The driver, identified as Jacob A. French, 37, of Essex Junction, showed indicators of impairment and refused to be screened. Police arrested French. At the Middlebury Police Station, he was cited for driving under the influence—refusal and released.

# Tips for composting with bear activity

MONTPELIER — Many people are having problems with bears looking for food near their homes — bears on decks, tearing down bird feeders, wrecking beehives, killing chickens, and getting into trash, compost and garbage containers. With the food scrap ban in effect Vermont Fish & Wildlife has some tips for people who are composting at home so they can avoid attracting hungry bears.

But before doing so, be sure to take down bird feeders until there is a foot or more of snow in December. Then, make sure anything else that might smell like food is picked up. Also be sure to keep trash containers secured inside a sturdy building and don't put it outside until the morning of pickup. Beehives, chicken coops and compost bins can be protected with electric fencing.

If you know bears are active in your neighborhood, the best way to avoid attracting them is to take food scraps to one of the drop-off stations. You can locate these by contacting your local solid waste management district or town, or find a company that picks up food scraps for composting at [www.VTrecycles.com](http://www.VTrecycles.com).

Composting at home while

minimizing the chances of attracting bears can best be done with these tips:

- Use three parts of brown material for one part of green material. Browns can be dried leaf and yard debris, wood chips, which often can be delivered to your house free by a local tree service company, or shredded paper. Greens include kitchen scraps, vegetables and small amounts of fruits. Adding lots of brown material minimizes smells and speeds up composting.

- No meat, bones or seafood leftovers. They do not break down quickly and are strong wildlife attractants. The food scrap ban allows people who compost at home to dispose of meat, bones and seafood in the trash, so they can be kept in a freezer until trash day.

- Give your compost oxygen by frequently mixing it or turning it over if it is in a container. This reduces odors and speeds up composting.

- Does your compost smell? If so, turning it, adding more brown material and a layer of wood shavings or sawdust to the top should solve the issue.

- Enclose your composter with electric fencing or compost in a

hard, durable container with a lid that will be challenging for a bear to open. Some types of tumblers are bear-proof. Electric fencing, with food scent added to the wires will discourage even persistent bears.

- If you are currently having a bear issue, delay starting your new compost pile until the bear issue resolves. Until then, keep food scraps in the freezer or bring them to a collection site.

To learn more about properly composting food waste, go to the Department of Environmental Conservation's website at [www.VTrecycles.com](http://www.VTrecycles.com).

If you are having problems with bears, you should submit a bear incident report to Vermont Fish and Wildlife at [anrweb.vt.gov/FWD/FW/WildlifeBearReport.aspx](http://anrweb.vt.gov/FWD/FW/WildlifeBearReport.aspx).

If a bear is causing damage, you are also urged to contact your local game warden. You can find out who your local warden is at [anrweb.vt.gov/FWD/FW/WardenLookup.aspx](http://anrweb.vt.gov/FWD/FW/WardenLookup.aspx).

Composting without attracting wildlife takes careful planning. For information about living with bears and to report bear damage, visit Fish and Wildlife's website [www.vtfishandwildlife.com](http://www.vtfishandwildlife.com).

# Hold off mowing for as long as possible

MONTPELIER — Bobolinks, Savannah sparrows and eastern meadowlarks enrich our summers with their songs, but their populations continue to suffer long-term declines due to the loss in quantity and quality of their grassland habitat.

“These species continue to experience long-term population declines across the continent, and on Vermont's grasslands, especially in large fields and in open landscapes, there are opportunities to help,”

said Rosalind Renfrew, biologist for the Vermont Fish and Wildlife Department.

Landowners can make a difference by altering the times of year they mow fields. Fish and Wildlife is encouraging landowners to help these beloved species by waiting to mow fields used by grassland birds, giving them a chance to rear their young.

“People maintain open, grassy fields in Vermont for a variety of

reasons, from producing hay to providing pasture for grazing, to simply maintaining scenic beauty,” said Renfrew, “For those who can afford it, the timing of mowing or brush hogging can be adjusted to allow grassland birds to successfully raise young.”

Bobolinks, Savannah sparrows, eastern meadowlarks and wild turkeys build nests right on the ground, among the grasses and

(See Mowing, Page 8A)

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### A celebration of reading

A GROUP OF elementary students gathered at the Isley Public Library on Wednesday, May 29, for ACSD's annual Golden Dome Book Challenge. The students had a great time answering trivia questions about the 25 books on the Vermont Golden Dome book list.

Photo courtesy of Julie Altomero

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## Man cited after caught speeding

**VERGENNES** — Vergennes police on this past Saturday cited a Monkton resident for driving with a criminally suspended license.

Police said they stopped a vehicle on Route 22A in Panton for alleged speeding and said it was being operated by Matthew Melendy, 25, of Monkton. They then learned Melendy's license had been criminally suspended, and they cited him into court to answer for the offense.

In other action between June 3 and 9, Vergennes police conducted 16 patrols by cruiser and two on foot and 10 traffic stops, processed four pre-employment fingerprint requests, responded to one false alarm, and:

- On June 3:
  - Went to Vergennes Union Elementary School to help administrators deal with parents reportedly upset by their child's suspension, but on arrival police learned the parents had already left.
  - Served two relief-from-abuse orders to city residents.
  - Responded to a Main Street

## Vergennes Police Log

accident without injuries after which one driver had left the scene; police could not find the driver.

- Spoke to Addison Housing Works about tenant complaints at 45 Armory Lane about an unwanted individual sneaking into the building, which the agency manages. Police said the agency had no receipt for the no-trespass order it had issued, and suggested the agency/landlord obtain one.
- Conducted a background investigation prior to a ride-along for a potential department hire.
- Conducted a commercial vehicle investigation on a tractor-trailer unit stopped for speeding. Police found no problems, but issued a warning for speed.

- On June 5:
  - Participated in the weekly VUES Walk/Bike to School effort.
  - Took an online accident report for insurance purposes.
  - Followed up on a tip that a shoe and other items found near the post office might indicate a missing person, but concluded the stuff was just trash.

On June 6 looked into a complaint that unmown grass near the intersection of West Main Street and Panton Road was posing a visibility problem at the intersection, but found no issue.

near the intersection of West Main Street and Panton Road was posing a visibility problem at the intersection, but found no issue.

- On June 7:
  - Conducted a background investigation for an out-of-state candidate for a bar exam.
  - Went to the intersection of Main and Green streets after a report of a disabled car and discovered a citizen had already helped resolve the problem.

- On June 8:
  - Assisted at the Pride Parade, which was reported to have gone smoothly.
  - Helped Vermont State Police by handling a two-car accident at the intersection of New Haven Road and Route 7. Police said Charlotte Rescue took one person with minor injuries to the UVM Medical Center.
  - Began investigating the theft of a phone with credit cards attached that a Maplefields customer had accidentally left behind in the convenience store. Police said the phone was found — without the credit cards — on a nearby side street, and that the case remains under investigation.

On June 9 helped state police at the city station by having a department Drug Recognition Expert evaluate an allegedly impaired driver.



## INTRODUCING Michael Markowitz, MD

Dr. Michael Markowitz, primary care provider, attended medical school at the University of Arizona College of Medicine. He interned at University Hospital at Stony Brook University in New York and completed a combined residency in internal medicine and pediatrics at Maricopa Medical Center and Phoenix Children's Hospital in Arizona. He holds a Bachelor of Arts in anthropology and psychology from SUNY at Stony Brook and a Master of Arts degree in anthropology from Arizona State University.

Dr. Markowitz enjoys hiking, biking, and performing as a musician. He is also a craftsman of repairing fretted string instruments.

Dr. Markowitz is Accepting New Patients



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## Mowing

(Continued from Page 7A)  
wildflowers. Deer fawns and other animals take refuge in grass fields, and other birds such as bluebirds, kestrels, whip-poor-wills, and northern harriers rely on grass fields for food.

According to Renfrew, landowners who do not need to mow for animal forage can accommodate nesting birds by cutting late in the summer, preferably after August 1.

People concerned about invasive plants may choose to sometimes mow a portion of their field more frequently, to keep invasive plants in check. "The birds don't like fields dominated by invasives such as parsnip, bedstraw, chervil, and others any more than we do," says Renfrew. "Mowing earlier and more frequently to control and prevent those species from going to seed can mean temporarily sacrificing the needs of the birds," says Renfrew, "but when it helps maintain habitat quality over the long term, it's worth it."

Landowners who face a loss of income from delaying mowing can apply for assistance through the Natural Resources Conservation Service or The Bobolink Project.

You can learn more about conserving Vermont's grasslands on Vermont Fish and Wildlife's website at [tinyurl.com/grassland-mow](http://tinyurl.com/grassland-mow).



MEMBERS OF THE MIDDLEBURY Union High School Class of 2024 were all smiles as they collected their hard-earned diplomas at Saturday's commencement ceremony at the Memorial Sports Center. In this photo, Max Carpenter beams in anticipation.

Independent photo/Steve James



NEWLY MINTED MUHS grad Orlinne Maceno shares a moment with her family after Saturday's graduation ceremony.

Independent photo/Steve James

## MUHS graduation celebrates resilience

By MARIN HOWELL

MIDDLEBURY — You'd be hard pressed to find one word to describe the Middlebury Union High School Class of 2024, a group of students who've left their mark on the school in numerous ways, from academic achievements to athletic accomplishments, through performances on stage and on the tennis court.

However, as noted by multiple speakers at this past Saturday's commencement ceremony, there's at least one trait the 102 graduating seniors share — their resilience.

MUHS Principal Caitlin Steele acknowledged the challenges students have faced throughout the past four years, notably navigating the COVID-19 pandemic.

"You met your peer leaders on Zoom," Steele told graduates. "You did high school orientation in virtual breakout rooms instead of together in-person. You arrived on campus keeping six feet apart, wearing masks, attending school just two days a week."

Those times were hard, Steele said, but the Class of 2024 pushed through.

"After those hard COVID years, you could've stayed passive and disconnected. You could've let yourselves stay lost behind screens, but you didn't," Steele said. "You tried new things, and made new friends on the field, on the stage, in class. You advocated for change."

### FACING CHALLENGES

Students' actions have made a

difference over the years.

"Because of you we had a voter registration event at school that registered over 80 new voters into our community," Steele said. "Because of you we had tremendous musicals and spring flings and concerts and proms. Because of you we had a talent show this year that rivaled the ones of the past, and you never even saw the ones of the past because they were one of the many things we lost in the pandemic."

Steele told graduates that they will continue to face challenges as they head off into the world.

"Class of 2024 as you move on to your next chapter, I wish you continued learning, careers that fulfill you and friendships and connections that make you smile really, really big," she said. "I wish you challenges that continue to transform you into your best selves. I'm so excited to see what you do next, and I'm not worried because I've seen what you make of a challenge."

Student speaker Milo Rees also spoke of navigating obstacles in his remarks to fellow seniors. He noted that students' time at MUHS has been filled with both successes and failures.

"Perhaps the most pertinent instance of failure in my high school career is my playoff history with the boys' soccer team," Rees said. "In my three years of varsity soccer, we lost in the state semifinals every single time. One



SHYANNE WEDGE SURVEYS the crowd at MUHS commencement on Saturday.

Independent photo/Steve James

of my peers graduating today is a four year player and has lost four state semifinals in a row."

Rees acknowledged that such losses can be disheartening, but can also be a blessing.

"Failing can give you the motivation to push just a little harder the next time, wake up a little earlier or take a much needed step away from the task at hand. Failure is in no way a bad thing," he said. "And so, though I wish all of you much, much success in life, I also hope that you fail every now and again."

Student speaker Diana Herasim on Saturday recalled the moment she first arrived at MUHS three years ago, far from her home country of Ukraine.

"While my emotions were challenging to tell apart, one thing I felt for certain; it was the beginning of something big and promising," she said.

Herasim likened the experience to her first boxing match in Ukraine, a new endeavor she navigated with the help of her brother's advice: do not let minor inconveniences interfere with your major goal.

She applied the same lesson to her time at MUHS.

"However, the inconveniences making it hard for me to focus on my goal were far from minor. Being thousands of miles away from my family, the war raging on in my home, and the numerous losses

I've experienced as a result of it have been profound challenges that have tested my resilience daily," she said. "Yet, I did my very best to stay focused and persevere, and I can say proudly that I won this fight, too."

Herasim noted that each senior has faced their own battles throughout the past four years.

"The fact that we are all gathered here today, in our black attire, waiting to receive our diplomas proves at the very least one thing; we have all won this fight," Herasim said.

### PARTING REMINDERS

Senior Maura Connelly also took to the stage, highlighting the many facts students have learned over the years and will likely soon forget. She encouraged her classmates to remember one key lesson from their time in school — kindness.

"We all have memories of someone's kind words or actions, times when we felt respected and important," Connelly said.

Connelly noted that students' have also witnessed moments of unkindness over the years.

"We know what kindness is and we know what kindness is not," she said. "We understand its value because we know how it feels when we aren't treated with it."

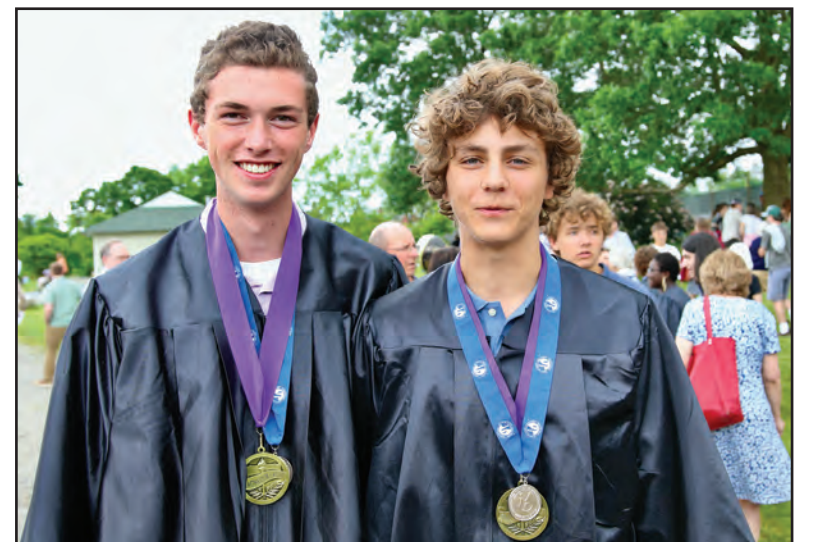
Connelly urged her classmates to be kind to those around them, as well as to the surrounding environment.

"As you enter new communities and make new memories, how will



ETHAN SWEET GIVES a congenial salute after getting his diploma.

Independent photo/Steve James



MANY OF THIS YEAR'S MUHS grads are bound for higher education. Baxter Harrington (left), is headed to Washington U. in St. Louis, Mo., while Milo Reese will study at Williams College in Williamstown, Mass.

Independent photo/Steve James

you be the person that someone else tells a story about," Connelly asked. "Be inclusive and not exclusive. Fight for equity and against discrimination. Be a good person. Be kind because those are the things that really matter."

Diplomas were presented to 102 graduating seniors on Saturday. Four students graduated Summa Cum Laude, 15 earned Magna Cum Laude and 16 graduated with Cum Laude honors.

In addition to the graduating class, new Addison Central School District Superintendent Wendy Baker was recognized at Saturday's ceremony.

Baker shared some thoughts with students, noting the similarities between herself and seniors as they both prepared to begin new chapters amidst high expectations.

Baker listed five things she and students will need to keep in mind as they embark on their next adventure, including to focus on who they want

to be over what they want to do; that often two completely opposing ideas are both true; and to take a page from the gamers, farmers and poets.

"On the daily they place themselves into experiences knowing their surroundings and their circumstances will be unpredictable and that their path forward through the day will likely not be linear, except that the sun will come up and go down, lives will begin and end, and ideas will come and go," Baker said.

Baker also reminded students that the natural world provides an anchor in their sense of home and that they can be assured the community that has supported them thus far will always remain with them.

"No matter how lonely we may feel as we step forward, we will never be alone, and that is the number one reminder for us as adventurers moving forward," Baker said.



UKRAINIAN EXCHANGE STUDENT Diana Herasim gives a moving speech to her Class of 2024 peers.

Independent photo/Steve James

The MHS/MUHS Alumni Association  
Congratulates the Class of 2024

Well Done & Best Wishes

The Alumni Association awarded  
six \$2000 scholarships this year.

# Facility

(Continued from Page 1A)

north end near Ferrisburgh, but it is not far from a few homes and a wooded Comfort Hill parcel that a developer has eyed for housing.

The site is on the west side of Comfort Hill, next to a solar array and across the road from the Comfort Hill Kennel.

Most of those who spoke at the meeting agreed with state officials' statements that there is a need for such a facility — which they are calling the Green Mountain Youth Campus — and that there are good intentions behind the proposal.

What might have been a slight majority of those in attendance applauded at the end of the lengthy question-and-answer session that concluded the two-hour-plus meeting.

But those who spoke also had questions and reservations about the plan. To summarize major concerns:

- Would property values be affected?
- Would the state keep its promises of paying taxes while leasing the facility to a private operator, and then making payments in lieu of taxes when Buildings and General Services (BGS), as planned, takes ownership?
- Given its problematic track record, including in Vergennes at the former Weeks School and at the now closed Woodside Juvenile Rehabilitation Facility in Essex, could the Department for Children and Families (DCF) be trusted to oversee operations at a city facility?
- Given the presence of Northlands Job Corps and the city's unwelcome status as part of a designated truck-traffic corridor, is Vergennes already taking enough of a burden for the larger good?
- Would a locked juvenile facility tarnish the city's reputation, such as the long-closed Weeks School once did?

**NATURE OF PROPOSAL**  
Before handling questions, officials first presented their proposal.

Speaking were DCF Commissioner Chris Winters, Buildings and General Services Commissioner Jennifer Fitch, DCF Director of Adolescent Services Tyler Allen, and Aryka Radke, DCF Deputy Commissioner for its Family Services Division.

As well as answering questions directly, they said more questions would be answered during what will be a lengthy public process

if and when the project moves forward.

DCF plans to contract with a provider to operate the facility with up to 30 employees, with onsite health care as well as counseling included. BGS will initially lease the building to the operator and then own the facility, Fitch said.

Allen said the youths served will have been "charged or adjudicated for delinquent activity," but that "They are much, much more than their charge sheets. This is not a detention program."

All will be securely transported to and from the facility, and not released into the community upon completion of the program, officials said.

Officials said the campus would offer a six-bed program to provide short-term "stabilization" of youths in crisis, probably for stays of up to two weeks before a move to other DCF facilities, and an eight-bed program to provide longer-term mental health care for those with that need.

Radke said the six-bed shorter-term program would provide youths with "immediate evidence-based care" in a setting that would provide a sense of "physical and emotional safety" and "belonging."

Allen expanded on Radke's remarks. "We need not to respond with punishment. We need to respond with care," he said. "They are universally scared ... We can't really understand what their needs are because everything is reaction. And so this program is designed to slow that down, to create safety

outside of them ... so we can really figure out what's going on so we can get them where they need to go. Which ideally in a short amount of time is not here."

Some of the youths from the six-bed unit could be referred to the eight-bed unit rather than another DCF site, officials said. They said the eight-bed unit is a treatment program intended to help youths with a "more sustained pattern of behavior," and stays might typically be four-to-six months.

Officials said DCF has since 2020 lacked such a facility, causing a cascading problem as the department tries to find placement and appropriate levels of help for all youths in crisis with the state's limited number of beds. Around 50 youths are now being housed

out of state, which officials said is less than ideal in terms of their mental health and from a financial standpoint.

"This is a property we really need to complete our system of care," Winters said, adding the current lack of such a crisis facility is "to the detriment of all the other kids we need to treat."

Winters emphasized that because health care would be provided onsite, and based on DCF's research on comparable facilities, law enforcement calls would be "extremely minimal," and thus the burden on local services would be minimal.

**CONSTRUCTION COSTS**

Fitch offered details about construction and cost. She said the project price tag could be between \$15 million and \$18 million, and it could be built by late 2026. BGS is working with South Burlington's design-build firm ReArch Company Inc. on the project.

ReArch's Chris Huston described the buildings' design as "non-institutional" and "Vermont Vernacular," and said they would be "nestled into the wood line" at the lot's north side. He described the layout as "individual buildings securely linked together" by no-climb mesh fencing, including a gym, that would surround green space that could be used for activities.

Fitch said the buildings would be designed using evidence-based research to create a friendly, welcoming environment, with soft, and wherever possible natural, lighting; an attractive natural setting; comfortable furniture; and a pleasant interior.

Radke described the center's appearance as "something we can all be proud of."

Officials cited the benefits to Vergennes as jobs, employees spending money in the city, tax and then Payment In Lieu of Taxes (PILOT) revenue and possibly other negotiated benefits to the host community. The city council on May 14 held a closed-door session to discuss possible asks of the state if the facility were to be built as planned.

In a recent interview with the *Independent*, Fitch offered one example of an additional benefit the state could offer Vergennes: BGS could fund a larger new sewer line along Comfort Hill than needed just to serve the youth campus, one that could also serve new housing in the area.

Approval of the proposal will require both city plan and zoning changes, each of which would require planning and city council hearings. The plan would also need city zoning and Act 250 permits that would also require hearings. All of those hearings would include public testimony.

*"This is a property we really need to complete our system of care."*

— DCF Commissioner Chris Winters

*"We need not to respond with punishment. We need to respond with care."*

— DCF Official Tyler Allen



**THIS ARCHITECTURAL RENDERING approximates how the exterior of the secure facility for youth in crisis proposed for a Comfort Hill site in Vergennes would look.**  
Image courtesy of Duncan Wisniewski Architecture and ReArch Company.

According to the state's post on the city's website announcing the meeting, more public forums are also planned.

**Q AND A**

Questions started with city resident Linda Hawley asking why the state was not taking advantage of empty state-owned buildings near the Northlands Job Corps campus.

Fitch answered it was less costly to build new, and the results would be superior.

Waltham resident Liz Ryan brought up the sad history of the Weeks School, going back to its involvement with eugenics a century ago, and the documented problems at DCF-operated Woodside.

That facility closed in 2020,

and its aftermath included a 2021 federal lawsuit against the state of Vermont alleging, per *VT Digger*, "excessive force, cruel and unusual punishment, and retaliation against youths who reported abuse." The state settled that lawsuit in 2023 for \$5.4 million.

Ryan called the presentation "lovely in your drawings," but referred to the "dark clouds" of the past. She asked that DCF involve the community to ensure transparency and make sure that if the facility ends up in Vergennes it is done right.

"Let's get it together and do a good job ... and if it's here be as transparent as it's allowed," Ryan said.

Winters responded.

"A lot of things should have

been done differently," he said. "And a few things we are doing differently."

One important thing, he said, is there is now an independent watchdog overseeing the DCF, the Vermont Office of the Child, Youth, and Family Advocate.

Ryan still pushed her point: "What happened in the past cannot happen in this community."

Questioners also wondered whether the facility could be an obstacle to a new road that could re-route truck traffic around Vergennes.

Fitch said she had conferred with VTrans to make sure it would not have an impact on that.

Mel Hawley, however, said the issue might be whether a potential (See *Vergennes*, Page 15A)

## By the way

(Continued from Page 1A)

**Jessica Swift Community Meeting Room. This free workshop covers compost bin options, how to set up and manage a pile, the benefits and uses of compost, troubleshooting tips, ways to prevent wildlife visits, and other options available to keep food scraps out of the trash. You paid for your banana peels, eggshells, and carrot tops, so don't throw them away; by composting you reduce greenhouse gas emissions, recycle nutrients locally, and create a resource for growing healthy soil and food in your community. Plus, it's a simple way to comply with Vermont's Universal Recycling Law, which bans food scraps from the landfill. Sign up via the form on the Home Composting Workshop's webpage: [tinyurl.com/4pemyun7](http://tinyurl.com/4pemyun7).**

A couple of local business updates: First, the Wallace family has announced the Bristol Village Creemee Stand — a long-running, popular spot for sweet treats on Bristol's West Street — won't open this summer. The family continues to grieve following the recent loss of two of its members, including Tom Wallace, who died last October. "Please know that this was not an easy decision, and we are as disappointed as we imagine our community will be when they hear this news," the family stated in a Facebook post. "We are a strong family, but we

realize we need to take time to heal now." Meanwhile, in Middlebury, Aubuchon Hardware is now doing UPS shipping returns. But you must bring your own label for the return, or you can email it to them at [063@aubuchonhardware.com](mailto:063@aubuchonhardware.com). The return service comes following the recent closure of Middlebury's UPS store on Court Street.

**The Working Lands Enterprise Board recently announced 51 awards totaling \$2,329,561 to Vermont farming, forest and food businesses and organizations. The awards will support those who are earning a living off the land. Receiving \$74,565 in the form of an American Rescue Plan Act Primary Producer Impact Grant was Last Resort Farm in Bristol, which will use the money to build new hay storage and curing facilities. Champlain Valley Grain Center in Ferrisburgh received a Supply Chain Impact Grant of \$150,000 for a "still system" for processing local grain. And Middlebury's Landmark Woodcraft received a \$4,750 Trade Show Assistance Grant. Congratulations to all the recipients.**

The nonprofit organization Age Well is seeking 60 new volunteers to provide regular social interaction and assistance to seniors in their homes. Help older Vermonters by volunteering in your community for any of

the following: providing friendly visits, going grocery shopping, running errands, assisting with medical appointments, organizing, paying bills, providing respite to caregivers, delivering Meals on Wheels, doing minor home repairs, and more. Time commitment is based on your availability — it can vary from one day a week to two days a month (Mon-Fri, between 8 a.m.-4 p.m.). Please contact Age Well's Volunteer Department at 802-662-5249 or [volunteer@agewellvt.org](mailto:volunteer@agewellvt.org) to learn more and to sign up to volunteer.

**The Bristol Trail Network will host three birding events this summer, beginning with a "Slow Birding Outing" on Friday, June 28, from 5-7 p.m. It will be led by Bird Diva Bridget Butler ([www.birddiva.com](http://www.birddiva.com)). Slow Birding is described as using a mindful approach that will connect you with birds, the land, and yourself. Butler will teach participants how to get to know birds beyond their identification. Group size is limited, and registration is required (email [knight@gmavt.net](mailto:knight@gmavt.net)). Directions and parking info will be sent the week of the event. Participants should dress for the weather and at least 30 minutes of sitting in place. Consider bringing a portable chair, journal, hot beverage or water, binoculars, and whatever will make you most comfortable when sitting.**

**\$15,000 Donated to Local Charities in 2023**



**CLEAN YOUR HOME AND HELP YOUR COMMUNITY! DROP OFF CLEAN, DRY, USABLE GOODS FOR PEASANT MARKET AT ST. STEPHEN'S EPISCOPAL CHURCH:**

Wednesday, June 19th	4-6 pm	Wednesday, June 26th	4-6 pm
Thursday, June 20th	4-6 pm	Thursday, June 27th	4-6 pm
Saturday, June 22nd	10 am-1 pm	Saturday, June 29th	10 am-2 pm
Sunday, June 23rd	12-3 pm	Sunday, June 30th	12-3 pm

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**PEASANT MARKET WILL TAKE PLACE ON SATURDAY, JULY 6TH FROM 9AM - 1PM**

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**Bright Day Memory Cafe**  
**Wednesday, June 19, from 10:00-11:30 AM**  
**And every 3rd Wednesday at Ilsley Public Library**

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. This monthly program will offer a variety of activities such as music, speakers, art and more. We will be asking for suggestions from attendees as well. We hope to create a community for folks to feel seen, safe and engaged.

**Bonita Blackburn playing the piano for a sing-a-long**

This is a drop in event - no reservations needed. All folks with memory issues and their care partners are welcome to participate. Need transportation? Call 388.4095 ask for Renee.

**An initiative of Dementia Friendly Middlebury.**

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**VUHS GRADUATE KAEVIN** Sullivan and family are all smiles following the commencement ceremony this past Friday, where Sullivan and 57 other graduating seniors received diplomas. Independent photo/Steve James



**GRADUATING SENIOR KIMARI** Collins was one of 58 graduates recognized at the Vergennes Union High School commencement this past Friday and among the 13 seniors to earn Magna Cum Laude honors. Independent photo/Steve James

## VUHS commencement encourages grads to 'Believe'

By **MARIN HOWELL**  
VERGENNES — The 58 graduates recognized at the Vergennes Union High School commencement ceremony last week weren't all athletes.

Nonetheless, they all received a game-day-worthy locker room speech along with their diplomas at graduation this past Friday.

In lieu of a traditional commencement address, graduation speaker and former VUHS assistant principal Ed Cook embodied fictional soccer coach Ted Lasso in delivering a heartfelt "pre-game" speech to the Class of 2024.

Donning a t-shirt emblazoned with Lasso's "Believe" motto, Cook invited the graduating seniors to form a huddle at the front of the stage. The graduates, he said, had been preparing for the big game ahead of them for several years and he wanted to address them one last time before they took to the field. "As I look around this room, I see writers, artists, engineers, mechanics, welders, carpenters, emergency personnel, medical professionals, and even a few athletes," Cook said. "Whatever you decide to become, I'm confident it will be excellent."

**'BELIEVE'** Cook has given his fair share of locker room speeches as coach of the Mount Abraham/Vergennes boys' lacrosse team, which several of those in the audience had contributed to over the years. In the pep talk delivered on Friday, Cook acknowledged that seniors' six-year journey to game day had been shaped by their peers, VUHS faculty and staff, and the surrounding community.

"I know that you are prepared for what is in store once we leave this locker room. You have helped and supported each other this year and prepared for this game," he said.

Cook told the graduating class that their success is not defined by whether they win or lose the game ahead.

"It's been our job these last six years to help you all become the best versions of yourselves on and off the field," he said. "As I look around the locker room, I can honestly say we've accomplished this goal. You are all wonderful humans and you're going to leave here and make the world a better place."

Cook noted that graduates' face a huge challenge upon entering the field and encouraged them to embrace future discomfort.

"Being alright being uncomfortable is a very important skill to learn," he said. "Through this discomfort will come knowledge



**SEVERAL VUHS GRADS** celebrated graduation in style with decorated mortar boards at Friday's commencement ceremony. Here, a graduate's cap gives a nod to "The Office." Independent photo/Steve James

and growth that will make you a better person. It's important to be OK being uncomfortable; it shows you're willing to learn."

Cook reminded students that they've built a culture of doing the right thing, even when it puts them at a disadvantage.

"When you get out on that field, your opponent may try to bend the rules to get an advantage, the officials may make a call that isn't correct," he said. "When you take the field in this championship game, I want you to remember this; doing the right thing is never the wrong thing."

Toward the end of his speech, Cook pointed to two "Believe" signs hanging near the gym's exits — similar to Lasso's iconic sign and to one that Cook said mysteriously appeared in his office a couple of years ago.

He instructed the graduating seniors to high-five the sign on their way out.

"Believe in yourselves, believe in each other, and believe that it'll all work out," he told graduates. "Now let's get out there and win the game."

### TIGHT-KNIT COMMUNITY

Graduating seniors also heard from two of their classmates on Friday. In her remarks, Class Vice President Siobhan Potter acknowledged how quickly students had moved from kindergarten to graduation day.

"In elementary school, time moves at a different pace. Winter break and summer vacation felt like ages, not weeks. If we worry, it's about building forts and the monsters in our closets and under

our beds," she said. "We're not thinking of our next exam, or SAT scores or college decisions. We're celebrating the small milestones, like tying our shoes, losing teeth, learning to read, writing our names in cursive, and making the friends we had no idea would last a lifetime."

While a lot has changed since then, Potter told her classmates that much has stayed the same.

"Though our focus has shifted to the future, the moment we have is this one. Our spontaneity and our childish impulsivity make each second vivid and essential, let's not forget that," Potter said. "But let's also remember not to push or shove or cut in line. What feels like lifetimes away will be here before we know it."

Class President Benedict Diehl-Noble also shared his thoughts with students. He told the audience that when writing his speech, the image of passing by classmates in the halls of VUHS came to mind.

"In my mind this scene, which happened hundreds of times over the past four years, some are carrying instruments, some are dressed up for game day, some are trying to make it (to the other side of the building) from PE to Ms. Coffey's, and others are wearing snow pants ready to brave the Walden temperatures — all unified under the roof of the Vergennes Union High School," Diehl-Noble said.

He acknowledged that the Class of 2024 has formed a tight-knit community, bound by their shared home and emergence into high school during the pandemic.



**SENIORS CALDER RAKOWSKI**, left, Madelyn Giroux, Matilda Seyler, Benedict Diehl-Nobel and Calvin Gramling perform "The Parting Glass," at Friday's graduation ceremony. Independent photo/Steve James



**COMMENCEMENT SPEAKER ED** Cook pulls a VUHS grad in for a hug during Friday's graduation ceremony. Cook channeled fictional TV soccer coach Ted Lasso in his address to seniors, encouraging them to "Believe." Independent photo/Steve James

"Online learning was a real challenge and drove us to be isolated during one of the most important times of our lives," he said. "From Zoom screens to packed-out gyms on senior night, we've come a long way."

Diehl-Noble noted that every senior has brought something to the table, from memorable musical performances to clutch shots in close basketball games.

"Now we are about to leave these familiar halls and move into a different part of our lives, but we will always be connected by the shared start we had here," he said. "Whether our next steps are close to home, across the country or even across the world, we know that this school and this small city will connect us forever."

Following the graduation address, seniors made their way across the

stage to the tune of congratulatory cheers from friends and family in attendance.

There was much to celebrate.

Thirteen students graduated Magna Cum Laude and 10 received Cum Laude honors. Eleven graduates were members of the National Honor Society, eight had earned induction to the National Technical Honor Society, eight were a part of the German National Honor Society, and one was a member of the National Arts Honor Society.

### CLASS OF 2025 CHALLENGE

Before the newly-minted graduates reunited with well-wishers, senior Calvin Gramling delivered a challenge to the Class of 2025.

"I could challenge you to achieve academic excellence or serve your community, but I believe in you all to do that for yourselves," Gramling

told the rising seniors. "Instead, I'll focus on something that may be hard to remember in this upcoming year — have fun, make memories."

Gramling told his younger classmates that senior year goes by quicker than any other year of high school.

"It feels as though you're always looking forward to the next essay, exam or deadline. These are important steps in shaping your future, but it is the memories and experiences that you make that will shape who you are," he said.

Gramling acknowledged that it can be hard to slow down with a busy schedule.

"But it's the trips you take with your friends, the time you spend with your family, the jokes you have with your classmates and the games you play with your teammates that you will reminisce about for the rest of your life," he said.

Gramling urged the future seniors to face the challenges that come as they navigate their final year of high school.

"You'll be sitting up on these risers before you know it, preparing to go out into the real world," he said. "I challenge you to go out into the real world with memories of high school that will last you a lifetime."




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THE 89 MEMBERS of the Mount Abraham Union High School Class of 2024 spill out of the tent on the grounds of the Bristol school after they had received their hard-earned diplomas on Saturday. It's off into the big world!

Photo by Buzz Kuhns

# Mt Abe graduation: From a pandemic to an eclipse

By JOHN FLOWERS

BRISTOL — For almost 50 years now, the maroon gowns, black caps and diplomas have remained a constant for graduating classes at Mount Abraham Union High School.

But the 89 members of the MAUHS class of 2024 will stand apart for two events — both of which were beyond their control.

They had the unique distinction of beginning their high school careers during a global pandemic and graduating four years later on the heels of a total solar eclipse.

The speakers at Saturday's Mount Abe commencement ceremony blended those two watershed events into their sendoffs for this year's graduates, who shared the moment under a massive tent on the school campus. A major in-person gathering had seemed like a fantasy when this year's graduates made their virtual high school debuts as ninth graders dealing with social distancing mandates.

Mount Abe Principal Shannon Warden said the eclipse proved an apt metaphor for how the class of 2024 emerged from temporary

periods of darkness to greet a bright future.

"Throughout your time at Mount Abraham, you've encountered many eclipses. A global pandemic. Difficult assessments. Challenging projects. Each of these moments has tested your patience, resilience, and determination. However, just as the sun re-emerges after an eclipse, you have always found a way to overcome these challenges, gaining new insights and a deeper understanding of yourselves, others and the world around you," she said.

And Warden can count herself among the most resilient of Mount Abe community members. She lost her home to a fire back in January but met the challenge head-on with support from others.

"Your path ahead will not always be clear, and you will surely face more eclipses along the way," she told the newly minted graduates and their families. "Those moments are just that — moments — and just a part of what will be a totality of a lifetime. Embrace these challenges; take pause to problem-solve, communicate, reflect and realign. These are opportunities for

you to learn."

She encouraged them to "Seek opportunities to shine brightly. Embrace challenges ... and know the moments of darkness are temporary and can reveal the brightest aspects of your potential."

Abel Atocha, president of this year's MAUHS senior class, emphasized the importance of making connections in navigating the rigors of high school — and life in general.

The connections, he noted, began when elementary students from the five towns (Bristol, Lincoln, Monkton, New Haven and Starksboro) converged on MAUHS as seventh graders.

"We have the unique experience of graduating from small elementary schools with 20-odd peers, whom we had known all our lives," he said. "From there, we entered a building with hundreds of people, including high schoolers who seemed so much taller than us ... We were thrown into a mix of kids who, months before, were our biggest athletic rivals, or kids we had never once seen. It took a little while, but quickly new friendships formed. We weren't Bristol kids



WITH MOUNT ABRAHAM looming in the background, family and friends commemorate the big day by taking photos of the new Mount Abe graduates Saturday.

Photo by Buzz Kuhns

or Starksboro kids anymore, we were Mount Abe kids. 'Old friend groups' found new members, and entirely new groups formed. The social dynamic had completely shifted in less than a month."

Atocha urged his peers to communicate with others in an effort to forge new connections.

"When we were young, we were told not to talk to strangers. For the most part I have to agree this is sound advice. However,

moving into adulthood, I hope we can all try to talk to more strangers, learn more about other people and cultures, and become more conscientious and informed adults," he said. "Talk to the person behind you in line at the grocery store, your new classmates, and anyone else that you can. I know that some of my best friends and favorite experiences at Mount Abe have come from unexpected places."

The class of '24 chose social studies educator Scott Beckwith to deliver this year's faculty address.

In a speech interspersed with humor and a few tears, Beckwith praised the new graduates for navigating tough times with "patience, perseverance, and grace."

"You started high school under the cloud of, as some of my old-time Vermonters call it, 'The COVIDS,' and you were rewarded in your senior year with a rare and beautiful eclipse," he said.

Beckwith praised the class of '24 for mentoring younger MAUHS students and "unknowingly" becoming role models for them.

"Your countless contributions to our Eagle Nation community are impressive," he said.

Beckwith called on his now-former students to become "a force for change" in the community at large. He shared his mantra with the new graduates and invited them to share his four overarching aspirations: Peace, joy, health and wealth.

His advice included:

- "Give everyone around you the opportunity to experience the contentment of wealth by unapologetically protecting the rights of others. Protecting our cherished democracy by being content with who you are so that you never hinder the full potential of any human being."

- "Consider how you bring joy to those around you. It could be as simple as the 'Vermont Back Road wave,'" which he described as, "while you're driving along the road, and you see an approaching vehicle you make eye contact and simply lift one (appropriate) finger off the steering wheel as you pass. Don't forget the subtle head nod but be safe. That simple gesture may make someone's day."

- "Listen to the silence. Show others they matter by listening."

- "Break bread with as many people as you can. Share a meal. It doesn't have to be fancy, but taking time to sit and talk with others while enjoying food simply feeds your soul."

- Help your neighbors and take care of your family members; give your time to those who desperately need it. Help a stranger."

Beckwith, blessed with a great sense of humor, couldn't resist sending the class of with a few jokes, including:

"Q - Why was everyone so excited at the Autopsy Club?"

"A - It was open Mike night."

Reporter John Flowers is at johnf@addisonindependent.com.



MOUNT ABE CLASS of 2024 officers Joanna Toy, left, Joseph Darling and Mason Frazier welcome families and guests to this past Saturday's commencement ceremony in Bristol.

Photo by Buzz Kuhns



THESE FRIENDS SHOW that they know how to dress for hot weather by wearing white under their maroon robes.

Photo by Buzz Kuhns

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# Baker

(Continued from Page 1A) schoolhouse off Greenbush Road in Ferrisburgh for 37 years,” Baker said proudly.

Wendy’s dad, Sid Baker, graduated from Vergennes Union High School.

And while the Bakers would move to Burlington, they knew their heritage rested in Addison County.

“Addison County was very much where we went, as a family, to experience ‘home,’” Baker said. “I spent a lot of time in my youth on my grandmother’s lap in her backyard, (walks) up Snake Mountain, Shell Mountain, Mt. Philo, watching the ice run out on Lewis Creek, the geese in the fields of Addison. All of that has always been with me as an important foundation of my sense of home.”

Now she gets to work at “home,” as the ACSD’s top administrator, while at the same time checking off several other boxes on her professional wish list.

“Public school service has always been a calling,” Baker said during what was her first interview with the local press, in her new Charles Avenue office. The walls were still bare, but Baker will have time to adorn them with things that are important to her, just as she’ll put her imprimatur on the district’s education system.

She’s pleased to be back in the public-school trenches after a stint in the world of higher-education. As an administrator with Southern New Hampshire University, Baker led the development of non-traditional programming for support staff, teachers, and leaders across New England. She also managed strategic partnerships that brought transformative, place-based academic programs to students, teachers, and leaders across the country and in many countries throughout the world.

Prior to that, Baker had spent 20 years in Vermont public schools, including a stint as a tutor in the Chittenden County Correctional Center, as a humanities teacher, a school improvement specialist within the Vermont Department of Education, a middle school principal (at People’s Academy in Morrisville), and as superintendent of the Orange East Supervisory Union in Bradford.

“I was fortunate enough to spend some time outside of public service, serving public educators for the most part in a higher-education setting — and I learned a lot there,” she said. “But I always hoped there would be a time when I could come back to public service.”

## COMING TO ACSD

She cited three factors why she made ACSD her preferred landing spot: a desire to return to the public-school setting, her

deep Addison County roots, and ACSD’s reputation for innovation. She’s delighted with the foundation she inherits from interim Superintendent Tim Williams.

Baker is a big fan of the ACSD’s International Baccalaureate program, which was spearheaded by former Superintendent Peter Burrows.

“I have always known Addison Central to be a district that does high quality work,” she said. “The IB program provides an instructional framework that I believe in deeply.”

While Baker was able to shadow Williams sporadically since this past February to size up her new post, her first official week on the job began June 1 — and it was a doozy. It included advancing three new elementary school principals, an ACSD board retreat and an address to the Middlebury Union High School class of 2024.

“I was ready, but tired at the end of the week,” she said with a kind smile and a gentle laugh. “It’s been a good transition.”

Baker steps into a stable school district, and the only one in Addison County to pass its fiscal year 2025 preK-12 spending plan on Town Meeting Day. But, like other Vermont school districts, it also faces plenty of challenges, including sustainable budgeting, aging school buildings and declining enrollment that could force tough decisions on the future of some of ACSD’s smallest schools. ACSD serves children in Bridport, Cornwall, Middlebury, Ripton, Salisbury, Shoreham and Weybridge.

First on Baker’s agenda will be a call for the ACSD community to take a moment to think about its current state of affairs, how it got there, and where it should be headed. She noted it wasn’t that long ago (2016) that ACSD took the major step of streamlining its school governance through Vermont’s Act 46.

And then came the pandemic in 2020, throwing public schools a massive, three-year curveball.

“I think the district is still doing the work of coming together,” Baker said. “There hasn’t been time to just pause and say, ‘Where are we and how do we build our capacity to work together?’ And that’s where we’re going to start.”

## SCHOOL FUNDING

She acknowledged the ACSD will need to be fiscally prudent as pressures continue to mount on property taxpayers.

“Every school district in Vermont is thinking about public resources that are being expended in support of public education, how to prioritize those resources and think about what’s sustainable,” Baker said. “This district is no exception to that.”

Baker began her teaching career in 1993 — before the advent of Vermont’s Act 60 — so she’s seen a wide variety of legislative attempts to reform public education funding.

“In each case, where there’s been success, we’ve worked together,” she said.

As lawmakers consider new school funding formulae during the years to come, Baker hopes one constant *doesn’t* change.

“One of the things that’s really important about education in Vermont... is its connection with local tradition, the tradition of having a local voice. There are other places in the country where the delivery of public education is divorced from any of those traditions,” she said.

State legislators this past biennium resurrected talk of providing state aid for school construction. The ACSD five years ago hired an architecture/design company called TruexCullins to estimate repair needs for its seven elementary schools, middle school and high school buildings. TruexCullins placed the price tag at around \$110 million.

Baker said she’s already toured district buildings and believes the problems have been overstated.

“I’ve toured all our facilities... and I have been both assured and impressed. I’ve been assured every building is a safe place for our students to be, and that’s not true across Vermont. There are other districts in the state facing far more challenging circumstances than we are,” she said.

She said her recent tour revealed the district has been chipping away at some of the school repairs recommended by Truex/Cullins — and doing them for less than what the consultants had estimated.

“Quite a bit has been done in the past five years to ensure our systems are updated, taken care of and that our buildings are safe, good places for students. And that work will continue,” she promised.

But Baker acknowledged the district needs to plan for some larger capital projects. She believes Cornwall’s Bingham Memorial School — where student population has started to grow — fits into that category.

## SCHOOL ENROLLMENT

Declining enrollment has prompted district officials to carefully weigh capital investments, including some preliminary discussions of which buildings should continue to be part of the ACSD’s plans. This has in turn raised concerns about potential closure or consolidation of some of the smaller elementary schools. Ripton residents voted to leave the ACSD in January of 2021 to safeguard its school. But townspeople reversed that decision a year and a half later after trying to navigate the difficulties of making Ripton its own, autonomous preK-12 district.

Baker said she understands Vermonters’ historical affinity for community schools.

“One of the elements of small schools in Vermont communities — beyond providing an identity —

is the school provides community access to assist in the raising of children,” she said.

“If you take children out of a community, then you’ve removed a community’s immediate access to provide care and expertise and instill values as a community into those children, intentionally,” she added. “Solving the dilemma of the right way to educate our students is less about eliminating things, and more about enabling what is most wonderful for the youth across our state.”

Baker pointed to two recent, separate demographic projections authored by ACSD board Chair Barb Wilson and Williams that indicate the district’s enrollment will be “steady” during the next decade. Wilson suggested the district will serve a total of 1,704 students during the 2032-2033 academic year — a gain of 105 — while Williams countered with 1,632 students by 2032-’33, a gain of 33.

School administrators are devising class configurations to



WENDY BAKER, THE Addison Central School District’s new superintendent, shared some of her thoughts and goals after a whirlwind first week on the job.

Independent photo/John Flowers

reflect population bulges at some grade levels and contractions at others.

“We’re planning appropriately for strong, sound academic environments for all kids,” she said. “Right now, our schools are

in good shape, providing good educational opportunities in ways that satisfy both instructional needs and the community’s expectations.”

Reporter John Flowers is at johnf@addisonindependent.com.

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# Bristol Beat

## Boat launch stewards ready to assist

By KATE KELLY AND PORTIA BUTRYM

ADDISON COUNTY — Aquatic invasive plant species (AIS) have long threatened the health and populations of native plants in the Lewis Creek watershed. By forming dense mats of vegetation, AIS impede the activities of recreational boaters, swimmers, and anglers, while degrading ecosystems and wildlife habitats.

Terrestrial non-native invasive plants also create hazards by altering erosion patterns, out-competing native species, and impacting water quality. Management of all invasive species can be difficult because they are easily spread via seeds, roots, fragments, animals, and by humans.

Bristol Pond and Monkton Pond, popular destinations for anglers, recreational boaters, and wildlife enthusiasts, both contain AIS. As of 2023, there were three known aquatic invasive species in Bristol Pond: European Frogbit, Eurasian Watermilfoil and Brittle Naiad; and three aquatic invasive species in Monkton Pond: Eurasian Watermilfoil, Banded Mystery Snail, and Chinese Mystery Snail. If left unmanaged, the AIS in these ponds could spread throughout the rest of the watershed and the state. To prevent further spread, Lewis Creek Association, a local non-profit watershed group, will be launching their fourth summer of the Boat Launch Steward Program at Bristol and Monkton Ponds beginning in June.

LCA's Boat Launch Steward Program, funded by a grant from the Lake Champlain Basin Program, was created to educate

the public about AIS concerns within the Lewis Creek watershed. At Bristol and Monkton Ponds, the boat launch stewards greet boaters as they arrive at the ponds and offer to inspect their boats for aquatic invasive species while also collecting data on where the boat has been and how many aquatic organisms they encountered.

They educate boat owners on how to prevent the spread of AIS, which includes cleaning, draining, and drying your boat (and other equipment that has been in the water) before moving to a different water body. This could even include swimsuits and life jackets, which could carry small, microscopic organisms like the fishhook waterflea, which was recently found in Lake Champlain.

In addition to staffing the ponds on the weekends, the stewards will also take on the task of manually removing Japanese knotweed at a site along Lewis Creek in North Ferrisburgh. Japanese knotweed is a particularly tough plant to remove; it spreads primarily by its roots/rhizomes, which can break off during a flood then resprout and form a new colony downstream. A prior grant to LCA documented the presence of knotweed populations in the Lewis Creek watershed, but distribution is patchy and it has not yet spread prevalently across streambanks (unlike in many other Vermont watersheds where it covers nearly every square foot available).

LCA is excited to demonstrate a non-chemical removal method to the public at a site in North Ferrisburgh, where stewards will be present weekly to lead removal efforts, and to display these

methods to the public. Everyone is invited to help if they wish. LCA is partnering with Mike Bald (Got Weeds?) to guide this work and demonstrate effective methods for knotweed removal without herbicides — it can be done!

You can also get involved in a project that uses community science to help us understand the distribution of knotweed in the watershed using iNaturalist. LCA would love to have your involvement in one or both portions of the project. If you're interested in learning more, sign up at [bit.ly/lca-knotweed](http://bit.ly/lca-knotweed) or reach out to Kate Kelly, Program Manager for Lewis Creek Association, at [lewiscreekorg@gmail.com](mailto:lewiscreekorg@gmail.com) or 488-5203.

Since 2020, LCA's boat launch stewards have been the first line of defense against invasive species within the Lewis Creek watershed. At Bristol and Monkton Ponds, stewards have interacted with over 2,000 boats, and intercepted 676 boats that had aquatic plants on them launching into the ponds. They educated many more members of the community about the threat and spread of AIS at Bristol and Monkton Ponds.

While conducting their duties, the boat launch stewards directly prevented potential AIS infestations to other waterbodies and may have indirectly prevented hundreds of AIS infestations by educating the public.

Next time you are out at Bristol Pond or Monkton Pond, say hi to LCA's boat launch stewards. They will gladly discuss any topics regarding AIS and show you how you can do your part in preventing the spread of AIS.

## Bristol 4th committee gets boost from Cubbers

The Bristol Fourth of July Committee extends its deepest appreciation to Cubbers Restaurant for its generous contribution toward the upcoming Fourth of July celebrations in Bristol.

Ben, Drew and the rest of their team have once again demonstrated their commitment to the community by stepping forward with a substantial donation to support one of the most anticipated events in our town. Their generosity not only enhances the quality of our festivities but also reinforces the spirit of unity and collaboration that defines Bristol.

We are immensely grateful to Cubbers Restaurant for its support. The business's contribution plays a vital role in ensuring that our Fourth of July celebrations continue to be a resounding success, bringing joy and pride to our community.

The Bristol Fourth of July Committee is dedicated to organizing a memorable event that honors our nation's independence while fostering a sense of community and belonging. With the support of partners like Cubbers Restaurant, the committee is able to uphold this tradition and create lasting



BEN CHAMBERLAIN, LEFT, and Drew Smith, right, of Cubbers Restaurant present a \$2,000 check to Cecil Foster for the Bristol 4th of July Committee.

memories for residents and visitors alike.

Cubbers Restaurant on Main Street and at [cubbersvt.com](http://cubbersvt.com) is a beloved establishment in Bristol, known for its delectable cuisine and unwavering commitment to

giving back to the community.

For more information about the Bristol Fourth of July celebrations, please visit [www.bristol4th.com](http://www.bristol4th.com).

Cecil Foster and Christin Lathrop  
Bristol 4th of July Committee

## Lincoln

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

### NEWS

LINCOLN — Congratulations to the Class of 2024. Best wishes to the Lincoln sixth-graders, seniors and college graduates. While this signals the end of one chapter in your life, it's also the beginning of another. Good luck on wherever this next chapter takes you. Be happy. Dream big. Work hard. Spread kindness.

On Sunday, June 16, from 7

to 8 a.m. there will be a Father's Day walk in Willard's Woods. Kate Manaras of the Lincoln Conservation Commission will lead a walk through the trails and help identify the bird calls and songs from the many birds that have returned from their migratory path.

Please meet at the green gate at Willard's Woods. Wear long

sleeves and long pants to deter ticks. Bring binoculars if you have them. If the parking area is full, additional parking options include the pallet mill and the general store. The early bird catches the song and maybe even a glimpse of our colorful and fascinating feathered neighbors.

The Summer Reading Program begins on Wednesday, June 19, with a pizza and chess party from 3-5 p.m. at the library.

Did you know that the library has Spanish and French language books for children? It's never too early to read to your child in another language. The library also has pickleball and tennis rackets, birding binoculars, games, puzzles and park passes to check out.

A patriotic-themed senior meal will be held on Thursday, June 20, at Burnham Hall. Music begins at 11:30 a.m. and lunch will be served at noon. The meal includes baked pasta, veggies, garlic bread, fruit Jello and dessert. Meal is by donation.

Until next time...Happiness Is A Mood. Positivity Is A Mindset.

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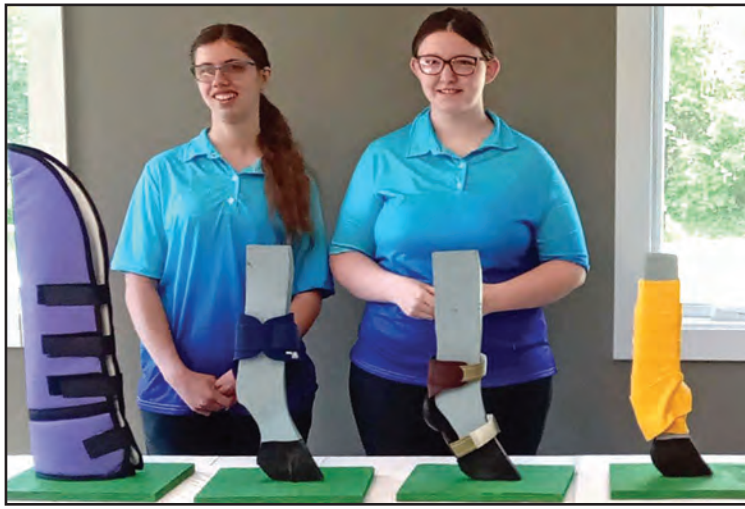
## Wedge and Gendreau do well at 4-H competition

MIDDLEBURY — Two Shoreham 4-H'ers captured first place in team demonstration at the 2024 State 4-H Horse Communications Contest on June 1.

Hannah Gendreau and Shyanne Wedge, both members of the Silver Hooves 4-H Club in Shoreham, presented a demonstration, "Leg Armor for Your Equine Friend." The contest took place at the University of Vermont (UVM) Extension office in Middlebury.

The 4-H'ers were required to do a 10- to 15-minute demonstration on an equine-related topic, using charts and visuals to present information. Points were deducted for going over or under the time allowed. Gendreau and Wedge described six different types of "leg wear" for a horse for its protection. They showed how to put on bell boots, splint boots, polo wraps and shipping boots, among other gear, and talked about the use of each.

As winners of the team demonstration contest, the duo



SHOREHAM 4-H'ERS SHYANNE Wedge, left, and Hannah Gendreau presented a team demonstration on protective "leg wear" for horses at the 2024 State 4-H Horse Communications Contest on June 1 in Middlebury.

Photo by Wendy Sorrell/UVM Extension 4-H

qualified to compete at the Eastern National 4-H Horse Round Up in Kentucky in November on the state horse communications team. However, both girls also qualified for other teams at state horse events held earlier this year and have chosen to participate on those teams instead. Wedge will

represent Vermont on the state judging team and Gendreau on the state quiz bowl team in the national competition.

For more information about the Vermont 4-H horse program, contact Wendy Sorrell, UVM Extension 4-H livestock educator, at [wendy.sorrell@uvm.edu](mailto:wendy.sorrell@uvm.edu).

## Vergennes

(Continued from Page 10A)

new road might have an impact on the facility, not vice versa. But Fitch said again it would not.

Hawley also recalled how the Weeks School had tainted the city's image, and he pointed out the state's Payment In Lieu of Taxes program in recent years has not been fully funded. Fitch said that program's funding stream is now solid.

At least two commenters were concerned about property values, and one brought up the problems the facility might have maintaining staff, particularly a director.

Radke said DCF was confident it would arrange for a "well known, well trusted" operator for the facility.

Fitch said it is "difficult to calculate the impact" of such facilities on real estate values. But she added that even near the much larger new state prison in Springfield that property values were rising, although she said she did not know how they were rising in relation to properties further from the prison.

A man who did not give his name, but described himself as a defense

attorney, took issue with DCF's track record, which he labeled, to put it mildly, undistinguished. He also said no matter how officials wanted to describe the center, it remained a detention facility, and youth had historically not been treated well in DCF detention.

"What has DCF done to merit being trusted with running such a facility?" he asked.

Winters, a relatively new leader of DCF, did not quarrel with the assessment of the department's past.

"You're right. You have every right to be concerned based on the track record," he said.

However, Winters said the arrangement in this youth center would have two layers of oversight: DCF would look over the operator's shoulder, and the new advocate's office would be checking up on DCF. He also suggested the questioner advise DCF on the program's operations.

Resident Bev Biello wondered if it were fair that Vergennes would be the "recipient of another government institution," and said the "aura of this kind of program" could harm the city.

Fitch said the design and execution of the facility would not be a blemish on Vergennes, and suggested city residents and officials talk to other communities, such as Essex, that are hosting newer Vermont mental health facilities.

Winters said the DCF and BGS had looked hard to find a good site for the program, and it was vital for the well-being of Vermont's youth that it be established somewhere.

"We don't want to force anything," Winters said. "But NIMBY is a real thing ... We want to look to the future and know we can do better, and this project is a good example of that."

## MAUSD

(Continued from Page 1A)

community forums in the district's member towns to gather feedback from residents.

Community members consistently told the school board this spring that they value student-facing positions and wanted to see that reflected in the spending plan put before voters.

The approved budget reflects a total reduction of \$1.9 million from the original proposal district voters rejected on March 5. The revised plan also retains a handful of vacant student-facing positions that were eyed as potential cuts, such as two special educator jobs and a Social and Emotional Learning intensive coach position.

Those \$1.9 million in spending reductions would be achieved in part by not filling several vacant positions, eliminating around \$600,000 in funds for construction services, and anticipated savings

from reduced out-of-district placement costs, interpreter costs, special education travel and physical therapy costs.

Savings would also come from using \$305,000 from the district's Education Reserve Fund, which has a balance of \$1,024,563.

The approved spending plan is expected to lower the district-wide homestead tax rate by around seven cents, or 4.74%, from \$1,499.1 per \$100 of assessed property value to \$1,428.1.

However, due to how education taxes are assessed by the state in individual Vermont towns, residents in three of the four MAUSD member towns are still expected to see their education property taxes rise by around 4-7%. That's because of the Common Level of Appraisal, a ratio the state uses to adjust locally assessed property values to reflect estimated fair market value.

For the around two-thirds of homeowners who pay based on their income, district officials expect the approved budget to translate to an increase of around \$225 in taxes, or 11.35%. That's based on the Addison County 2021 median income of \$77,978.

Reen on Wednesday said he's grateful to the community for their strong support of the budget.

"I am also grateful for the board who worked hard to listen to the community and deepen their understanding of the school district throughout this process," he said. "Our small but mighty finance team worked diligently to help community members understand our complex Vermont school funding system and pivot as needed to rework the budget to support board decisions. In the end, this collective effort produced a budget our community could support."

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# Egginton

(Continued from Page 1A)

assignments to women in what was a paternalistic, chauvinistic society. "There weren't many jobs for women that were interesting," she recalled. "When you finished your high school at 18, there were endless jobs that boys could go into, and there were three jobs a woman could go into: Nurse, teacher or secretary."

With no shortage of moxie, Egginton resolved to find her way onto a middling newspaper, earn her stripes, and then graduate to a larger publication. The first stop in her journalistic journey was London's *Express & Independent*.

"I went over and asked," she said of her straightforward application to the paper. "If you were a girl, you were very lucky to get taken on. You asked for the job and made damn sure they didn't fire you."

Egginton noted her editor — whom she described as a "miserable" person — was fond of reminding her that "if there hadn't been a war going on, he would never have employed a woman. It was a different world."

She was just 17, Britain was in its sixth year of fighting the Nazis and the Japanese and Egginton was at the bottom rung of the reportorial ladder. The *Express & Independent* covered East London and suburbs, according to Egginton, who was given the most tedious assignments — including "coroner's court," where she sat through reports on death cases.

"There were all these inquests during the week... and you picked out the ones where people had died in your circulation area," she said. "I was miserable. I was a shy kid who had to knock on someone's door and say, 'We hear your (relative) has died and we'd like to write a story about it.'"

Egginton worked there three years, fulfilling a commitment she'd made. She'd accumulated some good clips and believed she'd earned a job at the epicenter of Britain's newspaper industry — Fleet Street in London.



JOYCE EGGINTON

After parting ways with *Express & Independent*, Egginton landed a gig as a summer holiday fill-in at the *News Chronicle*, a larger and better-respected publication in London.

"They took on a lot of would-be journalists like me who had some experience. You were told you were being employed just for the holiday period, July-September," she explained.

But the most tenacious reporters — like Egginton — saw the summer stint as an audition. She wanted to make it as difficult as possible for the *Chronicle* to show her the door in September.

A colleague jokingly advised Egginton not to ask if her time was up, but to "just keep coming in."

No subterfuge was required, however; Egginton impressed

*Chronicle* editors with her ability. They were particularly taken with an article she wrote about London's costermongers, aka street vendors. The story — which ran in the much-read Sunday edition — captured the vendors' daily trials and tribulations, as well as their united front.

"I got several compliments for it," she said. "I was eventually, formally taken on (as a *Chronicle* staffer)."

From there, she scaled additional rungs on the professional ladder, building more news clips and more trust among her editors and peers.

Her efforts again paid off around eight years later, in 1958, when she walked into the newsroom on a steamy Sunday morning and saw a note on her desk: "The editor wants to see you."

"I thought, 'Oh my God, what have I done now?'" she recalled.

But it was great news; *Chronicle* brass offered Egginton a foreign correspondent's job in New York.

"It nearly knocked me over," she said of the offer, which she accepted.

Egginton became a general assignment reporter; she could be dispatched to cover any compelling story going on in the U.S.

"You did what they gave you," she recalled.

## COVERING U.S. JUSTICE

Her correspondent's perch gave her U.K. readers a window onto the nascent U.S. Civil Rights movement. Egginton explained that her European audience was appalled and perplexed at the extent to which American Black people were segregated, persecuted and denied justice. And Egginton helped shine a light on a particularly egregious case of racial injustice that might otherwise have been buried by a complicit and indifferent Southern U.S. press, and the sands of time.

It's called the "Kissing Case," involving two young Black children who'd been accused of molesting a young white girl in Monroe, N.C., in October 1958. In actuality, the white girl had kissed each of the two Black boys — James Hanover Thompson, 10, and David Simpson, 9. The 7-year-old girl told her mother what she'd done. The girl's father allegedly took a shotgun to where the two boys were living and threatened to kill them and their parents, according to Egginton's reporting on the case.

"Six carloads of policeman rushed to the scene to take Hanover Thompson and his eight-year-old playmate, Fuzzy Simpson to safety — the safety of the local jail," Egginton wrote. "There they were held for six days without charges."

The boys' mothers were summoned to juvenile court with 10 minutes notice of their court appearance, according to Egginton.

They were found guilty of "molesting a white female" and



JOYCE EGGINTON, 97, is now a Middlebury resident, but she spent several decades as a New York-based correspondent for the British press, covering, among other things, the U.S. Civil Rights movement and the assassination of President John F. Kennedy.

Independent photo/John Flowers

were "committed for an indefinite period to a training school for Negro delinquent boys," Egginton wrote at the time.

"Today, Mr. J. Hampson Price, the juvenile court judge, who sentenced the boys, said: 'They are better off where they are. I wish you wouldn't print anything about it. We printed nothing here,'" Egginton wrote.

It was just the start of some traumatic times for the incarcerated young boys and their families.

In a *Chronicle* article, Dec. 11, 1958, Egginton reported that Evelyn Thompson — James's mom — had received an eviction notice from her white landlord.

"An NAACP official said today that it was quite obvious that white segregationists hope that if the Thompson and Simpson families can be run out (of town), no one will challenge the trial of the boys — at which neither boy was represented by counsel," she wrote.

Meanwhile, North Carolina Gov. Luther H. Hodges praised the judge who sentenced the boys, describing his attitude as "fair and justified," according to Egginton.

Through her reporting, Egginton noted the boys could be held in a reform school — 70 miles from their home — until they turned 21.

Egginton decided to visit the two boys, accompanied by their moms and a Black physician named Albert Perry.

When asked by Egginton if they knew why they were being held, one of the boys

attributed it to having stolen a ham the previous summer because he was hungry, and the other speculated it was because he'd "played hooky" from school.

Both denied having touched the girl.

Egginton again interviewed the judge for a Dec. 18, 1958, article.

"Asked whether he thought it wrong to convict on the uncorroborated evidence of a 7-year-old girl, (Judge) Price replied: 'I had to believe someone, and I preferred to believe her because the boys had previous records of petty larceny. Anyway, we had to put them away for their own protection. Feeling among the white residents was running very high.'"

Part of the reason, according to Egginton, is that the girl's mom, Cornelia Sutton, held firm to her belief that her daughter had been "forced" to kiss Simpson and Thompson.

"I was furious. I would have killed Hanover myself if I had the chance," Egginton quoted Sutton as saying.

Sadly, Egginton found virtually no community support for the two accused boys.

"On the evidence of one child, who was not even called to court to give it, one magistrate alone convicted the boys, who had no opportunity to be represented by counsel," she wrote for the *Chronicle*.

Fortunately, Egginton's writing roused the court of public opinion to lobby on the boys' behalf. Her articles prompted readers from throughout Britain to send letters lobbying North Carolina authorities to release the boys.

The pressure and scrutiny eventually paid dividends.

Conrad Lynn, a Black lawyer,

took the Thompsons' eviction case to court and proved that it didn't comply with state law.

On Feb. 14, 1959, Egginton reported Simpson and Thompson had finally been freed from the reform school where they'd been lodged for four months.

Blaine Madison, North Carolina Commissioner of Correction and Training, claimed the children were released because "the home condition of the mothers had been improved, a 'conditional release is justified at this time,'" Egginton reported.

The aforementioned physician, Albert Perry, subsequently learned the meaning of the saying, "no good deed goes unpunished." In addition to securing the meeting between the boys and their moms at the reformatory, he'd also used his own resources to improve the boys' homes so they could be reunited with their parents, Egginton noted in her reporting.

In a Jan. 13, 1960, follow-up article, Egginton reported the N.C. Medical Board had pulled Perry's license to practice medicine.

"Not because of his part in the 'Kissing Case,' or his lead in other local campaigns for Negro rights — nothing so obvious — but because he is alleged to have performed an illegal operation on a white woman in the neighborhood," Egginton wrote. "Dr. Perry is at present serving a two- to three-year prison sentence on this charge, to which he

pleaded not guilty — convicted on the uncorroborated and medically unconvincing evidence of the woman concerned.

"In contrast, a white doctor admitting his guilt on a similar charge was merely put on probation," she noted.

Egginton was interviewed for a documentary film being made on the Kissing Case; its release date remains unclear.

Her time with the *Chronicle* ended when the paper folded in late 1960. She then briefly wrote for the *Daily Herald*, another London newspaper, before beginning a 20-year run as New York correspondent with Britain's *Observer*. She continued to cover major events in U.S. history — including the assassination of President Kennedy in November 1963.

Due to space limitations, this article can't go into detail on Egginton's extensive book writing resume. Her books largely delve into real-life crime, including *Cradle to Grave* (1989), a *NY Times* bestseller; "Day of Fury" (1991); and "Circle of Fire" (1994). The "Poisoning of Michigan" (1980), which remains in print, was written while she worked for *The Observer*. Egginton's three British titles — "Excursion to Russia" (1955), "They Seek a Living" (1957), and "Duet for Three Hands" (1958) — were written while she wrote for the *Chronicle*.

Even at age 97, Egginton hasn't put down her pen. She's almost completed a memoir that begins with the Kennedy assassination and covers her years as a New York correspondent for British press.

She shared her formula for success with a younger colleague: "Hard work, applying to the right places, and good luck."

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# SPORTS

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**SHORTSTOP EVAN CORRIGAN** makes contact during the Mount Abe baseball team's 5-0 semifinal win over Harwood on Monday. Corrigan walked and scored in the Eagles' four-run first inning and was flawless in the field.

Independent photo/Steve James

## Eagle nine makes finals date Mount Abe blanks Harwood; to meet MUHS for crown

**By ANDY KIRKALDY**  
BRISTOL — The Mount Abraham baseball team is going to the Division II championship contest for the first time since winning the last of six titles under former Coach Jeff Stetson in 2016.

Coach Jason Barnard's 13-6 Eagles prevailed in a June 7 quarterfinal at No. 4 Lyndon and then at home on Monday to blank No. 7 Harwood, 5-0, behind freshman Cam Castillo's complete-game five-hitter.

The Eagles will face a familiar foe unofficially set for late afternoon or early evening on Saturday at UVM's Centennial Field. No. 8 seed Middlebury also won its quarterfinal matchup, knocking off host No. 4 Hartford (12-6) on Tuesday evening in extra innings. The Eagles took on the Tigers twice during the regular season. MUHS won in Middlebury on May 16, 10-0, but the Eagles staved off a Tiger rally at Mount Abe on May 28, 10-9.

This story will be updated at [addisonindependent.com](http://addisonindependent.com) with information on Saturday's game time.

### SEMIFINAL

Early in Monday's semifinal,

it looked like Harwood (11-8) might be ready to ground the Eagles. In the first inning, leadoff hitter Matthew Flaschetti ripped a double to right center, and Logan Huffman followed with a line single and stole second to put runners on second and third with none out. But Castillo, who struck out nine and walked none, responded by striking out the Nos. 3, 4 and 5 hitters in the Highlander order to end the threat.

The Eagles then touched up Harwood starter Nicholas Casey for four runs, one earned, in their half of the inning. Brody Barnard led off by reaching second base on a throwing error, and Casey walked Evan Corrigan. They moved up to second and third on an Abe Ready groundout, and Castillo walked to load the bases, with courtesy runner Connor Peck taking his place on first.

Barnard scored on a wild pitch, and after Casey got the second out on a popup, a walk to Stefan Johnson reloaded the bases. Clark Crary's infield hit plated Corrigan, and Tyler White's line single brought in Peck and Johnson with two more runs to cap the rally.

Tjaden Johansen hit a leadoff single for Harwood in the second,

but Crary, the freshman catcher, threw him out trying to steal, and Castillo faced only three hitters. In the bottom of the inning, Barnard singled and scored easily on a booming Castillo double to make it 5-0.

That was it for the scoring. The Eagles left seven runners on base over their next four at bats. In the third, Johnson singled and White walked, but Casey stranded them. In the fifth, Tanner Castillo walked and Johnson doubled to put runners on second and third, but Castillo got caught in a rundown on a grounder to third. White's infield hit reloaded the bases, but the Eagles couldn't get down a squeeze bunt, and Casey got the final two outs.

In the sixth, Ready doubled, but the Harwood right fielder made a sensational diving catch to rob Cam Castillo of extra bases and save a run.

Harwood never got going against Castillo. He hit a batter in the third inning who eventually reached third base on a wild pitch and passed ball, but the Eagle hurler got a strikeout and a fly ball to leave him there.

In the fourth, Casey greeted  
(See Baseball, Page 3B)

## Score BOARD

### HIGH SCHOOL SPORTS

Softball	
D-II Playoffs	
6/6 #5 Rice vs #4 MUHS	3-2
6/7 #2 Lyndon vs #7 Mt Abe	13-10
6/7 #1 Enosburg vs #8 OV	6-0
Baseball	
D-II Playoffs	
6/7 #8 MUHS vs #1 Missisquoi	4-2
6/7 #6 Mt. Abe vs #3 Lyndon	6-5
6/10 #6 Mt. Abe vs #7 Harwood	5-0
6/11 #8 MUHS at #4 Hartford	4-2 (10)
D-III Playoffs	
6/8 #1 Thetford vs #9 VUHS	5-2
Boys' Lacrosse	
D-I Playoffs	
6/7 #2 MUHS vs #7 Rice	13-4
6/11 MUHS vs #3 Burr & Burton	15-7
D-III Playoffs	
6/11 #2 MAV vs #3 Fairfax	15-6
Girls' Lacrosse	
D-II Playoffs	
6/7 #6 Stowe vs #3 MAV	5-4
Boys' Tennis	
D-I Playoffs	
6/7 #2 MUHS vs #7 S. Burlington	6-1
6/10 #2 MUHS vs #3 Stowe	4-3
6/10 #5 CVU vs #1 Brattleboro	5-2
Ultimate Playoffs	
6/5 #3 Mt. Mansfield vs #14 MUHS	15-3

## Schedule

### HIGH SCHOOL SPORTS

Baseball	
D-II Final At Centennial Field	
June 15 #6 Mt Abe vs #8 MUHS	6 PM
Boys' Lacrosse	
D-I Final At UVM	
6/16 #2 MUHS vs #1 CVU	6:30 PM
D-III Playoffs Final At Norwich	
6/15 #2 MAV vs #1 GMVS	1:30 PM
Boys' Tennis	
D-I Final At MUHS	
6/13 #2 MUHS vs #5 CVU	3:30 PM

## MUHS lax eyes title

**By ANDY KIRKALDY**

MIDDLEBURY — The second-seeded Middlebury Union High School boys' lacrosse team on Tuesday advanced to the Division I final with a 15-7 semifinal win over No. 3 Burr & Burton.

The Tigers improved to 14-2 with the convincing victory, while the Bulldogs — who had defeated the Tigers, 12-10, in Manchester Center on May 30 — wrapped up their season at 13-4.

Four days earlier, after the Tigers' quarterfinal win over Rice on June 7, Tiger senior leading scorer Toby Draper had expressed confidence that the semifinal vs. Burr & Burton would go the Tigers' way.

"We've just got to play our game. We just didn't play a great game when we went down there. Even then we were winning until the fourth quarter," Draper said. "We're just going to have to focus on us, work hard and get the ground balls, and that game is going to go our way, too."

Draper sparked MUHS on Tuesday with four goals and three assists, and other major contributors to the Tiger attack were

Angus Blackwell (four goals, one assist) and Logan McNulty (three goals, two assists). Goalie Levi Nucceder backstopped the win with 15 saves. Bulldogs Peyton Gray and Reed Brown led their team with two goals each.

The final, set to be played at UVM at 6:30 p.m. on Sunday, will be a rematch of the 2023 semifinal, won by the Tigers. The two teams also met twice this season. The Redhawks prevailed in a game played at South Burlington early in the season, 9-8, in a contest in which they led, 9-1, at the half. The

Tigers won at home, 11-5. MUHS has thus outscored CVU by 18-5 in the past six quarters of action between the two teams.

Rizzo echoed Draper when he spoke about the upcoming final two playoff games.

"We're thinking about us," Rizzo said. "We believe that if we play hard and play smart and take care of the ball, in other words don't turn it over, we can beat anybody."

The Tigers will be seeking the program's seventh Division I title, but its first since 2003.

### Quarterfinal

Back on May 30 the Tigers probably didn't put their best foot forward in an 8-7 regular season victory over visiting Rice, a team that shortly afterward entered the D-I playoffs with a 7-7 record.

But in the June 7 quarterfinal on Fucile Field the Tigers did not make the same mistake of taking the No. 7 Green Knights lightly, scoring three times in the first 4:27, playing tough defense and refusing to be thrown off track by two lightning delays in a 13-4 victory.

Draper, also a co-captain with defensive middle Gavin McNulty, chipped in a goal and two slick assists in that game. He said the Tigers were ready to go for the rematch with Rice.

"We thought it would be an easy game for us (on May 30), so we didn't come out playing to win. And today we knew they were going to give us a close game if we did that again," Draper said. "So we just came out hot, put our foot on the gas, and never let up."

Draper praised the Tiger defenders.

"They're just a really strong group. They just a really good job of pressuring them and not giving  
(See Tigers, Page 4B)

## Eagle boys' lacrosse to play to rule D-III

**By ANDY KIRKALDY**

BRISTOL — The second-seeded Mount Abraham/Vergennes boys' lacrosse team rolled past No. 3 Fairfax on Tuesday, 15-6, in a Division III semifinal. On Saturday at 1:30 p.m., the 10-4 Eagles will play for the program's first title at Norwich University.

Their foe will be top-seeded Green Mountain Valley, which improved to 10-2 with a 7-6 victory over three-time defending D-III champion (this year's No. 6 seed) Montpelier in Tuesday's other semifinal.

On May 31 MAV defeated the Solons in Montpelier, 12-3, and they have better results than the GMVS against other common foes.

The Eagles are confident that if they focus and play as well and hard on Saturday as they did on Tuesday, when they earned a 47-23 edge over Fairfax on ground balls, they can prevail.

"We've got really good players this year. I'd say we could take the title. We've got a really good chance at it," said senior Noah Ladeau, who scored six goals on Tuesday. "It's going to take a dogfight, I think. The same thing

that happened this game is going to happen in the championship game, and we're going to win it. That's what I think."

What worked on Tuesday?

"The offense played very well, moved the ball, made good cuts. The defense played like dogs, too," he said. "They had their sticks on (the Bullets') hands all the time, gave them no chance."

Ladeau said the team drew energy from the fans who filled the north sideline.

"That was like really important. With this crowd, it's non-stop when you get a couple goals," Ladeau said. "The crowd keeps us going."

Coach Ed Cook praised the MAV offensive ball movement, and echoed Ladeau on the work of the Eagles on defense.

"My defense is big and physical, and the referees let us play big and physical today," Cook said.

He said the defense also prepared well for the 7-10 Bullets, who took them to double overtime in a recent 8-7 home win. The MAV low defenders, Connor Kelly, Olin Kidder, Cooper Cook and Jordan Schroeder, and defensive  
(See Lacrosse, Page 4B)



**EAGLE SENIOR NOAH Ladeau** tosses in one of his game-high six goals during the MAV boys' lacrosse team's semifinal victory on Tuesday.  
Independent photo/Steve James

# Boys' tennis nips Stowe, title tilt next

By **ANDY KIRKALDY**

MIDDLEBURY — The second-seeded Middlebury Union High School boys' tennis team has reached the state championship match after defeating No. 3 Stowe, 4-3, in a Monday semifinal, and No. 7 South Burlington, 6-1, in a June 7 semifinal.

The 13-1 Tigers will host No. 5 Champlain Valley (12-3) in a final that is set for Thursday at 3:30 p.m.



**FRESHMAN NATE COOK Yoder** lines up to hit a forehand return during his No. 4 singles match on Friday against South Burlington. Cook Yoder's victory in that match clinched the overall win for the Tigers in the quarterfinal showdown.

Independent photo/Steve James

at the Middlebury Recreation Park Courts. That match was originally scheduled for Wednesday, but Tiger Coach Ken Schoen said it was moved to Thursday to accommodate a pre-graduation event at CVU.

The Redhawks reached the final by dealing top-seeded Brattleboro its first loss, 5-2, in Monday's other semifinal. During the regular season, CVU and MUHS split two matches, with the Tigers winning, 6-1, in their

season opener, and the Redhawks prevailing, 4-3, in their regular season finale, a contest that Tiger No. 2 singles player Kellan Bartlett missed.

The Tigers will be seeking the school's first boys' tennis title since a Division II championship in 1991; that's the lone MUHS crown in the sport. There's been only one boys' tennis division since 2010.

### TIGERS TOP STOWE

In an email, Schoen called Monday's semifinal vs. Stowe (13-3) not only a victory for the Tigers, but also an enjoyable afternoon for all involved.

"This was a really wonderful match (with) some of the best sportspersonship I have seen from players, coaches, parents (and) other spectators," Schoen wrote. "There was a wonderful sense of camaraderie between all involved."

Schoen added most individual matches were hard-fought, as was the final 4-3 result.

"This overall match felt like the final. Kudos to Stowe. What a team," Schoen said.

The individual match scores were:

No. 1 singles, Jackson Murray (MUHS) defeated Parker Guffey (Stowe) 7-5, 6-2.

No. 2 singles, Kellan Bartlett (MUHS) defeated Ethan Pastella (Stowe) 6-2, 3-6, 1-0 (10-8).

No. 3 singles, Carter MacDonald (Stowe) defeated Charles Young (MUHS) 8-7. (The Tigers had clinched the overall match with a 4-2 lead at this point, and this match was

played on a first-to-8-game basis.)

No. 4 singles, Leo Jercinovic (Stowe) defeated Iver Anderson (MUHS) 7-6, 6-2.

No. 5 singles, Nate Cook Yoder (MUHS) defeated Declan Coggins (Stowe) 6-1, 6-3.

No. 1 doubles, Eddie Fallis & Milo Rees (MUHS) defeated Hugo Jercinovic & Xavi Violette (Stowe) 6-2, 6-1.

No. 2 doubles, Brock Rock & Drew Zimmerman (Stowe) defeated Baxter Harrington & Noah Doherty-Konczal (MUHS) 6-2, 6-4.

### QUARTERFINAL WIN

The quarterfinal match this past Friday against No. 7 seed South Burlington was played at Middlebury Indoor Tennis because of uncooperative weather. While the Tigers improved to 13-1, and the Wolves wrapped up their season at 8-9.

Wins by Tiger No. 1 Murray and both MUHS doubles teams gave the Tigers a 3-0 lead, and freshman Cook Yoder clinched the match with a solid victory at No. 4 singles.

The individual match scores were:

No. 1 singles, Murray (MUHS) defeated Yuyang Zhang (SBHS) 6-2, 4-6, 1-0 (10-4).

No. 2 singles, Young (MUHS) defeated Mateo Duracak (SBHS) 7-5, 7-5.

No. 3 singles, Will Bradley (South Burlington) defeated Anderson (MUHS) 6-3, 6-2.

No. 4 singles, Cook Yoder (MUHS) defeated Omar Daoudi (SBHS) 6-2, 6-1.



**FRESHMAN CHARLES YOUNG** stepped up into the No. 2 singles slot for the Tiger tennis team in Friday's quarterfinal against South Burlington at Middlebury Indoor Tennis and pulled out a hard-fought victory.

Independent photo/Steve James

No. 5 singles, Eliot Heminway (MUHS) defeated Jules Butler (SBHS) 6-4, 6-2.

No. 1 doubles, Fallis & Rees (MUHS) defeated Jay Eagle & James Bradley (SBHS) 6-3, 6-0.

No. 2 doubles, Harrington & Doherty-Konczal (MUHS) defeated Nicolas Charlebois & Robin Hokenmaier (SBHS) 6-1, 7-5.

# Cooperstown is a great place to be!

Have you been to Cooperstown? Recently?

It's about three and a half hours from here, the last 45 minutes of which are off the thruway and run through the beautiful hilly terrain of central New York.

The town itself is quite stunning, with lovely 19th-century homes surrounding a vibrant, wide Main Street of commercial properties, many selling baseball vintage attire and ephemera.

Cooperstown's claim to being the site of baseball's origins is based on a myth, now quite thoroughly debunked, that Cooperstown, N.Y., native General Abner Doubleday invented the game there in the 1840s.

The fact is that baseball, this pastoral game, was adapted from British bat, ball, and base precedents in the urban environs of New York, and the first actual game was played across the Hudson in Hoboken, N.J., in the 1840s.

It was a city game. Nonetheless, baseball's Smithsonian is in this beautiful rural burg named after the family of America's first great writer of fiction, James Fenimore Cooper.

I've spent much of two weeks recently in Cooperstown — a good place to be for a baseball fan. From May 30 to June 1, I attended

the Cooperstown Symposium on Baseball and American Culture, and from June 6-9 I was at the 24th annual Jerry Malloy Negro Leagues Conference. Both conferences were held in the Baseball Museum and Hall of Fame.



**Sports (Mostly) KARL LINDHOLM**

Symposium, but I had a conflict and gave myself a Dean's Excuse.

On that Saturday, May 25, the East-West Classic was played on Doubleday Field, a six-inning exhibition by recently retired Major-Leaguers, including CC Sabathia, Curtis Granderson, Adam Jones, David Price, and other notables. Former Phillies slugger Ryan Howard won the game for the East, 5-4, with a three-run homer in the final inning.

Nearly 40 former players in all took part in the celebration, including 14 Hall of Famers: Ken Griffey Jr., Jim Rice, Fergie

Jenkins, Ryne Sandberg, Joe Torre, Ozzie Smith, Dave Winfield, Vermont's own Jim Kaat (he lives in Manchester, Vt., from May to October) and other legends. Hank Aaron's widow Billye threw out the first pitch.

The game commemorated the Negro Leagues' all-star game between rival leagues played every year in Chicago's Comiskey Park from 1933 (the same year the MLB all-star game was first played) to 1953. It was a week-long celebration at the end of the Negro Leagues season in late August/early September on Chicago's South Side. Fans coming by train from all over the country. In the 1940s, the East-West Game filled Comiskey with 40,000-50,000 spectators.

This wonderful event in Cooperstown this year coincided with Commencement at Middlebury College, when the Voice of the Red Sox for 43 years, Joe Castiglione, was awarded an honorary doctorate. I had the pleasure of meeting and spending some time with Joe and his wife Jan and sister Cherie (Middlebury '72).

Joe's smiling face is all over the Hall of Fame Museum these days as he will be receiving the prestigious Ford C. Frick Award for Broadcast

Excellence in Cooperstown at Induction Weekend (July 19-22).

The evening of the East-West celebration, May 25, was the ribbon-cutting for a spectacular new permanent exhibit on the Negro Leagues, "Souls of the Game: Voices of Black Baseball." This exhibit was two years in the making and involved the expertise of many people — scholars, writers, current players and former players like Dave Stewart, who has a keen interest in telling the story of Black ballplayers and their experience.

The exhibit's title "The Souls of the Game" is an intentional play on W.E.B. DuBois landmark study "The Souls of Black Folks" in which he said, "the problem of the 20th century is the problem of the color line." The voices of over 30 present and former ballplayers are an interactive part of the exhibit.

Stunning artifacts from and vintage photos of players and teams represent the 150 years of African Americans in baseball. On display among the many powerful material objects are Cool Papa Bell's cleats, Buck Leonard's Homestead Grays jersey from 1946, Mookie Betts shirt from the 2022 all-star game, which read, "We need more Black People at the Stadium!"

That these two baseball



**FOURTEEN HALL OF FAMERS** and two dozen recently retired major league players took part on May 25 in the 2024 Hall of Fame East-West Classic in front of a sellout crowd of 5,740 fans at Doubleday Field. Here, recently retired players Chris Young and Latroy Hawkins congratulate one another after the East's 5-4 win.

Photo by Milo Stewart Jr./National Baseball Hall of Fame and Museum

conferences were hosted by the Hall of Fame was a perfect coincidence of place and moment: A palpable excitement permeated what some might consider, in other years, the occasion for a rather dry recitation of baseball research projects and interests.

The opening session of the Cooperstown Symposium on May 29 was abuzz with the talk about the announcement that day that Major League Baseball had finished its investigation and compilation of Negro League statistics into official records. Players who came to the Majors from the Negro Leagues (Willie Mays, Roy Campanella, Ernie Banks, Satchel Paige and others) will have their official statistics upgraded — and the numbers of those Negro League greats like Josh Gibson and Oscar Charleston will now be found in the official record book.

More on this in my next "Sports (Mostly)" column.

My presentations at these conferences were adapted from pieces I wrote in the *Independent*: "Tale of Two (Red Sox) Cities: Boston and Memphis" discussed the Memphis Red Sox of the Negro Leagues, a stable franchise under the same ownership for 30 years with four Hall of Famers — and "The Four Fronts of Baseball's Integration: 1946" went into the minor league seasons of Brooklyn's five Black players and the stadiums in which they played in Daytona Beach; Montreal; Nashua, N.H.; and Trois Rivières, Quebec.

It was both daunting and thrilling to make these presentations in the Grandstand Theater at the Hall of Fame, a 190-seat auditorium with an enormous screen for our PowerPoints and video.

For many years, I made annual visits to Cooperstown with students in my baseball classes who could clear a day for "field study," leaving

at 6 a.m. and returning by 8 p.m. Fall term classes would go right away in September and spring term students near the end of the course, late April/early May, when the natural landscape was particularly striking.

I often departed from my charges in mid-day and walked the quarter mile to the Otesaga Inn, a resort built in 1909. I would go the expansive veranda in back, sit in a rocking chair and read, looking out over Lake Otsego (Cooper's Glimmerglass), a beautiful setting. (Yes, a nap was often included.)

Do take a trip to Cooperstown. It's a good time.

*Karl Lindholm Ph.D. is the Emeritus Dean of Advising and Assistant Professor of American Studies (retired) at Middlebury College. He can be reached at lindholm@middlebury.edu.*

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VUHS SENIOR EYON Tembreull uncorks a throw across the diamond during the No. 9 Commodores' quarterfinal loss to No. 1 Thetford on Saturday.

Photos by Mark Bouvier

## VUHS nine out of D3 running

By ANDY KIRKALDY

THETFORD — Top-seeded Thetford held off the No. 9 Vergennes Union High School baseball team, 5-2, on Saturday in a Division III quarterfinal.

VUHS wrapped up its season at 5-13, while Thetford advanced to the semifinal round with an 11-6 record.

The Commodores tried to rally in the seventh inning, but left the bases loaded for the third time during the game. They managed only one hit, a single by losing pitcher Tyler Kimball, but Thetford pitchers walked VUHS batters nine times and hit them six times as the Commodores showed patience and earned bruises at the plate.

As VUHS Coach Andy O'Brien noted in an email, it's "hard to win a game with one hit" in crediting Thetford's pitching staff for holding his team at bay. Thetford also had a bye in the first round and had its best hurlers lined up for the quarterfinal.

Winning pitcher JD Farrell allowed one earned run in four innings, striking out four and walking five. Xander Oshoniyi came on to pitch the final 2.1 innings, allowing an earned run, striking out three and walking two.

Farrell, Owen Goodrich and Evan Patterson picked up RBIs for Thetford.

Kimball went five innings, allowing four hits and five runs, two earned, walking six and striking out five. Eyon Tembreull tossed a scoreless and hitless inning of relief, fanning one batter.

Kimball, Tembreull, Jackson Becher and Benjamin Hargett are

the VUHS seniors on the team.

While disappointed with the setback, O'Brien said he was pleased with the Commodores' improvement over the course of a campaign that included a first-round road playoff victory.

"The kids came a very long way



VUHS SENIOR TYLER Kimball delivers a pitch during the No. 9 Commodores' quarterfinal setback at top-seed Thetford on Saturday.



MOUNT ABE SECOND baseman Brody Barnard bends backward and applies the tag to catch a Harwood baserunner stealing after taking catcher Clark Crary's throw during the Eagle baseball team's D-II semifinal victory on Monday.

Independent photo/Steve James

## Baseball

(Continued from Page 1B)  
own throwing error, Mount Abe's only fielding miscue of the game. But the hard-throwing righty, who also mixed in curves effectively, retired the final five Highlanders in order, finishing the game in style by striking out the side in the seventh to clinch the Eagles' trip to Centennial Field.

After the game, Castillo said he felt he wasn't throwing his hardest, but the breaking ball was working.

"I think my fastball was a little down in velo today, but I made up for it with the curveball," he said.

The flawless work on defense by his team gave him confidence.

"I feel great pitching with those guys behind me. They really make me feel like I can let 'em put the ball in play, and I'm going to get an out either way," Castillo said. "It's really a good team to play for."

Castillo explained what made playing for the Eagles fun.

"We have a lot of good guys on the team. There's a lot of spirit, a lot of camaraderie," he said. "We have a really good team dynamic, and it really helps everyone perform at their highest level."

Barnard discussed the team's chemistry, which he said developed through the season. The group is mixed-age, with two senior starters, co-captains Tanner Castillo and Jamison Huizenga; five juniors whose roles vary; two sophomores, Corrigan and Barnard, who both start; and six freshmen, four of whom play major roles: Cam Castillo, Crary, Johnson and Ready.

The Eagles this spring started

out 1-3 against the toughest part of their schedule, and then went on a 9-3 run to close the regular season.

Part of the improvement is also due to the positivity Castillo brought up, according to Barnard, something he said in particular gelled after a team meeting following the Eagles' last loss, a 9-1 setback at D-II top seed Missisquoi on May 24.

Since then, the Eagles have won six straight.

The team's pitching had already been solid, and Barnard said the team's fielding has tightened up, and its bats have come alive up and down the lineup.

What was said at the meeting to help the team strengthen its bonds? To start with, Barnard said, they are "a group of good guys" who like each other, wanted to win and were ready to listen.

"All of us, the coaches and myself, stressed that if you guys play together, you can beat anybody," Barnard said. "And before that we weren't playing together. We had individuals playing for themselves ... And all of a sudden, everyone put all that stuff aside, and it really clicked. And these guys, they're an awesome group."

Of course, there's one more game to go. Castillo talked about the right mindset heading into the final.

"I feel like we are really confident. We can't overthink," he said. "We can't make ourselves think we're better than we are. But I think we're confident. And if we keep playing the way we are, we

should be able to get it done."

### QUARTERFINAL

On June 7, the Eagles edged host No. 3 Lyndon, 6-5, in a quarterfinal. The Vikings finished their season at 12-5. Coach Barnard called it a "complete team win," and credited the gutsy pitching of Johnson, who tossed 5.3 innings and gave up seven hits and four runs, three earned. He fanned nine and walked five.

Barnard turned to Corrigan to close out the game with two outs and the bases loaded in the sixth. Corrigan got the final out, but the Vikings scored one run and loaded the bases again in the seventh. Then Corrigan whiffed the final batter to end the game and get the save.

"Both Stefan and Evan came up huge," Barnard said.

The Eagles erupted for four runs in the second inning to take the lead. DH Gavin Conrad walked, and Huizenga bunted him to second. Barnard singled home Conrad, followed by a Corrigan RBI single to score Barnard. After a Ready single, Cam Castillo ripped a two-run double that chased Lyndon starter Wyatt Mason.

The Vikings fought back to tie the score at 4-4, but the Eagles rallied with two runs in the top of the seventh off losing pitcher Ethan Lussier. Ready led off with a single and motored around the bases to score on another Cam Castillo double. After Tanner Castillo bunted pinch runner Riley Coffey to third base, Crary plated what proved to be the game-winning run with a single to right.

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# Lacrosse

(Continued from Page 1B) midfielders, including Spencer Gebo, Jake Kadar, Jamo “Freight Train” Couture, Jacob Prouty, and Toby Tillotson, limited the Bullets to 10 shots on goal.

“We had a really good scout. My assistant coach Ben (Toussaint) watched the film, broke everything down, so we knew their attack, their midfield, what their tendencies were. And we had a game plan. And it helps having a senior-laden defensive corps ... to go out and do the job,” Cook said.

Cook singled out Kelly — along with Kidder, Schroeder, Tillotson and Kadar — as probably the Eagles’ defensive player of the game. Kelly, a senior, caused a number of turnovers and broke up several plays.

“He’s so big, and his stick is so good,” Cook said. “He just played so well.”

Coach Cook said the earlier double-overtime game sent a message to his team, and that in turn the Eagles wanted to send a message to the Bullets by getting out of the gate first.

The Eagles dominated the early action, but were possibly not relaxed enough to execute efficiently and committed a few turnovers. Each team managed one shot on goal in the first five minutes. Fairfax goalie Max Mills, who finished with eight stops, snared a long-range bid by MAV senior middle Andrew Nolan, and Eagle senior goalie Walker Forand (four saves) denied Joe Brock from

closer range at 7:20.

Ladeau opened the scoring at 6:45 by dodging in from the left side and finishing low, and the Eagles began to take charge. At 5:46 Asa Pratt made it 2-0 on a feed from Chase Atkins. With 1:37 left in the period Atkins made it 3-0 in transition. Ladeau picked off a clearing attempt and set up Atkins out front. With 0:47 to go, Pratt picked up a rebound just outside the crease and tossed it home, and it was 4-0 after one period.

Fairfax made a run to open the second period. Jacob Gray curled from behind the net in the second minute to make it 4-1, and after Ladeau picked the near side of the net from the left, the Bullets scored a pair of goals to cut the lead to 5-3. Kevin Nyugen whipped the first in from the top of the box, and at 6:54 Shayne Meunier dodged in from the left and scored.

The Eagles responded with a 3-1 run to close the quarter and lead to 8-4 at the half. At 4:46 Nolan took a Finlay Kaeck feed from the right side and tucked a shot inside the left post. At 4:31 Ladeau cashed in a transition pass from Atkins to make it 7-3. Fairfax pulled back within three on a Meunier goal set up by Mathias Dolan at 3:49, and with 29.2 on the clock Nolan cut

through the box and converted an Atkins feed to create the halftime score.

Both teams scored twice in the third period. Brock cut the lead to 8-5, and MAV faceoff specialist Lorenzo Atocha (he helped MAV earn a 15-6 edge in that department) whipped home a shot from the top of the box to make it 9-5 at 4:20. Ladeau and Brock traded late-period scores, and it was 10-6 entering the fourth period.

There, the Eagles racked up five unanswered goals as their trip to the ‘ship grew inevitable. In the first two-and-a half minutes Ladeau scored twice, dodging in for the first and scooping a loose ball and flipping home the second. At 6:58 Ladeau set up Atkins in transition, a play started with another turnover forced by Kelly. Nolan scored in a crowd out front at 5:28, and Pratt capped the 5-0 run at 1:06. Soon the Eagles were celebrating.

So what will it take to trigger an even bigger celebration, Coach?

“It’s this kind of effort. We have film on them (GMVS) We’re going to go back and watch the film,” Cook said. “They’re athletic and fast, but we are fast and physical.”



EAGLE SENIOR ANDREW Nolan fires a shot at the Fairfax net during the MAV boys’ lacrosse team’s semifinal victory on Tuesday.

Independent photo/Steve James

## MAV girls’ lax upset by Stowe

### Drive for return to D-II final ends in quarterfinal setback

By ANDY KIRKALDY  
VERGENNES — Visiting No. 6 seed Stowe on this past Friday upset the No. 3 Mount Abraham-Vergennes cooperative girls’ lacrosse team, 5-4, in a Division II quarterfinal.

Stowe improved to 9-8 with its second playoff victory, while MAV wrapped up another solid season at 13-4.

Iris Cloutier led Stowe with three goals, and Ruby Blais and Julia Deakin added a goal apiece.

For the Commodores, senior Annie Dufault scored twice,

Meredith Dufault and Esme Visco-Lyons each scored once, and senior Anna Stilwell added an assist. Senior goalie Carley Cook made seven saves.

Seniors Nell Harvey, Julia Sonneborn and Siena Stanley also graduate from the squad.



MAV SENIOR JAMO Couture steams up the field while brushing aside a Fairfax defender during the MAV boys’ lacrosse team’s semifinal victory on Tuesday.

Independent photo/Steve James

## Eagle softball loses in quarterfinal

By ANDY KIRKALDY  
LYNDONVILLE — Host No. 2 seed Lyndon ousted the No. 7 seed and defending champion Mount Abraham softball team in a Division II quarterfinal on Friday, June 7, 13-10.

The 14-4 Vikings bolted to a 10-1 lead after two innings and staved off the Eagles’ attempt to rally. Mount Abe finished at 10-8,

including a big first-round playoff victory.

Lyndon Hurler Ashleigh Simpson allowed seven earned runs, struck out eight and also doubled home a run. The biggest bats for the Vikings were Sarah Tanner (three hits, five RBIs), and Rylie Taylor (two doubles, three RBIs).

Pacing the Eagle attack were

Abigail Parker (triple, double, two singles, three RBIs), Joanna Toy (two hits, four RBIs), Gen Forand (triple, single, two RBIs), Sarah Heath (two hits) and Elise Parker and Brooklyn Ryersbach (each with a double).

Toy, Heath and Madelyn Hayden are the seniors on the team who will graduate.

## Tigers

(Continued from Page 1B) them space to operate,” he said.

As well as generally praising the work of the Tiger defense and freshman goalie Nuceder, Coach Rizzo said the Tigers in the back — low defenders George Devlin, Cooke Riney and Marshall Eddy; long-stick middies Gavin McNulty (the only senior in the group) and Cam Whitlock; and short-stick middies Luke Nuceder, Ben DeBisschop and Tassilo Luksch — executed tactics designed to neutralize Rice’s talented attackers.

“Their attack is pretty good, and our strategy was to deny them the ball,” Rizzo said. “We felt better with having their midfielders trying to dodge with the ball, so we tried to limit their (attackers’)

touches ... And then the team defense was really good. The help was really good. The second slide was really good.”

It also helped that faceoff specialist Cam Boulanger won 13 of 21 and converted one such win into his first career goal.

“He was great today,” Rizzo said.

The Tigers’ first score came courtesy of Logan McNulty, who whipped in a shot from the right side with just over a minute gone. At 9:06 senior middle Jackson Gillett circled the net from the left and tucked a low shot inside the right post. At 7:33 Draper tossed in a long-range bomb in transition to make it 3-0.

Rice and goalie Tommy Colman (eight saves, and teammate

Patrick Sawyer made two) settled in for the rest of the period, and Rice was helped by two Tiger penalties. And at 3:11 Green Knight Griffin Seitz put his team on the board by bouncing a shot past Nuceder. Meanwhile all Rice allowed was a Logan McNulty run down the right side and his shot that bounced home to make it 4-1 late in the period.

Nuceder (eight saves) made a kick stop on Luke Broussard with MUHS a man down and a minute left in the period, and that score stood entering the second period.

Nuceder helped the Tigers survive a double penalty four minutes into that period with back-to-back saves on Broussard.

The Tigers started to pull away in the half’s final five minutes.

Whitlock forced a turnover and took possession, and after a ramble down the left side he fed Blackwell out front, and he made it 5-1 at 4:50. Boulanger won the faceoff, and Landon Kean carried down the right side and set up Gillett on the far post for the score that made it 6-1 at 4:33. At 1:42 Logan McNulty completed his hat trick with a journey down the right side that ending with his bullet inside the left post, and it was 7-1 at the half.

The only suspense in the second half was whether lightning would strike again, but mercifully all Mother Nature mustered was a few late-game sprinkles.

Gillett made it 9-1 at 10:52 of the third on a cross-crease Draper feed. Then Boulanger won the

draw and his solo effort gave MUHS a 9-1 lead. Soon Draper set up Blackwell’s second goal, and it was 10-1 at 7:53. The Green Knights broke through with goals by Owen Cook and Connor Reilly before the end of the period, but seven goals was as close as they came.

Gillett and Brady Lloyd opened the fourth with unassisted goals. After Joe Alexander added Rice’s final goal, Brady McDonough, from Logan McNulty, iced the Tigers’ cake later in the period.

The Tigers fared well on ground balls, with Gavin McNulty’s six leading the way. Logan McNulty, Riney and Luksch added three apiece.




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TIGER SENIOR PITCHER Emma Deering fires a pitch during the Tiger softball team's June 6 quarterfinal vs. Rice. Deering pitched well, but took the loss.

Independent photo/Steve James



MUHS JUNIOR LEXI Whitney rips a hit drive in Sienna Rubright during the Tiger softball team's June 6 quarterfinal vs. Rice.

Independent photo/Steve James



MUHS JUNIOR LILY Dame slides safely into second with one of her two stolen bases during the Tiger softball team's June 6 quarterfinal vs. Rice.

Independent photo/Steve James

## Rice nips Tiger softball in quarterfinal

By ANDY KIRKALDY

MIDDLEBURY — An outstanding Middlebury Union High School softball season ended in a Division II quarterfinal on Thursday, June 6, when visiting No. 5 seed Rice scored three unanswered runs in the final three innings to edge the No. 4 Tigers, 3-2. Rice's Finley Strong's seventh-inning solo homer snapped a tie and sent her team into the semifinal round.

Rice improved to 13-5 heading into its matchup with top-seeded Enosburg, while the Tigers wrapped up the season with a 11-6 record.

Critically on Thursday, the Tigers left seven runners on base, five in scoring position, in what was a crisp, well-played game — Rice made the day's only error, and it did not prove costly.

MUHS Coach Timm Hanley said the Tigers spent much of the afternoon close to breaking the game open against Rice pitcher Alayna Havreluk.

"We just needed one hit somewhere. One hit somewhere, and we never would have had to worry about it," Hanley said. "We just didn't get the key hit when we needed it."

Hanley praised his team's season-long efforts.

"We've got probably the toughest schedule in D-II, and we got a tough bracket to start the playoffs," he said. "The girls fought adversity all season long."

The Tigers first chance for a big inning came in the first, when with one out Lily Dame reached on an error, followed by a walk to Skyler Choiniere. But Havreluk retired the next two hitters on popups.

Tiger senior starter Emma Deering worked out of a jam in the second, when Bella Messineo doubled to lead off and moved to third on a fly ball to center. But Deering struck out the next batter and threw out the final hitter trying to bunt her way on.

The Tigers took the lead in the bottom of the inning. Senior catcher Sienna Rubright lined a triple into right center, and with two out Lexi Whitney singled her home to make it 1-0. In addition to that clutch hit Whitney handled

six chances cleanly at second base. Dame in center field also excelled, snaring five fly balls.

Rice threatened again in the third on a one-out walk followed by a Havreluk single, but Deering got the Nos. 3 and 4 hitters on a popup and strikeout to preserve the lead.

The Tigers made it 2-0 in the bottom of the third and threatened for more. Dame led off with a triple, and Choiniere's booming double plated her.

Sarah Bever followed with a sharp single, and with none out Choiniere held at third. Havreluk proceeded to mow down the 4-5-6 hitters in the MUHS order on a strikeout and two popups to strand the runners in scoring position.

Both pitchers allowed one hit in relatively quiet fourth innings, and then Rice broke through in the fifth. Molly McGibney led off with a triple, and Gabby Albee's perfectly placed bunt single scored her. A Strong single put a second runner on before Deering quelled

the rally.

Havreluk, now on a roll, permitted only one Tiger baserunner in the final three innings. And the Green Knights kept coming. In the sixth inning, March Lumbr singled to lead off, and with two outs McGibney tied the game with a triple.

The Tigers' final baserunner came in the sixth, when Rubright singled and stole second with one out, but she advanced no further.

Then with one out in the seventh, Strong's blast to right center just cleared the fence, and Rice led for the first time.

In the bottom of the inning both Dame and Choiniere hit the ball hard, but right at infielders. As was the case for players on both teams all game, they made the plays, and then the Green Knights celebrated their hard-fought win.

Havreluk allowed five hits and three walks and struck out six, while Deering allowed nine hits and two walks and fanned five.

"Emma pitched a great game," Hanley said.

Three Tiger seniors graduated on Saturday: reserve outfielder Izzy Wilbur, who has had good moments, and Rubright and

*"The girls fought adversity all season long."*

— Coach Hanley



TIGER SENIOR CATCHER Sienna Rubright laces a triple to right center during the Tiger softball team's June 6 quarterfinal vs. Rice.

Independent photo/Steve James

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# Ferrisburgh

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## NEWS

**FERRISBURGH** — The Lake Champlain Maritime Museum continues its partnership with Project HOEppnEr for the 6th Annual HOPE for TomorROW rowathon. This event on Saturday, June 22, is an all-inclusive rowing and community gathering committed to raising awareness about teen suicide and an opportunity for us to come together in memory, hope, and support. No prior rowing experience is needed. All are welcome to join and row in this fun two-mile course. The Museum provides 4-oar and 6-oar rowing gigs and life jackets, as well as an experienced coxswain leading each boat. For more information, visit lamm.org and projecthoepner.com.

Join Vermont's Native American community for Abenaki Heritage Weekend and Arts Marketplace on June 29-30 at the Lake Champlain Maritime Museum and explore Abenaki perspectives on life in the

Champlain Valley. Activities include storytelling, craft demonstrations, drumming, singing, and more. Bring a picnic basket for your lunch. Presented by the Vermont Abenaki Artists Association, this event brings together citizens of the Elnu, Nulhegan, Koasek, and Missisquoi Abenaki Tribes. Abenaki Heritage Weekend is presented by the Vermont Abenaki Artists Association and the Abenaki Arts and Education Center and hosted by the Lake Champlain Maritime Museum. Learn more at abenakiart.org.

*Note: We are always interested in including a variety of Ferrisburgh-related event announcement in this column, so if you have events that would be of interest, contact Sally Kerschner at smwkersch@comcast.net. You are also able to access these columns and other information about Ferrisburgh news and events by viewing the Ferrisburgh Town Website at www.ferrisburghvt.org.*



## THURSDAY

**June 13** **"Seeking Freedom" gallery talk - developing the new exhibition in Ferrisburgh.** Thursday, June 13, 12:30-1 p.m., Rokeby Museum, 4334 Route 7. Join Rokeby Executive Director Lindsay Houpt-Varnier, co-curator of "Seeking Freedom," for a talk on updating the main Underground Railroad Exhibition. Part of a series of monthly gallery talks with the exhibition's curators this summer. Each talk will explore a different aspect of the new exhibition. Meet at the entrance of the exhibition in the Visitor Center. Tickets \$5 non-members or free with admission to the Museum. Free for members.

**Flood Legal assistance program in East Middlebury.** Thursday, June 13, 2-5:45 p.m., Community Room, Sarah Partridge Library, 431 E. Main St. Volunteers will be available to provide information and answer questions, help file for FEMA/DUA/SBA appeals and late applications, help with recertifying Continued Temporary Housing assistance, and assist with other paperwork.

**"A Walk in Her Woods: Understanding a Pre-Commercial Thinning" in Rochester.** Thursday, June 13, 4:30 p.m. Join Women and Our Woods and landowner Doreen Jones as they showcase the forest management work on her property. Learn what a pre-commercial thinning is and its benefits for forest health, resilience and wildlife habitat. Do some birding and practice tree identification skills as well. Children welcome. Registration at forms.gle/sakjgUQzr2bWRyiu7. More info contact Lisa Sausville (lisa@vtcoverts.org) or Caitlin Cusack (caitlin@vlt.org).

**Middlebury Science Café in Middlebury.** Thursday, June 13, 5:30 p.m., Ilsley Public Library, 75 Main St. Come chat about how science intersects with our daily lives in Vermont. Doors open at 5 p.m. for coffee or tea from Royal Oak. See ilsleypubliclibrary.org for current month's topic.

## SATURDAY

**June 15** **Beginner's bird walk in Middlebury.** Saturday, June 15, 9-11 a.m., Wright Park, Seymour St. Ext. Nature enthusiasts of all ages are invited for this beginner's bird walk through a segment of the Trail Around Middlebury. Hosted by the Otter Creek Audubon Society and Middlebury Area Land Trust. Bring binoculars or borrow a pair from OCAS. Family-friendly and suitable for all ages, but not appropriate for strollers or wheelchairs. Rain or Shine. Questions? Call 713-818-7033.

**5K Run/Walk in Vergennes.** Saturday, June 15, 9 a.m., Bixby Memorial Library, 258 Main St. Boy Scout and VUHS rising senior Grey Fearon will host a 5K Run/Walk to support children's activities at the Bixby. More info at bixbylibrary.org.

**Tie dye fun in Cornwall.** Saturday, June 15, 10 a.m.-noon, south lawn of the Cornwall Town Hall (weather permitting), Route 30. The Cornwall Recreation Committee with MiniBury will host this event. Supplies will be available for this colorful family-friendly event. Please bring your own items to dye.

**Sheep and Wool Day in Ferrisburgh.** Saturday, June 15, 10 a.m.-2 p.m., Rokeby Museum, 4334 Route 7. Celebrate Vermont's woolly heritage. This family-friendly event will feature sheep petting, kid's crafts, historic spinning and weaving, printing press demonstrations, an instrument petting zoo, history farm tours, and more. Bring non-perishable donations for the Vergennes Community Food Shelf and receive 50% off admission. Food vendors include James Beard Award semifinalist A Taste of Abyssinia and Fairy Tale Farm's sheep milk gelato.

**Circus Smirkus founder Rob Mermin in Vergennes.** Saturday, June 15, 1-2 p.m., Bixby Memorial Library, 258 Main St. Mermin, founder of the renowned international touring company Circus Smirkus, will discuss his new book, "Circle of Sawdust." More info at bixbylibrary.org.

**German soldiers in Revolutionary War talk in Orwell.** Saturday, June 15, 1 p.m., Mount Independence State Historic Site. Friederike Baer will speak on the topic of her book "Hessians: German Soldiers in the American Revolutionary War."

## SUNDAY

**June 16** **Walk in Lincoln.** Sunday, June 16, 7 to 8 a.m., Willard's Woods, East River Road. Kate Manaras of the Lincoln Conservation Commission will lead a Father's Day walk through the trails and help identify the bird calls and songs from the many birds that have returned from their migratory path. Meet at the green gate at Willard's Woods. Wear long sleeves and long pants to deter ticks. Bring binoculars if you have them. Additional parking options include the pallet mill and the general store.

## MONDAY

**June 17** **City Band in Vergennes.** Monday, June 17, 7-8 p.m., City Green. Relax on the green and listen to some great free summer music.

**History talk in Monkton.** Monday, June 17, 7 p.m., Monkton Town Hall Community Room. The Monkton Museum and Historical Society's speaker this month is Lucinda Cockrell, who will talk about Benjamin Lincoln, for whom the town of Lincoln is named, in recognition of his contributions to the Battle of Bennington. In addition he was the general who accepted the surrender sword in Yorktown. Free and all are welcome.

## TUESDAY

**June 18** **Backyard Composting Workshop in Middlebury.** Tuesday, June 18, 5:30 p.m., Ilsley Public Library, 75 Main St. Twiddling thumbs that you want to be green? Learn how easy it is to turn your household food waste into rich compost for your yard and garden for free. Sign up at AddisonCountyRecycles.org.



## Pet me

**CELEBRATE VERMONT'S WOOLLY heritage at the Rokeby Museum's Sheep and Wool Day, this Saturday, June 15, noon-3 p.m. This family-friendly event off Route 7 in Ferrisburgh will feature sheep petting, kid's crafts, historic spinning and weaving, printing press demonstrations and more. Two food vendors will be onsite, as well.**

## WEDNESDAY

**June 19** **Juneteenth in Ferrisburgh.** Wednesday, June 19, Rokeby Museum, 4334 Route 7. In celebration of Juneteenth, Rokeby will be open free to the public. The historic house will be open for self-guided tours from 11 a.m. to 3 p.m. There are no public guided tours on this day.

**Teddy Bear Picnic in Bristol.** Wednesday, June 19, noon-1 p.m., town green. Bring your favorite bear and join us at the gazebo for stories, songs and fun. Rain location Holey Hall. More info and registration at bristolvt.myrec.com/info.

**Summer reading kick off pizza and chess party in Lincoln.** Wednesday, June 19, 3-5 p.m., Lincoln Library, River Rd. Help kick off the beginning of Lincoln Library's "Pop-In People" summer program.

**Strawberry Festival in Shoreham.** Wednesday, June 19, 6-8 p.m., gazebo and town green. Shoreham Congregational Church offers its famous strawberry shortcake with fresh Vermont strawberries, biscuits and real whipped cream. Take-out only in two sizes — regular \$7 or small \$4. Bottled water \$1. Bring picnic blankets or lawn chairs to arrange for seating on the lawn near the gazebo for music provided by Nick Thornblade.

**Town Band on the Green in Bristol.** Wednesday, June 19, 7-8:30 p.m. Bring a lawn chair or blanket, sit back and enjoy this 150-year tradition.

## THURSDAY

**June 20** **"Let's Go To The Moon" paint night in Middlebury.** Thursday, June 20, 6 p.m., Ilsley Public Library, 75 Main St. A community paint night is filled with fun and laughter. We have the supplies and you bring the fun. Space limited. Register at ilsleypubliclibrary.org/paint-night-lets-go-to-the-moon. The skill level for this program is adult, if you under 16 please bring your favorite adult along with you.

**The Life of the Bristol Airport in Bristol.** Thursday, June 20, 7 p.m., Howden Hall, 19 West St. Bristol Historical Society's Reg Dearborn will speak on Bristol's airport, which operated from 1934 to 1966. From carrying passengers and freight to training private pilots and more importantly, pilots for WWII. Free, open to the public, and accessible to those with disabilities. For more information, contact Bristol Historical Society at 802-453-3526 or dear4@gmavt.net.

## FRIDAY

**June 21** **Remembrance for Suzanne Douglas in Middlebury.** Friday, June 21, 4:30-6 p.m., Henry Sheldon Museum, 1 Park St. Gather in the museum garden to honor and celebrate the life of Suzanne Douglas. On display in the museum will be a large collection of Suzanne's beautiful hooked rugs, donated to the Sheldon by Suzanne's family and friends, for a silent auction fundraiser that will run until Aug. 31. For more information visit www.henrysheldonmuseum.org or call 802-388-2117.

## SATURDAY

**June 22** **HOPE for TomorROW in Ferrisburgh.** Saturday, June 22, 8:30 a.m.-1:30 p.m., Lake Champlain Maritime Museum, 4472 Basin Harbor Rd. This annual rowathon is an all-inclusive rowing and community event committed to raising awareness about teen suicide and an opportunity for us to come together in memory, hope, and support and row in this fun 2-mile course. No prior rowing experience is needed. Entry fee \$25. More info and registration at cmm.org/event/hope-for-tomorrow-2024.

**Town-wide yard sale in Bristol.** Saturday, June 22, 9 a.m.-3 p.m., locations around town. Join the Bristol Recreation Department for the 10th year of this exciting event.

**Military Road guided hike in Hubbardton.** Saturday, June 22, 1-4 p.m., meet at the Hubbardton Battlefield visitor center, 5696 Monument Hill Rd. Jim Rowe, historian for the Crown Point Road Association, leads a vigorous guided hike on the Hubbardton section of the 1776-1777 military road to Mount Independence. Wear sturdy shoes and bring water.

**The wonderful world of bats in Vergennes.** Saturday, June 22, 1-2 p.m., Bixby Memorial Library, 258 Main St. Jerry Schneider, bat enthusiast and the inventor of the award-winning Butterfly Game will be on hand to talk all things bat. Visit bixbylibrary.org for more information.

**"Isaac's Eye" staged reading in Middlebury.**

Saturday, June 22, 4 p.m., Byers Studio, Town Hall Theater, 68 S. Pleasant St. Lucas Hnath reimagines the contentious, plague-ravaged world Isaac Newton inhabited in "Isaac's Eye," exploring the dreams and longings that drove the rural farm boy to become one of the greatest thinkers in modern science. A talk-back with the actors and director follows performance. A MACO production. Tickets \$15, available at townhalltheater.org. Repeats Sunday. Limited seating.

**King Pede card party in Ferrisburgh.** Saturday, June 22, 6:30 p.m., Ferrisburgh Town Hall and Community Center, Route 7. A sandwich supper and then on to the games. King Pede involves "trick-taking" such as in Hearts and Spades or Pitch.

**"Love/Sick" on stage in Vergennes.** Saturday, June 22, 7:30 p.m., Vergennes Opera House, 120 Main St. See June 20 listing.

## SUNDAY

**June 23** **Bingo in Vergennes.** Sunday, June 23, 2-4 p.m., American Legion Post 14, Armory Lane. Doors open at 1:30 p.m., Bingo starts at 2 p.m. Game packets are \$15 each which gives you one sheet of 3 cards for each regular game. Special "Winner Take All" games are extra and will be sold on the floor for \$1. Bring your own daubers or borrow one of ours. Payouts depend on attendance. Food available. Sponsored by the Auxiliary Unit 14.

**English Cream Tea party in Brandon.** Sunday, June 23, 3:30-5 p.m., Brandon Free Public Library, 4 Franklin St. Come and enjoy a Traditional English "Cream Tea" with teapots, homemade scones, jams with cream as well as other baked goods. Chef Louis will give a scone making demo and there will be a short talk about the English tea traditions and culture. All proceeds will benefit the Library Renovation. Space limited. Purchase tickets in advance at brandonpubliclibrary.org/library-events.

**"Isaac's Eye" staged reading in Middlebury.** Sunday, June 23, 4 p.m., Byers Studio, Town Hall Theater, 68 S. Pleasant St. Lucas Hnath reimagines the contentious, plague-ravaged world Isaac Newton inhabited in "Isaac's Eye," exploring the dreams and longings that drove the rural farm boy to become one of the greatest thinkers in modern science. A talk-back with the actors and director will follow performance. A MACO production. Tickets \$15, available at townhalltheater.org.

## MONDAY

**June 24** **Strawberry Festival in Vergennes.** Monday, June 24, 6-8 p.m., City Park. Strawberry shortcake (homemade pound cake, vanilla ice cream and fresh picked strawberries) and beverage \$8 or two for \$15. Vergennes City Band will provide music. For more information, contact Marion at 802-417-4300.

**City Band in Vergennes.** Monday, June 24, 7-8 p.m., City Green. Relax on the green and listen to some great free summer music.

## WEDNESDAY

**June 26** **Origami with Gail Martin in Lincoln.** Wednesday, June 26, 3-5 p.m., Lincoln Library, Rover Rd. Gail Martin will be on hand as part of the library's "Pop-In People" summer program. Presentation with books and snacks for all around fun, literacy and activity.

**Town Band on the Green in Bristol.** Wednesday, June 26, 7-8:30 p.m. Bring a lawn chair or blanket, sit back and enjoy this 150-year tradition.

## FRIDAY

**June 28** **Surf and Turf dinner in Middlebury.** Friday, June 28, 5-7 p.m., VFW, 530 Exchange St. Delicious steak, shrimp, baked potato and green beans. Eat in or take out. Steak dinner \$18/shrimp dinner \$18/combo \$22. Open to the public. Proceeds benefit veterans programs.

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## Be on the look out for nesting loons

MONTPELIER — Few birding experiences rival hearing the haunting call of the loon or seeing them glide by in protected coves on a lake. Be careful, however, to keep them at a distance.

“Loons were removed from Vermont’s endangered species list in 2005, but they face continued threats from human disturbance during the breeding season and ingestion of fishing gear,” said Rosalind Renfrew, wildlife biologist with Vermont Fish and Wildlife.

“Many areas where loons nest on Vermont’s lakes are surrounded by signs reminding people to give loons the space they need, but not all nesting areas are marked. We’re asking people to enjoy loons from a distance rather than approaching them, whether you are in a boat or on shore.”

Renfrew also reminds people to avoid using lead fishing tackle. Every year Vermont loons die from lead poisoning after swallowing fishing tackle. Lead sinkers weighing one-half ounce or less are prohibited in Vermont, but larger tackle still has the capacity to slough off lead into the environment over time. Renfrew also recommends anglers to be careful to not attract loons to their bait and lures, and especially to not leave any fishing line behind as it can entangle and kill loons.

Eric Hanson, biologist with the Vermont Loon Conservation Project and Vermont Center for Ecostudies asks anglers to reel in for a few minutes if loons are diving nearby. To give anglers a place to discard their lead tackle, VCE will be placing collection tubes for lead tackle and discarded fishing line at over 20 boat access areas beginning this summer. VCE coordinates the loon project in partnership with the Vermont Fish



**LOONS NESTING ALONG lake shorelines are susceptible to human disturbance, and their nests can be flooded and destroyed by motorboat wakes.**

Photo by Mitch Moraski, VTF&W

and Wildlife Department.

Hanson and his colleagues monitor Vermont’s loon population and have put out game cameras around loon nests to monitor the behavior of people around them. Hanson says most people are respectful of nesting loons and give them space, but people sometimes inadvertently harm loons without meaning to.

“Loon chicks can be difficult to see, so we ask motorboaters to note where loon families are and to avoid those areas,” said Hanson. “We also ask that motorboaters obey ‘no wake’ laws within 200 feet of shorelines because boat wakes can flood and destroy shoreline loon nests.”

As Vermont’s loon population continues to increase and canoeing and kayaking continues to become more popular, there is greater potential for people to come into conflict with loons. Hanson reminds boaters to avoid pursuing loons in a canoe or kayak, especially loons with young.

“Occasionally a loon will be curious and approach people, and if that happens, just enjoy it,” said Hanson. “However, loons that are

constantly swimming away from you are stressed and may abandon their young if they feel they are in danger.”

Hanson also urges shoreline property owners to maintain appropriate habitat for loons, including shrubby and forested areas along shorelines, where loons can nest. Having shrubs and trees instead of lawns along shorelines also improves water quality, which is essential for healthy lakes, aquatic insects, fish eggs, fish and loons.

Volunteers interested in monitoring loons for the Loon Conservation Project should contact Hanson at loon@vtcecostudies.org. Volunteers can monitor lakes all summer long with a focus on lakes with loon pairs and nesting.

Volunteers can also survey one or two lakes on Loonwatch Day, being held on July 20 this year, between 8 and 9 a.m. The goal is to survey all lakes greater than 20 acres at the same time, which provides a population count and checks on small lakes that are surveyed less often during the rest of year.

## Mt. Independence to host talk on German soldiers

ORWELL — On Saturday, June 15, Friederike Baer, author of “Hessians: German Soldiers in the American Revolutionary War,” will give a talk about the subject of her book at the Mount Independence State Historic Site in Orwell. The lecture begins at 1 p.m. and is free and open to the public.

The Mount Independence Coalition is sponsoring this lecture in honor of J. Robert Maguire, a long-time site supporter.

A large force of German soldiers accompanied British General Burgoyne for the invasion of the Lake Champlain region in 1777. After the American retreat, these

“Hessian” soldiers occupied Mount Independence until Nov. 8, 1777, contributing to the archaeological record. Baer will look at the war from the perspective of the German soldiers, who also left a rich written record of their experiences.

Call the site at 802-948-2000 for more information. This is one of many programs planned for the year. The site and museum is open daily through Oct. 20. Regular hours are 10 a.m.-5 p.m. Regular site admission is \$8 for adults, \$1 for ages 6 to 14, and under 6 free.

The Mount Independence State Historic Site is a National Historic Landmark and is one of the best-



**FRIEDERIKE BAER**

preserved Revolutionary War archeological sites. It is located at 497 Mount Independence Road, six miles west of the intersections of Routes 22A and 73 near Orwell village.

## Raphael, Almeida chosen as HOBY reps

VERGENNES — Every year, each high school in the United States may choose at least one sophomore to represent them at their state’s Hugh O’Brien Youth Leadership (HOBY) Seminar. This year, Vergennes Union High School’s HOBY Ambassadors are Calvin Almeida and Phoebe Raphael.

Almeida and Raphael were nominated and selected for this honor based on their demonstrated and potential leadership skills and traits. The pair attended the HOBY Seminar on May 23-26 at Vermont State University (Randolph Campus). They participated in seminars and met with leaders in the fields of education, government, and the professions to discuss present and future issues.



**PHOEBE RAPHAEL, LEFT, and Calvin Almeida were chosen to represent Vergennes Union High School at this year’s Hugh O’Brien Youth Leadership Seminar.**

Photo courtesy of Anne Vincent

## Community College of Vt. names 2024 graduates

MONTPELIER — The following students at the Community College of Vermont earned associate degrees at CCV’s 2024 Commencement on Saturday, June 1:

**Brandon:** Crystal Phillips and Melissa A. Thompson.  
**Bridport:** Jessica Norris  
**Bristol:** Jennifer Allred, Maria Bedell, Stephanie Havey, Louise

### ADDISON COUNTY School Briefs

Johnson, Star Porter and Jonah Wheelock.

**Ferrisburgh:** Thane Gill and Vladislav Moore.

**Middlebury:** Ruby Carter.

**North Ferrisburgh:** Holly Shepard.

**Panton:** Kassidy Quinlan.  
**Salisbury:** Christian Bowdish.  
**Starksboro:** Renata Khusyainova and Liana Szczecinski.

**Vergennes:** Allie Clark, Ryan Furmanchin, Brian Goodyear and Opal Sutton.

**Whiting:** Anna M. Krans-Gould.

# STUDENTS OF THE WEEK FROM AREA HIGH SCHOOLS

How quickly time passes. It seems like only yesterday the Independent got its first batch of 2023-2024 Students of the Week from area high schools. And now graduation is here. Congratulations to all of these outstanding humans on their accomplishments in the past year, and best of luck as they venture out on their own. Below is a full list of Mount Abraham Union High School and Otter Valley Union High School Students of the Week and their destinations in the fall.



### What’s next?

#### Mt. Abe Union High School

**Abel Atocha** – Pomona College, Calif.  
**Joanna Toy** – Clark University, Mass.  
**Ann Marie Dufault** – Clarkson University, N.Y.  
**Hannah Gallivan** – University of Illinois at Urbana-Champaign  
**Samuel Mangini** – Boston University, Mass.  
**Morgan Barnard** – St. Lawrence University, N.Y.  
**Luke Mayer** – Boston University, Mass.

**Joseph Darling** – University of Vermont  
**Siena Stanley** – University of Vermont  
**Nell Harvey** – Whitman College, Wash.  
**Benjamin MacDonald** – University of Vermont  
**AJ Donlon** – Syracuse University, N.Y.  
**Carley Cook** – Gap Year and then Johnson and Wales University, R.I.  
**Natalie Atkins** – University of Richmond, Vir.  
**Greta Jennison** – University of New England, Maine  
**Isabella Shea** – Endicott College, Mass.  
**Helen Engvall** – Clark University, Mass.  
**Piper Guilmette** – Gap Year  
**Kalin Tingiris-Shean** – University of Vermont

### What’s next?

#### Otter Valley Union High School

**Ella Afrifa** – Gap year, Ghana  
**Elizabeth Atherton** – University of Connecticut, Conn.  
**Clara Cifone** – Gap year, Australia  
**Bryce Connaughton** – Penn State University, Pa.  
**Chase Cram** – Hobart Institute of Welding Technology, Ohio  
**Aiden Decker** – University of Vermont  
**Max Derby** – University of Vermont  
**Dana DiPietro** – Plymouth State University, N.H.  
**Luciano Falco** – Electrician, Vermont  
**Linnea Faulkner** – Smith College, Mass.  
**Hannah Greeno** – University of Vermont  
**Abigail Hayes** – Penn State University, Pa.  
**Derek Li** – Wentworth Institute of Technology, Mass.  
**Sally O’Brien** – Clark University, Mass.  
**Owen Thomas** – Vermont State University, Randolph, Vt.  
**Aiden Wade** – Army National Guard



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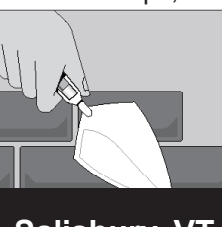
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John Fuller, Master Plumber • 388-2019



Timothy C. Ryan, P.E.  
Serving the Champlain Valley  
Since 1887  
877-3118  
Main St., Vergennes, VT

## RENEWABLE ENERGY



### Soak Up The Sun!

Don't spend your hard-earned money  
making the hot water or electricity that  
you use today—  
**SOLAR IS MORE AFFORDABLE THAN EVER!**

We've been here for you for 43 years —  
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Call for a FREE on-site evaluation



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BristolElectronicsVT.com



### Keep your energy close to home

Go solar today with an AllEarth Solar  
Tracker, Vermont's most efficient  
solar solution, locally designed in  
Bristol.

SCAN THE CODE  
OR CALL  
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for a free solar  
consultation



## ROOFING



### Michael Doran

as seen at Addison County Field Days!

- Standing seam
- Asphalt shingles
- Slate

Free estimates • Fully Insured  
mpdoransr@gmail.com

**Phone (802) 537-3555**

### We can Save Your Slate Roof!

Call Middlebury Roofing,  
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Also offering:

- Standing Seam • Custom Copper  
Rubber • Asphalt • Chimneys  
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Senior Discount • Church Discount  
Serving Addison County

Call Us Today: (877) 777-7343  
middleburyroofing.com  
middleburyroofingvt@gmail.com

## SEPTIC & WATER



### Celebrating 36 Years

Environmental Consultants — Licensed Designers  
Steve Revell CPG, LD#178 BW  
Jeremy Revell LD#611 BW • Tyler Maynard LD#597 B

- Water Supply - Location, Development and Permitting
- On-Site Wastewater Design • Single & Multiple Lot Subdivision
- Property Development & Permitting
- State and Local Permitting
- Underground Storage Tank Removal & Assessment

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802-453-4384

Fax 802-453-5399 • Email: jrevell@lagvt.com  
163 Revell Drive • Lincoln, VT 05443  
www.lagvt.com

## SURVEYING

### LAROSE SURVEYS, P.C.

Ronald L. LaRose, L.S. • Kevin R. LaRose, L.S.

Land Surveying/Septic Design

"We will take you through the  
permitting process!"

25 West St. • PO Box 388  
Bristol, VT 05443

Telephone: 802-453-3818  
larosesurveys@gmail.com



### SHORT SURVEYING, INC.

Serving Addison County Since 1991

Timothy L. Short, L.S.

Property Line Surveys • Topographical Surveys  
FEMA Elevation Certificates

135 S. Pleasant St., Middlebury, VT  
802-388-3511  
ShortSurveyingVT@gmail.com



Jason Burt  
21 Years Experience

### Philo Surveying LLC

Serving all of Vermont!

ALTA Surveys • Full Boundary Surveys and Plat  
Commercial and Residential Subdivisions  
Light Boundary Work and Boundary Line Staking  
Easement Surveys • Elevation Certificates  
LOMA Surveys • Topographic Surveys

(802) 782-9273 • Philo Surveying LLC • Charlotte, VT  
Philosurveying.com • References available

### Grow Your Business with Us

Reach thousands of local customers  
every week with a B&S Directory ad.

Low rates, big exposure!

advertising@addisonindependent.com



**802-388-4944**

## TREE SERVICE

Serving Vermont for over 42 years!

### BROWN'S TREE & CRANE SERVICE



WE HAVE THE RIGHT EQUIPMENT  
FOR THE RIGHT JOB — TO GIVE YOU  
REASONABLE RATES

Dangerous Trees Cut & Removed  
Stumps Removed  
Trusses Set  
Trees Trimmed  
Land Clearing



Reasonable Rates • Year-round Service • Fully Insured  
**(802) 453-3351 • Cell (802) 363-5619**  
24 Hour Emergency Service 453-7014  
Brownswelding.com



- Tree Removal
- Tree Pruning
- Storm Damage  
Clean up
- Stump Grinding

Serving all of  
Addison County

Over 30 Years Experience

Fully Licensed and Insured

Call for a Free Estimate: 802-349-7459  
sargentstreeservice.com

## VETERINARIANS

### Bringing Essential Veterinary Care To you and your pets.

Serving the dogs and cats  
of Addison County

Call for an appointment:  
**(802) 522-9718**

MeganSwaseyDVM@gmail.com  
addisoncountyvet.com



### Addison County Mobile Veterinary Services

Megan Swasey, DVM  
Mobile Veterinarian • Shoreham, VT

## WINDOW TREATMENTS

Your local source for window treatments  
from the nation's most popular brands.  
**Free in-home consultations!**



Vermont Window Treatments LLC

M-F: 8am-5pm

Hours by appointment only

Visit our Facebook page or  
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802-989-1531 | 3333 Case Street, Middlebury  
vermontwindowtreatments.com

# JACK OF ALL TRADES?

CALL 802-388-4944

OR EMAIL ADVERTISING@

ADDISONINDEPENDENT.COM

TO ADVERTISE YOUR BUSINESS.



Advertise your business on these pages for under \$10 per week.

Call 802-388-4944 or email advertising@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 an online meeting Sunday night 7:15pm and a face to face one Wednesday at 1:30pm at CVUUS (2 Duane Court Middlebury near the high school) that you can also access by Zoom. Visit [vermontalananonlateen.org](http://vermontalananonlateen.org) for links 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.

**ALCOHOLICS ANONYMOUS** in person meetings are available. For a list of local virtual meetings visit <http://bit.ly/district9aa>. For more information visit <https://aaavt.org/> or call the 24 hour hotline at 802-802-AAVT (2288).

**THE TURNING POINT CENTER** of Addison County is open for in-person services, Monday through Friday, 10am-4pm, 54A Creek Road, Middlebury. We are available by phone 24/7 at 802-388-4249.

**Public Meetings**

**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 Vergennesfreethinkers@gmail.com for Zoom and in-person meeting information.

**Public Meetings**

**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.

**Services**

**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.

**MELISSA'S QUALITY CLEANING** Services. Residential and commercial. Fully insured. Great rates. Reliable and thorough cleaning. 802-345-6257.

**Services**

**ODD JOBS: WEED** flower beds, some landscaping, property clean up, brush cutting, lawn work. Call us today, we do other jobs too. 802-999-2194, John.

**Garage Sales**

**PLANT SALE.** Perennials, native pollinator plants, herbs, vegetables, bushes, fruit. All naturally grown. 91 Seymour St. Middlebury, Vt. Friday, June 14, 9-5. Saturday, June 15, 9-1.

**SATURDAY, JUNE 15TH** from 9am-3pm. 35 Seymour St in Middlebury on corner by police station. Puzzles, household goods, rugs, furniture, clothing, magic cards and legos.

**JUNE 29TH FROM 9:00AM to 4:00PM.** 3 Thornwood Lane, Vergennes VT. Household goods, furniture, pocketbooks, yards and yards of quilting fabric batting and patterns. Rain date July 7th.

**Help Wanted**



**Shipping & Receiving**  
WowToyz, in Vergennes, is seeking motivated individuals to join our warehouse team full-time, Mon-Fri 8:00am-4:00pm.

**Duties include:**

- Picking and packing orders
- Unloading trucks and receiving merchandise
- Shipping orders via UPS and over the road

Ideal candidates are organized, dependable, enjoy physical work and are proactive self-starters. This is an opportunity to be part of a dynamic, growing company with room for advancement.

We recognize people as our most valuable asset. Our competitive salary and benefits package includes 401K with company match, dental insurance, medical insurance, prescription drug coverage, life insurance, paid sick time, paid holidays and paid vacations.

We offer competitive compensation packages commensurate with experience.

Email cover letter and resume to: [resumes@wowtoyz.com](mailto:resumes@wowtoyz.com)

**Help Wanted**



**THE RESIDENCE at Otter Creek**  
**RN/LPN**  
**\$8,000 FT sign on bonus**

Ask about our:  
PT and FT travel allowance  
Free meals  
Competitive Benefits  
On call with pay  
No uniforms required!

Are you looking for work life balance? Need to be home during week and only available on the weekends?  
Just looking for a few hours a week or even a month? We have per diem positions!


We have fun!  
Feel appreciated and valued!  
Apply today.

Scan the QR code or go to our website to apply

The Residence at Otter Creek  
350 Lodge Road, Middlebury, VT 05753  
[www.residenceatottercreek.com](http://www.residenceatottercreek.com)

**Opportunities**

**Help Wanted**



**Addison County Parent/Child Center**

**VAN DRIVER JOB OPENING**  
Addison County Parent/Child Center

We are seeking a van driver who will transport children, youth, and parents to our center from around Addison County.

**Strong candidates** must have a clean driving record and experience with children and families.

**Great working environment and benefits.** This is a 20-hour position with hours split between mornings and afternoons.

Please contact Donna Bailey at [dbailey@addisoncountypcc.org](mailto:dbailey@addisoncountypcc.org)

**Help Wanted**



**AGWAY**

Positions offer generous, twice a year bonuses as well as an employee discount on all products!

**Warehouse Worker**  
Loading and assisting with customer orders from the yard, warehouse and store; Stocking shelves and Filling propane tanks. Skills/Qualifications: Ability to lift 50 lbs repeatedly throughout the day. Ability to demonstrate strong organizational skills. Valid Driver's License. Weekends and dependability a MUST! Forklift & Skid steer experience a plus. Preferable age 18+.

**Cashier - Customer Service**  
Immediate Openings available. Must be able to work until 6pm. Weekdays and Weekends a MUST. Up to 40 hours per week. Wage commensurate with experience.

Please send resumes to [info@middleburyagway.com](mailto:info@middleburyagway.com) or fill out an application at **Middlebury Agway**, 338 Exchange Street, Middlebury VT.

**Please no phone calls.**

**Middlebury Agway 338 Exchange St. - Middlebury, VT.**


**Opportunities**

**Help Wanted**


**Delivery Drivers**

K. Pope & Sons, Inc. is looking for individuals with a clean CDL A or B with a tanker endorsement to pick up milk at local farms and deliver to the Agri-Mark plant in Middlebury. Must be able to pass federally mandated drug screening. Will help obtain a VT Milk Sampling License. Paid training, competitive wage, paid vacation time, health, vision, dental, and 401K match.

Contact 802-897-5700 or [kpopesons@gmail.com](mailto:kpopesons@gmail.com) to apply.



**Help Wanted**



**Production Team Members**

Vermont Soap is looking for attentive, reliable and responsible people to work in our production department.

This position requires basic computer skills, attention to detail, the ability to sit or stand for long periods of time and the ability to lift up to 50lbs. Must be a team player and also able to work independently.

This is a full time position (Mon-Fri 7-3:30) with paid vacation time, paid holidays, 401k with employer match, and more!

Please send cover letter and resume to [nichole@vermontsoap.com](mailto:nichole@vermontsoap.com).

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**Help Wanted**



**THE RESIDENCE at Otter Creek**  
**RN/LPN**  
**\$8,000 FT sign on bonus**

Ask about our:  
PT and FT travel allowance  
Free meals  
Competitive Benefits  
On call with pay  
No uniforms required!

Are you looking for work life balance? Need to be home during week and only available on the weekends?  
Just looking for a few hours a week or even a month? We have per diem positions!

We have fun!  
Feel appreciated and valued!  
Apply today.

Scan the QR code or go to our website to apply

The Residence at Otter Creek  
350 Lodge Road, Middlebury, VT 05753  
[www.residenceatottercreek.com](http://www.residenceatottercreek.com)

**Opportunities**

**Opportunities**

**Opportunities**

**Opportunities**



**Opportunities**

**Opportunities**

**Spanish-Speaking Tutor**

Vermont Adult Learning is looking for a Spanish-speaking tutor to help a couple of adults study for the GED test. Familiarity with the GED test is not required. Training and test materials will be provided.

To learn more about this opportunity please reach out to Natalie at [nreigle@vtadulthoodlearning.com](mailto:nreigle@vtadulthoodlearning.com).

**Help Wanted**



**JACKMAN'S OF BRISTOL IS HIRING:**

- Licensed Plumber
- Service Tech
- Apprentice

Jackman's of Bristol is a local propane company that does residential plumbing, heating, HVAC, cold climate heat pumps, ERV propane, natural gas, and oil install/service. We perform installations for new construction as well as remodeling.


**BENEFITS:**

Competitive wages	401K	Paid Vacation/
Health Insurance	Profit sharing	CTO/Sick time
Dental Insurance	Fuel Benefit	

And many more things working for a family-owned local business

Apply online at: [jackmansinc.com/online-application](http://jackmansinc.com/online-application)

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Dental Insurance	Fuel Benefit	

And many more things working for a family-owned local business

Apply online at: [jackmansinc.com/online-application](http://jackmansinc.com/online-application)

Addison Independent **CLASSIFIED ORDER FORM**

ADDISON INDEPENDENT  
58 Maple Street, Middlebury, VT 05753  
802-388-4944  
[addisonindependent.com](http://addisonindependent.com) • email: [classifieds@addisonindependent.com](mailto:classifieds@addisonindependent.com)

Cash in on our 4-for-3 rates! Pay for 3 issues, get 4th issue free! An ad placed for consecutive issues runs the 4th time for free!

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Or, submit your classified ad on our website: [addisonindependent.com](http://addisonindependent.com)

**RATES**

**DEADLINE: Monday at 5 p.m.**

- 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

\*\* no charge for these ads    Spotlight with large ✓ \$2

**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

## Help Wanted

### Seeking a driver for Thursday paper delivery.

Must be available from 5:30am to 3:00pm on Thursdays.

Potential for additional hours as needed and on a flexible basis.

**Competitive wages/a great way to make extra money!**

ADDISON COUNTY INDEPENDENT

Contact Harris Gerner (802)388-4944 ext. 104 or [frontdesk@addisonindependent.com](mailto:frontdesk@addisonindependent.com)



## Help Wanted

## Help Wanted

### MIDDLEBURY UNION HIGH SCHOOL

#### COACHING POSITIONS

Middlebury Union High School is seeking coaches for the following:

- Varsity Boys' Soccer
- Assistant Varsity Boys' Soccer
- Assistant Cross Country

Applicants must possess a strong knowledge of coaching principles with previous coaching experience preferred. Must possess strong organizational skills and the ability to communicate and relate to student athletes.

Interested parties should send a letter of interest, resume, and three current letters of reference to:

Sean Farrell/Athletic Director  
Middlebury Union Middle School  
73 Charles Avenue  
Middlebury, VT 05753

Applications will be accepted until the positions have been filled. E.O.E.



### Addison County Parent/Child Center

#### Join the Parent/Child Center Team

#### CHILDCARE WORKER/PARENT EDUCATOR

**Childcare Staff Position:** We are seeking a childcare worker who will work with children and parents in our therapeutic program. This is a full-time position with generous benefits. We are a therapeutic childcare program that supports children birth through 5 and their families.

**Strong candidates** must have knowledge of **child development, family systems,** excellent communication skills, and want to work with young families. Flexibility and collaboration are a must. Experience with children and families wanted: a minimum of a Bachelor's degree preferred.

Please send a resume and cover letter, along with 3 references to [Donna Bailey at dbailey@addisoncountypcc.org](mailto:Donna.Bailey@addisoncountypcc.org)

In print or online, find your dream job with help from the *Addy Indy*.

[addisonindependent.com/help-wanted](http://addisonindependent.com/help-wanted)

ADDISON COUNTY INDEPENDENT

## For Sale

**2023 RANGER CANOE.** 16 footer. Weighs 52 pounds. \$1,600 or best offer. Call 802-759-2030.

## Vacation Rentals

**ADDISON: LAKE CHAMPLAIN** waterfront camp. Beautiful views, gorgeous sunsets, private beach, dock, rowboat and canoe included. \$999. weekly, or call for weekends. 802-349-4212, no texts.

**FERN LAKE, LEICESTER** - waterfront cottage, sleeps 4, dock, kayak, canoe, \$1050 week, 802-345-0970.

## For Rent

**5,000 SQUARE FEET** available. Exchange Street, Middlebury, VT. 802-349-8544.

**COMMERCIAL/OFFICE SPACE** - 3000 sq ft - Middlebury. Loading dock. Tall ceilings. \$2,500.00 p/month. 802-558-6092.

**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](mailto:rochon_m@yahoo.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

**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.

**FURNISHED ROOM:** East Middlebury. Separate entrance. All included; w/d, wifi, kitchen, & parking. Security and references required. \$675 per month. Text Rochell 802-989-8941.

**GOSHEN: HOUSESITTING OPPORTUNITY,** periodically shared with the homeowners, in scenic rural spot, 14 miles to Middlebury. \$650/month, plus light snow removal in winter. Large space for gardening! 802-863-5625 or [HomeShareVermont.org](mailto:HomeShareVermont.org) for application. Interview, references, background checks required. EHO.

**HISTORIC 2 BEDROOM APARTMENT.** Newly renovated in 1860's farmhouse in Shoreham. Furnished and available mid-August. \$2500/month plus utilities. Non-smoking and no pets please. Call for info and photos 802-897-2448.

**LIGHT INDUSTRIAL/RETAIL.** 1,250 sq.ft. Exchange Street, Middlebury. 802-388-4831.

**MIDDLEBURY BRIARWOOD APARTMENTS** is currently taking wait-list applications for 2- br apartments. No smoking/ No pets. Income limits apply- rent based on income- 2 person minimum occupancy. Equal Housing Opportunity. Handicapped accessible. 802-247-0165 TTY: 800-253-0191 www. SummitPMG.com.

## For Rent

**MIDDLEBURY, OFF CAMPUS HOUSING** available. 802-388-4831. AJ Neri Property Rentals.

**PANTON: KIND GENTLEMAN** offering rent-free housing in exchange for providing meal-prep and sharing conversation, on a flexible schedule. Private bath. Cat or dog would be welcome! 802-863-5625 or [HomeShareVermont.org](mailto:HomeShareVermont.org) for application. Interview, references, background checks required. EHO.

**TWO BEDROOMS,** 1400 square foot home for rent on a quiet street steps from Middlebury College. Minimum 1 year lease, sorry no pets. \$2500.00 a month plus utilities. (802)-377-7486.

**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.

## Wood Heat

**DRY OR GREEN** firewood for sale. Delivery available. 802-349-4212.

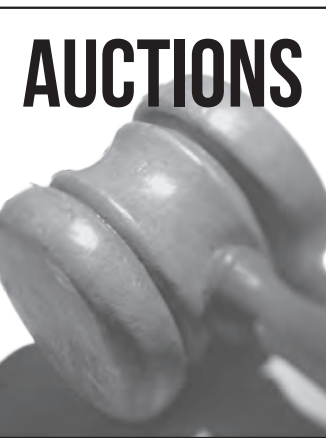
## Att. Farmers

**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](mailto:svdwmiller@icloud.com) with "horse" in the subject line for more information.

**WHITNEY'S CUSTOM FARM WORK** Pond agitating, liquid manure hauling, drag line aerating. Call for price. 462-2755, John Whitney.

## Motorcycles

**2017 HARLEY-DAVIDSON ROAD KING.** 8,000 original miles. Many extras. Excellent condition. \$13,900. 860-690-7617.



## MARKET REPORT

### ADDISON COUNTY COMMISSION SALES

RT. 125 • EAST MIDDLEBURY, VT  
Sales for 6/6/24 & 6/10/24

COST			
BEEF	LBS.	/LB	\$
Allendale	1240	1.60	\$1984.00
Woodnotch	1345	1.60	\$2152.00
Savello Farm	1615	1.45	\$2341.75
A. Brisson	1540	1.40	\$2156.00
Bluespruce	1510	1.40	\$2114.00
Goodrich	1840	1.32	\$2428.80
Nop Bros	1590	1.35	\$2146.50
Iroquois Acres	415	1.32	\$1867.80

COST			
CALVES	LBS.	/LB	\$
Vorsteveld	102	9.10	\$928.60
Barnes Bros	89	9.00	\$801.00
Goodrich	87	9.00	\$783.00
Elysian Fields	94	8.50	\$799.00
R. Scholten	91	8.50	\$773.50

**Total Beef - 138 Total Calves - 192**  
We value our faithful customers.  
**Sales at 3 pm - Mon. & Thurs.**  
call 1-802-388-2661

# Public Notices Index

Public Notices for the following can be found in this **ADDISON INDEPENDENT** on Pages 11B and 12B

- Addison (1)
- Middlebury (1)
- Munger Street Cemetery Association (1)
- New Haven (3)
- Slate Valley Unified School District (1)
- State of Vermont (1)
- Waltham (1)

## Email your Public Notices

to [legals@addisonindependent.com](mailto:legals@addisonindependent.com) and Jenna makes sure it gets in the paper.

### TOWN OF NEW HAVEN DEVELOPMENT REVIEW BOARD NOTICE OF HEARING

Pursuant to 24 VSA §4464, a public hearing before the Development Review Board of the Town of New Haven will be held at the Town Clerk's Office, 78 North Street, New Haven, VT on Monday, July 1, 2024, at 7:00 p.m. to consider the following:

1. Application #2024-DRB-13-SD: Donna Sequin is requesting final approval for a 2-lot subdivision of a 155.2-acre parcel located at 965 South Street in the RA-2/RA-10 and Forest District (FD) zoning districts, in accordance with Section 923 of the New Haven Zoning and Subdivision Regulations adopted April 2024.
2. Application #2024-DRB-14-SD: Emily and Eugene Charlebois are requesting final approval for a 2-lot subdivision of 10+ acre lot located at 2962 North Street in the RA-2 and RA-10 zoning districts, in accordance with Section 923 of the New Haven Zoning and Subdivision Regulations adopted April 2024.

Please note that participation in the local proceeding is a prerequisite to the right to take any subsequent appeal. The hearing will be held as a hybrid meeting, either in person at the Town Clerk's office or by remote:

<https://zoom.us/j/98142119190?pwd=U0pFdDQ2a1ZRZzVCRkN4ZGcyYU9Fdz09>  
Meeting ID: 981 4211 9190  
Passcode: 4jYbTA

Electronic copies of the applications may be obtained by emailing the zoning administrator at: [newhavenzoning@gmavt.net](mailto:newhavenzoning@gmavt.net); hard copies are available at the Town Clerk's office during normal business hours, or on the Town's website: <https://www.newhavenvt.com/>

New Haven Zoning Administrator  
(802) 453-3516

### TOWN OF WALTHAM SOUTH MIDDLEBROOK ROAD CULVERT REPLACEMENT WALTHAM, VERMONT ADVERTISEMENT FOR BIDS

Sealed Bids for the construction of the **Town of Waltham, South Middlebrook Road Culvert Replacement** will be received by the **Town of Waltham at the Waltham Town Office, PO Box 175 Vergennes, VT 05491 or 2053 Maple Street Extension, Waltham, VT 05491**, until 9:00a.m. local time on July 3, 2024. Bids received will be "publicly" opened and read. Bidders providing bids by mail shall allow for delivery time. The Project consists of **replacing a 30-inch diameter corrugated metal pipe culvert with an 4' wide x 5' high x 96' long precast concrete box culvert.**

Bids will be received for a single prime Contract. Bids shall be on a lump sum and unit price basis, as indicated in the Bid Schedule.

The Issuing Office for the Bidding Documents is: **Otter Creek Engineering, Inc., P.O. Box 712, 404 East Main St., Middlebury, VT, (802) 382-8522.** Prospective Bidders may examine the Bidding Documents at the Issuing Office on Mondays through Fridays between the hours of 8 a.m. to 5 p.m., and may obtain copies of the Bidding Documents from the Issuing Office as described below.

Bidding Documents also may be examined at the **Waltham Town Office at 2053 Maple Street Extension, Waltham, VT 05491** on Tuesdays and Thursdays between the hours 9am through 3:00 pm., and the office of the Engineer, **Otter Creek Engineering, Inc., 404 East Main Street, Middlebury, VT (802) 382-8522**, on Mondays through Fridays between the hours of 8 a.m. to 5 p.m.

Printed copies of the Bidding Documents may be obtained from the Issuing Office, during the hours indicated above, upon payment of \$75.00 for each set. Checks for Bidding Documents shall be payable to **Otter Creek Engineering, Inc. mailing address: P.O. Box 712, East Middlebury, VT 05740.** Upon request and receipt of the document payment indicated above, the Issuing Office will transmit the Bidding Documents. The date that the Bidding Documents are transmitted by the Issuing Office will be considered the Bidder's date of receipt of the Bidding Documents. Partial sets of Bidding Documents will not be available from the Issuing Office. Neither Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including Addenda if any, obtained from sources other than the Issuing Office. Neither Owner nor Engineer will be responsible for issuing Addenda if any, to parties obtaining Bidding Documents from sources other than the Issuing Office.

Electronic copies of Bidding Drawings and Documents are available upon request to all parties recorded as having officially received the Bidding Documents from the Issuing Office, as portable document format (PDF) files, via e-mail.

A pre-bid conference will be held at 10:00 a.m. local time on **June 21, 2024** at the **Waltham Town Office at 2053 Maple Street Ext., Waltham, VT 05491, followed by a visit to the project site, at the intersection of Green Street and South Middlebrook Road, Waltham VT.** Attendance at the pre-bid conference is highly encouraged but is not mandatory.

Bid security shall be furnished in accordance with the Instructions to Bidders.  
Owner: **Town of Waltham**  
By: **Rhonda Williams**  
Title: **Chair of Selectboard**

### TOWN OF NEW HAVEN INVITATION TO BID SEALED BIDS FOR:

Furnishing and placing asphalt on Pearson and River Rd. will be received at the New Haven Town Offices at 78 North Street, New Haven, Vermont 05472 until 4:00 pm on June 18, 2024, and will be publicly opened at the Selectboard meeting on June 18, 2024 on or after 7:00 pm.

Specifications for bidders and bid forms may be obtained without charge at the New Haven Town Offices, 78 North Street, New Haven, VT 05472; or on our website [www.newhavenvt.com](http://www.newhavenvt.com)

The Town of New Haven, VT reserves the right to waive any informalities in, or to reject any and all bids, or to accept the bid deemed to be in the best interest of the Town of New Haven.

### TOWN OF NEW HAVEN, VERMONT NOTICE OF ADOPTION OF ORDINANCE REGULATING LIVESTOCK RUNNING AT LARGE

On June 4, 2024, the New Haven Selectboard adopted an Ordinance Regulating Livestock Running at Large. This ordinance is adopted to protect the health, safety, and welfare of the citizens of the Town of New Haven.

This Ordinance will take effect on August 3, 2024, unless a petition for a vote at a special meeting on the question of disapproving the Ordinance, signed by not less than 5 percent of the qualified voters of New Haven, is presented to the Selectboard or Clerk of the municipality within 44 days for the date of adoption, all in accordance with 24 V.S.A. 24 §1973.

Any questions relating to the adoption of this Ordinance may be directed toward Pam Kingman, Town Clerk, Town of New Haven, 78 North Street, New Haven, VT 05472 (802-453-3516) or [newhavencerk@gmavt.net](mailto:newhavencerk@gmavt.net).

The purpose and authority of the Ordinance Regulating Livestock Running at Large can be found below. The full text of the Ordinance may be examined at the New Haven Town Offices, Monday – Thursday between the hours of 8:30am – 4:00pm, or on the Town website [www.newhavenvt.com](http://www.newhavenvt.com).

#### TOWN OF NEW HAVEN, VERMONT ORDINANCE REGULATING LIVESTOCK RUNNING AT LARGE

##### 1. Purpose and Authority

The Selectboard of the Town of New Haven finds that Livestock Running at Large causes damage to private property and presents significant danger to motorists traveling on Town and State highways. Livestock Running at Large may also transmit communicable diseases to Livestock that is properly fenced and contained. Accordingly, the New Haven Selectboard finds that Livestock Running at Large in the Town of New Haven to be a public nuisance.

The purpose of this Ordinance is to abate and remove this public nuisance by establishing reasonable regulations for impoundment of Livestock Running at Large and to thereby protect the health, safety, and welfare of the public and the quiet enjoyment of New Haven residents' homes and property. This Ordinance is adopted by the New Haven Selectboard under the authority of 24 V.S.A. §2291 (14) and (15). This Ordinance shall constitute a civil ordinance within the meaning of 24 V.S.A. Chapter 59.

# Monkton

Have a news tip?  
Contact Liz Pecor at  
rascal0406@gmavt.net

## NEWS

**MONKTON** — Back by popular demand, the East Monkton Church Association and the Monkton Museum & Historical Society will co-sponsor a cemetery walk at the East Monkton Cemetery this Saturday, June 15. The event gets underway at 1 p.m. at the East Monkton Cemetery, on the corner of Mountain and Church roads. Participants should be prepared to navigate uneven ground.

All are invited to gather at the East Monkton Church at 405 Church Road after the walk for refreshments and an opportunity to peruse publications related to the history of Monkton.

The event will be held rain or shine. There's no cost for this event. Donations are appreciated for use toward preservation of the East Monkton Church. Call 802-453-7575 for more information.

The Monkton Museum and Historical Society's speaker this month is Lucinda Cockrell, who will tell us about Benjamin Lincoln, for whom the town of Lincoln is named, in recognition

# Master seamstress

**HAILEY CHASE, A Patricia A. Hannaford Career Center student has qualified for the 4H Eastern State Regionals. Chase, 15, decided she wanted to make a formal dress for her Sweet 16. As a maker at PHCC's Makery, Hailey has experience exploring her creativity. The dress, her first major sewing project, was made of green satin and lace fabric which resulted in a flowy elegant look. Through the process, Chase acquired the skill to follow a pattern, sew an invisible zipper, and pleat lace. The dress took three months to complete working a few hours a week with a mentor. Chase said that the project was challenging, a lot of fun, and she is happy with the result. At the 4H Regional Day she earned a Blue Ribbon. Recently, at 4H State Day, Chase modeled her dress on stage and qualified to represent Vermont in 4H Eastern States Competition in Massachusetts in September.**



Photo courtesy of Shannon Bryant

of his contributions during the Battle of Bennington. He was also the general who accepted the surrender sword at Yorktown, which was the beginning of the end of the Revolutionary War. Please join us in the Community

Room at the Town Hall on Monday, June 17, at 7 p.m. Free, and all are welcome.

Also, did you know you can get free e-books and audiobooks from the library? These are free of charge thanks to the Vermont Department of Libraries. You can access them with the Palace Project app. Contact your library for more information.

# Rescue helps hoist driver up after crash

## MIDDLEBURY

Middlebury police responded, along with other public safety officials, to a reported accident with injuries on Route 125 East on June 8. Police said a person had driven their vehicle off of the roadway and down a steep embankment.

Middlebury firefighters, Middlebury Regional EMS (MREMS) and Technical Rescue officials also responded and were able to hoist the driver up the steep embankment by rope. Police said the driver was taken to the UVM Medical Center for treatment.

In other action last week, Middlebury police:

- Conducted patrols in East Middlebury on June 3.
- Assisted two local residents with stalking/harassing complaints on June 3.
- Conducted patrols downtown on June 3, 4 and 5.
- Investigated a report of a single gunshot heard in the Battell Woods on June 3.
- Spoke with a concerned citizen on June 3 about alleged "uncontrolled aggressive dogs" in the East Road neighborhood.
- Responded to a report of downed utility wires in the Creek Road area on June 3.
- Investigated a vandalism complaint in the East Main Street area on June 3.
- Received a report of someone entering an unlocked vehicle on East Main Street on June 3.

# Middlebury Police Log

Police said nothing was reported missing from the vehicle.

- Were informed of the theft of an unlocked bike from the Fields Road area on June 3.
- Checked on the encampment of homeless people off Bakery Lane on June 3, 4, 5, 6 and 8.
- Checked on a person found sleeping in their vehicle parked on Merchants Row on June 3.
- Investigated an argument between two people in the Court Street area on June 4.
- Took a drunken person into protective custody in the North Pleasant Street neighborhood on June 4.
- Warned people who were violating the town's open container ordinance in the Bakery Lane area on June 4.
- Responded to a report of a woman crawling under some vehicles parked off North Pleasant Street on June 4.
- Responded to a reported dispute between a mother and her daughter in the Water Street area on June 4.
- Served a temporary restraining order on a person in the Main Street area on June 4.
- Helped an elderly person locate her family on June 4.
- Received a report that a local resident's stolen credit card had been used to buy items from several Addison County and Chittenden County businesses on June 4.
- On June 4, investigated some threatening emails received by a Middlebury College employee.
- Assisted a representative of a Route 7 South business who alleged an ex-employee had stolen money from the company safe on June 4.
- Arrested Cassandra Chasse, 33, on an outstanding arrest warrant on June 4.
- Received a report about a downed tree blocking Route 125 East on June 5.
- Arrested Kenneth Gilbert III, 48, who is houseless, on an outstanding warrant on June 5. Police said Gilbert was lodged at the Marble Valley Correctional Facility due to a lack of bail. Police said they also cited Gilbert for violation of conditions of release.
- Served a no-trespass order on behalf of a North Pleasant Street business on June 5.
- Warned some people who were holding open containers of alcohol in the Bakery Lane area on June 5.
- Tended to a trespassing complaint in the Bakery Lane area on June 5.
- Assisted a Washington Street business with a drunken person on June 6.
- Were informed of an alleged

theft from the Abbey Pond trailhead on June 6.

• Were informed of the alleged theft of medications from a vehicle parked off Case Street on June 6.

• Responded to a noise complaint in the Jayne Court area on June 6.

• Were informed of an alleged theft from a vehicle parked off Golf Course Road on June 6.

• Responded to a report of a drunken person creating a disturbance at a downtown business on June 7. Police said the man had left upon their arrival.

• Helped state police at the scene of a one-vehicle rollover crash on Pidgeon Road in Salisbury on June 7.

• Deescalated a dispute between some people in the John Graham Court area on June 7. Police said a mental health issue was involved, and counseling officials will be brought into the situation.

• Gave a courtesy ride to a drunken person on June 7.

• Responded to a report of a man lying in the intersection of Merchants Row and Main Street on June 7.

• Tested a bag of suspicious white powder found off Quarry Road on June 7. Police said the substance proved to be baking powder.

• Received a report of a driver leaving a Court Street parking lot after having struck another vehicle on June 7.

• Helped Vermont State Police troopers process a drunk-driving suspect at Middlebury police headquarters on June 8.

• Received a complaint about a man allegedly urinating in a public parking lot off Route 7 South on June 8.

• Assisted MREMS with an overdose patient in a parking lot off Exchange Street on June 8.

• Assisted MREMS at a call for help on Academy Street on June 8.

• Checked on a suspicious vehicle parked in Buttolph Acres on June 9.

• Conducted a welfare check on a juvenile in the Lindale Circle area on June 9.

• Responded to a report of a suspicious person near the train tracks off South Pleasant Street on June 9.

• Checked on the welfare of some dogs that had been left alone in a vehicle parked on Court Street on June 9.

• Responded, with MREMS, to a report of a man experiencing a heart attack in the Washington Street area on June 9. Police said the man — Michael Livingston, 63, of Middlebury — was pronounced dead at Porter Hospital as a result of the medical event.

• Conducted patrols in the downtown, including the Bakery Lane area, on June 9.

# Public Notices

can be found in this

**ADDISON INDEPENDENT**

on Pages 11B and 12B.

## MUNGER STREET CEMETERY NOTICE

The Annual Meeting of the Munger Street Cemetery Corporation, Inc. will be held on Wednesday, June 19, 2024 at 7:00 p.m across from the cemetery at the home of Ruth Penfield, 2691 Munger Street in New, Haven VT.  
Ed McGuire, Secretary

## STATE OF VERMONT SUPERIOR COURT PROBATE DIVISION ADDISON UNIT DOCKET NO.: 24-PR-02229

**IN RE ESTATE OF: CHARLES CALLAHAN, JR. NOTICE TO CREDITORS**

To the Creditors of: Charles Callahan, Jr., late of Orwell, Vermont.

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: 05/31/24

Mary Woodman  
% Matthew D. Getty, Esq., McCann Morgan & Getty PLLC  
PO Box 190, Rutland, VT 05702  
802-855-8060  
mgetty@mngvtlaw.com

Publication: Addison Independent  
Publication Date: 6/13/24  
Address of Probate Court:  
7 Mahady Court  
Middlebury, VT 05753

## STATE OF VERMONT SUPERIOR COURT PROBATE DIVISION ADDISON UNIT DOCKET NO.: 24-PR-02011

**IN RE ESTATE OF: ROGER DESJADON NOTICE TO CREDITORS**

To the Creditors of: Roger Desjaden, late of Vergennes, Vermont.

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: 06/05/24

Julie Cousino  
17 No. Maple St.,  
Vergennes, VT 05491  
jxcousino@gmail.com

Publication: Addison Independent  
Publication Date: 6/13/24  
Address of Probate Court:  
7 Mahady Court  
Middlebury, VT 05753

## WARNING

### INFORMATIONAL MEETING

#### SLATE VALLEY UNIFIED UNION SCHOOL DISTRICT

(Towns of Benson, Castleton, Fair Haven, Hubbardton, Orwell, West Haven)

Video call link: <https://meet.google.com/spo-nuyk-pwv>  
Or dial: (US) +1 857-529-6624 PIN: 851 037 673#

#### June 17, 2024

The legal voters of the Slate Valley Unified Union School District (SVUUSD) consisting of the towns of Benson, Castleton, Fair Haven, Hubbardton, Orwell and West Haven are hereby warned and notified to meet at Fair Haven Union Middle High School Band Room on **Monday, June 17, 2024 at 6:30 PM** to conduct the following business:

**Article 1:** To hear the Board of School Directors of the SVUUSD present its estimate of expenses for the ensuing year.

#### June 18, 2024

The meeting shall then be recessed to Tuesday, June 18, 2024 for the purpose of voting on the following article at the usual polling places in the member districts by Australian ballot, said ballots being brought to Bomoosen Fellowship Bible Church following the closing of the polls in the member districts where they will be commingled and counted by the Board of Civil Authority of the constituent districts.

**The Town Offices will be opened for voting as follows:**

Town of Benson	10:00AM - 7:00PM	BensonCommunityHall
Town of Castleton	8:00 AM - 7:00PM	Castleton Fire Station
Town of Fair Haven	10:00 AM - 7:00PM	American Legion Post 49
Town of Hubbardton	10:00AM - 7:00PM	Hubbardton Town Hall
Town of Orwell	10:00 AM - 7:00PM	Orwell Town Clerk's Office
Town of West Haven	10:00AM - 7:00PM	West Haven Town Hall

**Article 2:** Shall the voters of the towns of Benson, Castleton, Fair Haven, Hubbardton, Orwell and West Haven, as members of the Slate Valley Unified Union School District (which includes Benson Village School, Castleton Elementary School, Fair Haven Grade School, Fair Haven Union Middle & High School, and Orwell Village School), approve the school board to expend **Thirty Million Four Hundred Ninety Seven Thousand Two Hundred Thirty-Five Dollars \$30,497, 235** which is the amount the school board has determined to be necessary for the ensuing fiscal year?

#### Informational Hearing:

Said persons and voters are notified and warned that the meeting on **Monday, June 17, 2024 at 6:30 P.M.** will also serve as an informational hearing to discuss Article 2, which will be voted on by Australian ballot on **Tuesday, June 18, 2024.**

Dated at Fair Haven, Vermont  
June 10, 2024

Received and Recorded  
June 10, 2024

*Patricia Beaumont*  
Patricia Beaumont, Chair  
Slate Valley Unified Union  
School District

*Elisabeth MacKay*  
Elisabeth MacKay, Clerk  
Slate Valley Unified Union  
School District

## PROPOSED STATE RULES

By law, public notice of proposed rules must be given by publication in newspapers of record. The purpose of these notices is to give the public a chance to respond to the proposals. The public notices for administrative rules are now also available online at <https://secure.vermont.gov/SOS/rules/>. The law requires an agency to hold a public hearing on a proposed rule, if requested to do so in writing by 25 persons or an association having at least 25 members.

To make special arrangements for individuals with disabilities or special needs please call or write the contact person listed below as soon as possible.

To obtain further information concerning any scheduled hearing(s), obtain copies of proposed rule(s) or submit comments regarding proposed rule(s), please call or write the contact person listed below. You may also submit comments in writing to the Legislative Committee on Administrative Rules, State House, Montpelier, Vermont 05602 (802-828-2231)

Agency Designation.  
Vermont Proposed Rule: 24P020

**AGENCY:** Agency of Human Services

**CONCISE SUMMARY:** The Rules on Agency Designation establish the requirements for community mental health services and intellectual/developmental disability services within distinct geographic areas of Vermont. This rule has not been updated since 2003. The proposed amendments focus on modernizing language, aligning with current policy and practice, aligning with other Administrative Rules for content and formatting, including direct language from statute, increasing clarity, increasing plain language, and simplifying and/or modernizing processes.

**FOR FURTHER INFORMATION, CONTACT:** Ashley Johns, Agency of Human Services, 280 State Drive, Waterbury, VT 05676 Tel: 802-585-9884 Fax: 802-241-0450, E-Mail: [ashley.johns@vermont.gov](mailto:ashley.johns@vermont.gov) URL: <https://mentalhealth.vermont.gov/policy-and-legislative-resources/rules>.

**FOR COPIES:** Ashley Roy, Agency of Human Services, 280 State Drive, Waterbury, VT 05602 Tel: 802-585-5679 Fax: 802-241-0450 E-Mail: [ashley.roy@vermont.gov](mailto:ashley.roy@vermont.gov).

Recovery Services Organization Certification Rule.

Vermont Proposed Rule: 24P021

**AGENCY:** Agency of Human Services, Department of Health

**CONCISE SUMMARY:** This rule establishes a certification process and provides certification requirements for Recovery Service Organizations that receive state or federal funding for the provision of recovery support services from the Department of Health (Department).

**FOR FURTHER INFORMATION, CONTACT:** Natalie Weill, Department of Health, 280 State Drive, Waterbury, VT 05671-8300 Tel: 802-863-7280 Fax: 802-951-1275 E-Mail: [ahs.vdrules@vermont.gov](mailto:ahs.vdrules@vermont.gov) URL: <https://www.healthvermont.gov/laws-regulations/laws/public-comment>.

**FOR COPIES:** Brendan Atwood, Department of Health, 280 State Drive, Waterbury, VT 05671-8300 Tel: 802-863-7280 Fax: 802-951-1275 E-Mail: [ahs.vdrules@vermont.gov](mailto:ahs.vdrules@vermont.gov).

## TOWN OF MIDDLEBURY PARKING TICKET APPEAL REVIEW

Friday, June 14, 2024 - 10am - 10:30am  
Middlebury Town Offices  
77 Main Street, Conference Room  
Middlebury, Vermont 05753  
(Videoconference Instructions Below)

- 10:00am Call to Order  
Introduction of Panel Members and Background on Purpose of Panel
  - 10:05am Review of Appeal by Panel from 6.6.2024  
Parking Ticket - Discussion & Decision
  - 10:30am Adjourn
- To join the meeting - You are invited to a Zoom webinar:  
Please visit the link below to join the webinar:  
<https://us02web.zoom.us/j/8811320582>  
Or Telephone:  
Dial +1 646 558 8656  
Webinar ID: 881 1132 0582

## TOWN OF ADDISON NOTICE TO TAXPAYERS

### PROCESS & DATES FOR 2024 GRIEVANCES

Grievance hearing will be held at the Addison Town Clerk's Office Tuesday, June 18, 2024, starting at 9:00AM - 2:00PM. All grievance hearings by appointment only. Please make an appointment by calling the Town's Clerk's Office at (802) 759-2020 Monday, Tuesday, Thursday from 9:00AM to 12:00PM & 1:00PM to 4:00PM and Wednesday and Friday from 9:00 AM to 12:00 PM prior to June 18. All grievances must be in writing and delivered at your hearing on or before June 18, 2024.

Title 32. Vermont Statutes Annotated. Section 4111 (G) says:

"A person who feels aggrieved by the action of the Listers and desires to be heard by them, shall, on or before the day of the grievance meeting, file with them his (or her) objections in writing and may appear in person or by his (her) agents or attorneys. Upon the hearing of such grievance the parties thereto may submit such documentary or sworn evidence as shall be pertinent thereto."

Town of Addison Board of Listers:  
William Munoff  
Terry Cutich  
John Spencer

# ARTS + LEISURE

The Addison Independent

June 13, 2024



One of Suzanne Douglas's beautiful hooked rugs is displayed by interns Vivian Ross, left, and Zora Duquette-Hoffman with Henry Sheldon Museum Executive Director Coco Moseley. Thirty of the late artist's rugs will be available to bid on via silent auction beginning Friday, June 21, to benefit the museum. The opening of the auction will coincide with a celebration of life held for Douglas, from 4:30-6 p.m., who served for 25 years as staff at the Sheldon and died in January.

INDEPENDENT PHOTO / ELSIE LYNN PARINI

## SILENT AUCTION OF LATE ARTIST'S RUGS BENEFITS SHELDON

**H**er presence was "quiet" and "steadfast." She was an "expert listener" and knew how to "talk to people." This is how Coco Moseley, executive director of the Henry Sheldon Museum, described the late Suzanne Douglas, who most recently worked in admissions and welcomed guests to the downtown Middlebury museum. Douglas passed away suddenly in January.

BY ELSIE

LYNN PARINI

With a Master's in Library Sciences, Douglas began her work with the Sheldon back in 1999 as a librarian.

"She knew everything about this place," Moseley said, adding that the museum's



#5 Pineapple Size: 29" 39" Starting Bid: \$300  
Condition: Excellent- Framed with hardware

archives go back into the 1700s — much of which is not digitized yet — and patron's ability to access it comes thanks to folks like Douglas with immense institutional knowledge. "She

could connect equally with a faculty member here to do specific research as she could with a five-year-old watching the trains... She had such a gift to welcome people."

Beyond her museum duties, Douglas was also a professional craftsperson — weaver, quilter and rug hooker. She sold her work at craft fairs, some in the Sheldon's store, and offered workshops.

"Folks knew Suzanne was a member of the fiber arts guild and was a rug hooker," Moseley said during an interview last week. "But I don't think people realized the extent of her skills."

Fellow rug hooking local expert Amy Oxford — the inventor of the craft's standard tool (the

SEE RUGS ON PAGE 3

# ART ON EXHIBIT

## Summer brings the 'Sun Out' at Sparrow Art Supply

"Sun's Out," Sparrow Art Supply's summer exhibition showcases the spirit of summer in all its glory, spanning all mediums. Over 40 local artists have dived into their love for the sun-soaked season, drawing inspiration from the warmth of golden rays, the colors of blossoming flowers, the smells of barbecues and creemees, the buzz of wildlife and more! From nostalgic childhood memories to contemporary interpretations, this show shines

bright as the summer sun.

This exhibition opens on Friday, June 14 and will be on view at the downtown Middlebury gallery through Aug. 16. Sparrow Art Supply is hosting a celebratory reception on Friday, June 21, from 5-7 p.m., that is free and open to the public with complimentary wine by Lincoln Peak Vineyard and treats by Thistle and Honey Baking. See the show online too at [sparrowartsupply.com](http://sparrowartsupply.com).



Eileen Gombosi



Betsy McAshley



Emily Smith



Diane DeBella



Carlie Guinane

# The Taste of Summer in Vermont Delivered to your door!



The Stevens Farmstead in Sudbury, VT is offering a 10-week CSA/Prepared Meals subscription program. Sign up now to receive fresh local foods, professionally prepared! Vegetarian and gluten free options available. Deliveries begin June 26. We deliver to Brandon, Sudbury, Whiting, Salisbury, Middlebury, Leicester and Weybridge (on Rt 53).

## The Stevens Farmstead

5 Williams Lane, Sudbury, VT 05733 | 802-623-6755  
THESTEVENSFARMSTEAD.COM

### Choose from three plans:

1. Two dinners and dessert each week, delivered for 10 weeks = \$375.
2. Fresh produce delivered weekly for 10 weeks = \$300.
3. Both dinners/dessert AND produce, delivered for 10 weeks = \$625

**Best Deal!**

**Add additional people for \$150 per person for meals and dessert. You may exclude dessert for a discount as well.**

**Pay with cash, check or Venmo.**

Please email [thestevensfarmstead@gmail.com](mailto:thestevensfarmstead@gmail.com) with questions or to sign up!

### Menu:

#### JUNE 25:

Chicken Broccoli Ranch Casserole with herb roast potato and chocolate espresso cream cheese brownies.  
Vegetarian: Broccoli Cheddar Quiche with herb roasted potato

#### JULY 2:

Wagyu Beef Taco Bowls with Margarita cupcakes  
Vegetarian: Taco Bowls with Avocado Pico De Gallo

#### JULY 9:

Ham and Potato Au Gratin with fresh greens and banana nutella turnovers  
Vegetarian: Caramelized onion and sweet pepper au gratin

**Plus seven more weeks!**

## RUGS

CONTINUED FROM PAGE 1

Oxford Punch Needle) and founder of the Oxford Rug Hooking School — came by the museum to help Moseley

assess the pieces.

"When I first saw all of Suzanne's rugs carefully laid out at the Sheldon, I was staggered by the number of pieces she had completed," Oxford said. "I had seen some of her rugs but had no idea she had made so MANY!"

Thirty of Douglas's handmade hooked rugs are on display at the Sheldon as well as online. These pieces have been generously donated to the museum for a fundraiser. A silent auction will begin on Friday, June 21, at 4:30 p.m., with a celebration of life for Douglas held at the museum until 6 p.m. The bidding will close on Saturday, Aug. 31, at 12 noon. All bidding must take place in-person at the museum or by phone (802-388-2117). Shipping is available.

"The rugs are beautiful works of art," Moseley said, noting that viewers are allowed to handle the rugs with care. "Yes, you can touch the rugs... they want to be handled — carefully."

You'll want to touch them, promise. Douglas created some of her own patterns and borrowed others; but the coloring is uniquely hers. From bold contrasts to muted pastels, Douglas used fine quality fibers to bring life to each rug.

"One of the things that stands out the most to me is her skill as a colorist and you can watch this talent evolve as she goes from more traditional color combinations to her own unique



Suzanne Douglas in 1995 shearing a stair runner with sheep shears to trim off extra fuzz to clean up the design.

COURTESY IMAGE



The Sheldon Museum purchased this rug made by the late Suzanne Douglas who worked for 25 years at the museum.



#29 Burgundy Punch Needle Oriental Size: 22" X 41"  
Starting Bid: \$150 Condition: Average

palette and sensibilities," said Oxford, who first got to know Douglas when she came to work at Oxford's rug hooking shop, Red Clover Rugs, in 1994 and 1995. "You can see the joy she took in creating her work in the excitement of her colors. She loved color and knew how to use it!

"Suzanne made her rugs using multiple techniques," Oxford continued. "She did what's called traditional rug hooking, using a crochet-like hook to pull loops of wool fabric strips up through her rug backing. She also did punch needle rug hooking, a technique where you use yarn and a punch needle to punch loops down through the backing. She sometimes clipped her loops to create a soft fuzzy look like velvet, and also made loops of different heights, clipping them and sculpting the heights to create three-dimensional shapes... Suzanne was also an expert at making oriental-style hooked rugs (as seen in her exhibit). For this style she used a punch needle and worked the design in straight rows with thin yarn. When she finished a row, she'd run a knitting needle down the row inside the loops and clip each loop. This is a slow and precise technique that requires great patience! At Red Clover Rugs a lot of people without this patience would bring in their unfinished Oriental rugs and Suzanne would cheerfully finish them, without passing any judgment. Whatever



#12 Autumn Leaves Size: 22" X 38" Starting Bid: \$200  
Condition: Excellent

technique she used, she always had even loops and beautiful stitches. She took pride in her work and it shows."

The Sheldon Museum staff voted on one rug to purchase in memory of Douglas and her dedication to the institution as well as the craft.

"We chose one that plays with traditional rug and quilt design while bringing in color and themes of flora and fauna," Moseley explained. "It tells the story about the craft that's been modernized by Suzanne. It's a good fit for the museum."

Starting bids for the rugs in the auction range from \$50-\$300, but the actual values are much greater. The museum is hoping that offers will be generous and appreciate the incredible quality of these pieces.

"Suzanne will be missed by her friends in the local rug hooking community," Oxford said. "She shared her knowledge generously and was an inspiration to us all."

To find a gallery with sizes, starting bids and rug condition visit [henrysheldonmuseum.org/hookedrugs](http://henrysheldonmuseum.org/hookedrugs) or stop in the museum at 1 Park St. in Middlebury, Wednesday through Saturday, 10 a.m.-4 p.m.

# CALENDAR

JUNE 13-22  
2024



## THURSDAY, JUNE 13

**GREEN MOUNTAIN CLUB HIKE IN MENDON.** Thursday, June 13, Bald Mountain. Moderate 3.3-mile loop hike with 850 feet of elevation gain. Contact Ken Corey at 802-349-3733 or kencorey53@gmail.com to register. More at gmcbreadloaf.org.

**DINNER AND MUSIC ADVENTURE IN LEICESTER.** Thursday, June 13, 6:30-8:30 p.m., Point Counterpoint. 1361 Hooker Rd. Have a gourmet dinner with a group of world-class contemporary music creators. Chat with friendly students and faculty and learn about what moves people to make music and pursue it as a profession. Tickets \$50, available at tinyurl.com/dinner-and-music. Only four tickets available.

## FRIDAY, JUNE 14

**BRETT HUGHES IN NEW HAVEN.** Friday, June 14, 5-7 p.m., Lincoln Peak Vineyard, 142 River Rd. Bring a picnic and listen to free music by the Lincoln Peak pond. Wine available for purchase along with food from Dino Bones BBQ truck.

**DINNER AND MUSIC ADVENTURE IN LEICESTER.** Friday, June 14, 6:30-8:30 p.m., Point Counterpoint. 1361 Hooker Rd. Details in June 13 listing.

## SATURDAY, JUNE 15

**BEGINNER'S BIRD WALK IN MIDDLEBURY.** Saturday, June 15, 9-11 a.m., Wright Park, Seymour St. Ext. Nature enthusiasts of all ages are invited for this beginner's bird walk

through a segment of the Trail Around Middlebury. Hosted by the Otter Creek Audubon Society and Middlebury Area Land Trust. Bring binoculars or borrow a pair from OCAS. Family-friendly and suitable for all ages, but not appropriate for strollers or wheelchairs. Rain or shine. Questions? Call 713-818-7033.

**5K RUN/WALK IN VERGENNES.** Saturday, June 15, 9 a.m., Bixby Memorial Library, 258 Main St. Boy Scout and VUHS rising senior Grey Fearon will host a 5K Run/Walk to support children's activities at the Bixby. More info at bixbylibrary.org.

**TIE DYE FUN IN CORNWALL.** Saturday, June 15, 10 a.m.-noon, south lawn of the Cornwall Town Hall (weather permitting), Route 30. The Cornwall Recreation Committee with MiniBury will host this event. Supplies will be available for this colorful family friendly event. Please bring your own items to dye.

**SHEEP AND WOOL DAY IN FERRISBURGH.** Saturday, June 15, 10 a.m.-2 p.m., Rokeby Museum, 4334 Route 7. This family-friendly event will feature sheep petting, kid's crafts, historic spinning and weaving, printing press demonstrations, an instrument petting zoo, history farm tours, and more. Bring non-perishable donations for the Vergennes Community Food Shelf and receive 50% off admission. Food vendors include James Beard Award semifinalist A Taste of Abyssinia and Fairy Tale Farm's sheep milk gelato.

**CIRCUS SMIRKUS FOUNDER ROB MERMIN IN VERGENNES.** Saturday,

June 15, 1-2 p.m., Bixby Memorial Library, 258 Main St. Mermin, founder of the renowned international touring company Circus Smirkus, will discuss his new book, "Circle of Sawdust." More info at bixbylibrary.org.

**ARTPHIBIAN MUSIC AND MOVEMENT IN SALISBURY.** Saturday, June 15, 3-5 p.m., Branbury State Park, 3570 Lake Dunmore Rd. Join New Music On The Point faculty and participants for their ecologically inspired contemporary music performance. Enjoy a navigational sonic and multimedia Artphibian Experience in the woods and around Lake Dunmore. Free.

**"LIGHTS! CAMERA! AUCTION!" IN MIDDLEBURY.** Saturday, June 15, 6 p.m., Town Hall Theater, 68 S. Pleasant St. It's a party with great food, drink, entertainment and enticing items in the live and silent auctions. There's something for everyone and every pocketbook. More info at townhalltheater.org.

## SUNDAY, JUNE 16

**WALK IN LINCOLN.** Sunday, June 16, 7 to 8 a.m., Willard's Woods, East River Road. Kate Manaras of the Lincoln Conservation Commission will lead a Father's Day walk through the trails and help identify the bird calls and songs from the many birds that have returned from their migratory path. Meet at the green gate at Willard's Woods. Wear long sleeves and long pants to deter ticks. Bring binoculars if you have them. Additional parking options include the pallet mill and the general store.

**SUNDAY SESSION WITH BRUCE COSTELLO IN MIDDLEBURY.** Sunday, June 16, 4-7 p.m., Ralph Myhre Golf Course, 317 Golf Course Rd. Unwind and groove to the sounds of local talent at Tavern on the Tee Patio. Music is free, specialty drinks, local brews, and pub fare available for purchase.

## MONDAY, JUNE 17

**GREEN MOUNTAIN CLUB BIKE RIDE IN FERRISBURGH.** Monday, June 17. Ride from the Ferrisburgh town beach for an easy 18 miles with three modest hills in a relatively low traffic area with a possible post-ride snack or lunch at Kingsland Bay State Park. Helmets are mandatory. Lights, brightly colored clothing, water and snacks are required. Wind or rain cancels. Contact Alan Finn at alanfinn453@gmail.com or 802-349-2162 to register and for details. More at gmcbreadloaf.org.

**CITY BAND IN VERGENNES.** Monday, June 17, 7-8 p.m., City Green. Relax on the green and listen to some great free summer music.

## WEDNESDAY, JUNE 19

**TOM DAVIDSON AND BLUEGRASS EXTRAVAGANZA IN BRISTOL.** Wednesday, June 19, 5-9 p.m., The Tillerman, 1868 N. 116 Rd. Hear live music in The Tillerman's barn. Music is free. Davidson performs 5-6:30 p.m., followed by Bluegrass Extravaganza 7-9 p.m.

SEE CALENDAR ON PAGE 11

### MCTV SCHEDULE Channels 1071 & 1091

### MIDDLEBURY COMMUNITY TELEVISION: P.O. Box 785, Middlebury, Vt. 05753

Please see the MCTV website, [www.middleburycommunitytv.org](http://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.

Channel 1071	Channel 1091	Channel 1071	Channel 1091	Channel 1071	Channel 1091		
<b>Friday, June 14</b> Through the Night: Public Affairs 6 a.m. Press Conferences 7:30 a.m. Congregational Church 10 a.m. Select Board 4 p.m. Memorial Baptist Church 6:30 p.m. Energy Week 7:30 p.m. Public Affairs	6:30 p.m. Eckankar 7 p.m. Catholic Mass 7:30 p.m. Energy Week <b>Monday, June 17</b> Through the Night: Public Affairs 5:30 a.m. Eckankar 6 a.m. Public Affairs 9 a.m. Energy Week 10 a.m. Select Board & Public Affairs	8 a.m. Congregational Church 12 p.m. Select Board & Public Affairs 8:30 p.m. Energy Week 9:30 p.m. Eckankar 10 p.m. Dr. John Campbell <b>Channel 1091</b> <b>Friday, June 14</b> 6 a.m. Make Music Day 2023- Larry and Joe 7 a.m. Chair Yoga 8 a.m. All Things LGBTQ 9 a.m. Word Time with Miss Markee 12 p.m. School Celebrations 4 p.m. Poets and Authors 7 p.m. 5th & 8th Grade Promotion 10 p.m. MUHS Graduation & Awards Ceremonies	5 p.m. 5th & 8th Grade Promotion 8 p.m. The Old Meeting House Presents (1:25) <b>Sunday, June 16</b> 5 a.m. Old Meeting House Presents 7:30 a.m. Poets and Authors 9:30 a.m. MUHS Graduation 12 p.m. 8th & 5th Grade Promotion 5 p.m. 8th & 5th Grade Promotion 8 p.m. All Things LGBTQ 9 p.m. Old Meeting House Presents 10:30 p.m. Our Gardens <b>Monday, June 17</b> 6 a.m. Chair Yoga 7 a.m. Tai Chi 7:30 a.m. Festival on the Green 10 p.m. Recent School Board Meeting/s	9 a.m. Word Time with Miss Markee 3:30 p.m. First Tuesdays 4 p.m. Kindergarten Orientation 5 p.m. All Things LGBTQ 6 p.m. All Brains Belong VT- Brain Club 7 p.m. 5th & 8th Grade Promotion <b>Wednesday, June 19</b> 5:30 a.m. Our Gardens 6 a.m. All Things LGBTQ 7 a.m. Tai Chi 7:30 a.m. Music in the Morning 10 a.m. Kindergarten Orientation 1 p.m. Festival On the Green 2:30 p.m. First Tuesdays - Kellam Ayres 8 p.m. Old Meeting House Presents 9:30 p.m. Poets and Authors <b>Thursday, June 20</b> 5 a.m. Festival On the Green 7 a.m. First Tuesdays 7:30 a.m. Tai Chi 8 a.m. Chair Yoga 9 a.m. Recent School Board Meeting/s 5:30 p.m. All Brains Belong Club 6:30 p.m. Festival On the Green 9:30 p.m. All Things LGBTQ	<b>Saturday, June 15</b> Through the Night: Public Affairs 5 a.m. Select Board 10 a.m. Select Board & Public Affairs 4 p.m. Memorial Baptist Church 5:30 p.m. Eckankar 6 p.m. Energy Week 7 p.m. Catholic Mass 7:30 p.m. Select Board, & Public Affairs <b>Sunday, June 16</b> Through the Night: Public Affairs 5:50 a.m. SELECT BOARD 8 a.m. Energy Week 9 a.m. Catholic Mass 11 a.m. Memorial Baptist Church 12:30 p.m. Energy Week 1:30 p.m. Press Conf. & Public Affairs 4 p.m. Congregational Church	6 a.m. Make Music Day 2023- Larry and Joe 7 a.m. Chair Yoga 8 a.m. All Things LGBTQ 9 a.m. Word Time with Miss Markee 12 p.m. School Celebrations 4 p.m. Poets and Authors 7 p.m. 5th & 8th Grade Promotion 10 p.m. MUHS Graduation & Awards Ceremonies <b>Saturday, June 15</b> 4:30 a.m. Music in the Morning 6:30 a.m. Our Gardens 7 a.m. Tai Chi 7:30 a.m. Word Time with Miss Markee 8 a.m. All Things LGBTQ 9 a.m. Our Gardens 9:30 a.m. Poets and Authors 12 p.m. MUHS Awards Ceremony & Graduation	4 p.m. Our Gardens 5 p.m. Tai Chi 5:30 p.m. Poets and Authors 7:30 p.m. Hannaford Career Ctr Celebration of Learning <b>Tuesday, June 18</b> 7 a.m. Our Gardens 7:30 a.m. Chair Yoga 8:30 a.m. Tai Chi

# TRAVEL

PROLOGUE

## RUMINATIONS ON THE RUN

# A

BY **STEVE HARRIS**

As a contemporary American male negotiating his 70s, I find myself asking the same question of myself with repeated urgency, "Where is the meaning in the living of this life? Like its sister question, "What is happiness?", such eternal unanswerable puzzles seem to be best approached obliquely, as the direct approach yields very little that is useful.

Historically, travel has been used to ask such questions from a perspective beyond the familiar to memorable effect.

The current cultural expectation of the elderly is that they should retire, slow down, take it easy and enjoy the art of doing nothing slowly as a reward for 40+ years of scurry and distraction associated with "making a living." This has never appealed to me, or my wife and partner Judith. Her Amish roots have baked into her the concept of productivity and usefulness as the key to an admirable existence. My family rules all revolved around a hearty respect for working at something that enhances community welfare and yields visible improvement.

Between us, therefore, an attitude of curiosity



and diligence in the pursuit of significance has come to characterize our end-of-life activities. For 30 years, we have lived on 15 acres of real estate in Lincoln, Vt., where my parents chose to live out their retirement before their departure from this mortal coil. We mow four acres of grass to hold the woods at bay, make annual improvements to three vegetable gardens and tend to the maintenance of three houses and various out-buildings, all in

the spirit of being out-of-doors to the extent possible. Our home environment has become an ever-changing natural palette to explore definitions of respectful comfort and quiet peace.

Rural Vermont is pleasing to the eye and supportive of an active outdoor life for maturing adults for six to eight months a year.

SEE TRAVEL ON PAGE 9

**TRAVEL** PUBLISHED WEEKLY IN ARTS+LEISURE

WITH JUDITH & STEVE HARRIS

FOLLOW ALL THE ADVENTURES ONLINE FOLLOW THIS ADDISON COUNTY COUPLE'S ADVENTURES THIS SUMMER AS THEY TRAVEL AROUND THE U.S.A. IN THEIR AIRSTREAM.

ADDISONINDEPENDENT.COM



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**sunset session**

Join us on Wednesday nights starting June 19th. 7-9pm for our summer concert series.

# ART ON EXHIBIT

## ART ON MAIN

25 Main Street, Bristol

For more info visit [artonmainvt.com](http://artonmainvt.com) or call 802-453-4032.

**"In and Out of the Garden."** This exhibit features the works of guest artist Annelein Beukenkamp, alongside pieces from veteran Art on Main artists. On view through the end of July.

## BIXBY MEMORIAL FREE LIBRARY

258 Main Street, Vergennes

For more info visit [bixbylibrary.org](http://bixbylibrary.org) or call 802-877-2211.

**"A Panoply of Landscapes,"** a solo exhibit by Ken Corey featuring pastels, paintings, and prints. On view through early summer.

## EDGEWATER AT THE FALLS

1 Mill Street, Middlebury

For more info visit [edgewatergallery.com](http://edgewatergallery.com), call

802-458-0098 or email [info@edgewatergallery-vt.com](mailto:info@edgewatergallery-vt.com).

**"Borders & Boundaries."** Alexis Serio and Homer Wells explore literal and figurative reflection, the transience of light, and the power of imagination and chance in works that expand perceptions of the traditional landscape through their intersection with abstraction. On view through June 25.

## EDGEWATER ON THE GREEN

6 Merchants Row, Middlebury

For more info visit [edgewatergallery.com](http://edgewatergallery.com), call

802-989-7419 or email [info@edgewatergallery-vt.com](mailto:info@edgewatergallery-vt.com).

**"Make : Believe" / "Realism Reboot."** In her solo exhibition Helen Shulman presents two bodies of work, one abstract and one representational. On view June 14-July 23. An opening reception and artist talk will be held on Friday June 28, from 5-6:30 p.m. Open to all.

## HENRY SHELDON MUSEUM

1 Park St., Middlebury

For more information visit [henrysheldonmuseum.org](http://henrysheldonmuseum.org) or call 802-388-2117.

**"Patent Pending: Ingenuity and Innovation in Vermont"** features many patents, ideas, and inspirational "firsts" that have come out of Vermont. On view through Oct. 19.

## "Model Boats: The Craftsmanship of Jerry DeGraff."

Jerry DeGraff, a native Vermonter from Essex Junction, served four years in the Navy before working many years in local building trades. As he honed his skills as a craftsman, a Christmas gift in 1994 gave him the motivation to try his skills at another trade — constructing model boats from scratch. On view through Jan. 4, 2025.

**"From Homespun to Couture: Fashion in Historic Middlebury,"** offers a window onto the sartorial tastes

SEE EXHIBITS ON PAGE 12

# Cosmic Forecast

**ARIES:** March 21/April 20. It is important to have some deep conversations with a romantic partner to get to the root of issues that have come up,

Aries. You may have an even deeper relationship after a discussion.

**TAURUS:** April 21/May 21. Taurus, if a particularly large purchase is on the horizon, you may need to adapt your budget accordingly. Start making small changes now so you'll have the extra cash.

**GEMINI:** May 22/June 21. Suddenly you are more mysterious than in the past. Gemini. You may be able to use this allure to make some new friends or networking contacts.

**CANCER:** June 22/July 22. Practical visions run through your mind this week, Cancer. They include redecorating options or how to make the backyard more functional.

**LEO:** July 23/Aug. 23. You may have a desire to spend a lot of time with your family over the next few days, but at least one person is not enamored with interacting with you. Leo. You'll get to the bottom of it.

**VIRGO:** Aug. 24/Sept. 22. Virgo, recognition of your efforts at work could lead to some welcome news on the financial front. It can be tempting to spend that money in advance, but wait until you receive the news to start spending.

**LIBRA:** Sept. 23/Oct. 23. Libra, this is a week to deal with any legal matters that you may have, including trusts and even real estate. Once these

issues are settled, you can move on to some fun things.

**SCORPIO:** Oct. 24/Nov. 22. Scorpio, you have an uncanny ability to blend both intellect and intuition when you make decisions. It helps form plans that have high chances of success in your career and life.

**SAGITTARIUS:** Nov. 23/Dec. 21. Relationships will become more solid and enduring this week, Sagittarius. You even may be able to work through a long-standing bit of tension with someone close to you.

**CAPRICORN:** Dec. 22/Jan. 20. A newfound interest in nutrition and health inspires you to make changes to your diet and exercise routine, Capricorn. Alternative therapies also could be drawing your attention.

**AQUARIUS:** Jan. 21/Feb. 18. Aquarius, perhaps you are thinking about expanding your horizons by taking classes in a creative pursuit, such as writing or music. These activities can benefit your mind in many ways.

**PISCES:** Feb. 19/March 20. Now might be a good time to start thinking about financial investments, Pisces. Work with other people who may offer recommendations on which avenues to pursue.

Bring in this coupon for 10% off your purchase!

Wed-Thurs 11am-5pm  
Fri 11-7pm, Sat 10am-5pm  
Sun 12-4pm  
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802-388-3559 [www.middleburysewnvac.com](http://www.middleburysewnvac.com)  
OPEN: M-F 10-5 and Saturday 9:30-4

## FAMOUS BIRTHDAYS

JUNE 14 — Steffi Graf, tennis player (55)  
JUNE 15 — Mohammed Salah, soccer player (32)  
JUNE 16 — Giovanni Boccaccio, poet (d)

JUNE 17 — Kendrick Lamar, rapper (37)  
JUNE 18 — Isabella Rossellini, actor, model, philanthropist (72)  
JUNE 19 — Lou Gehrig, baseball player (d)  
JUNE 20 — Grace Potter, singer-songwriter (41)

# PUZZLES

sponsored by **SPARROW ART SUPPLY**

## ACROSS

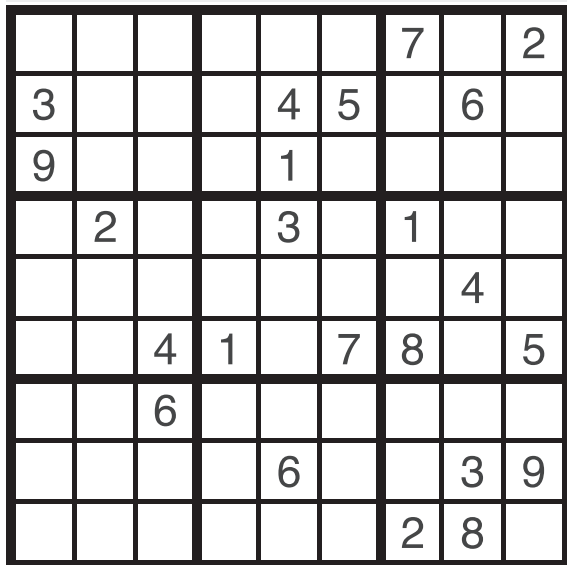
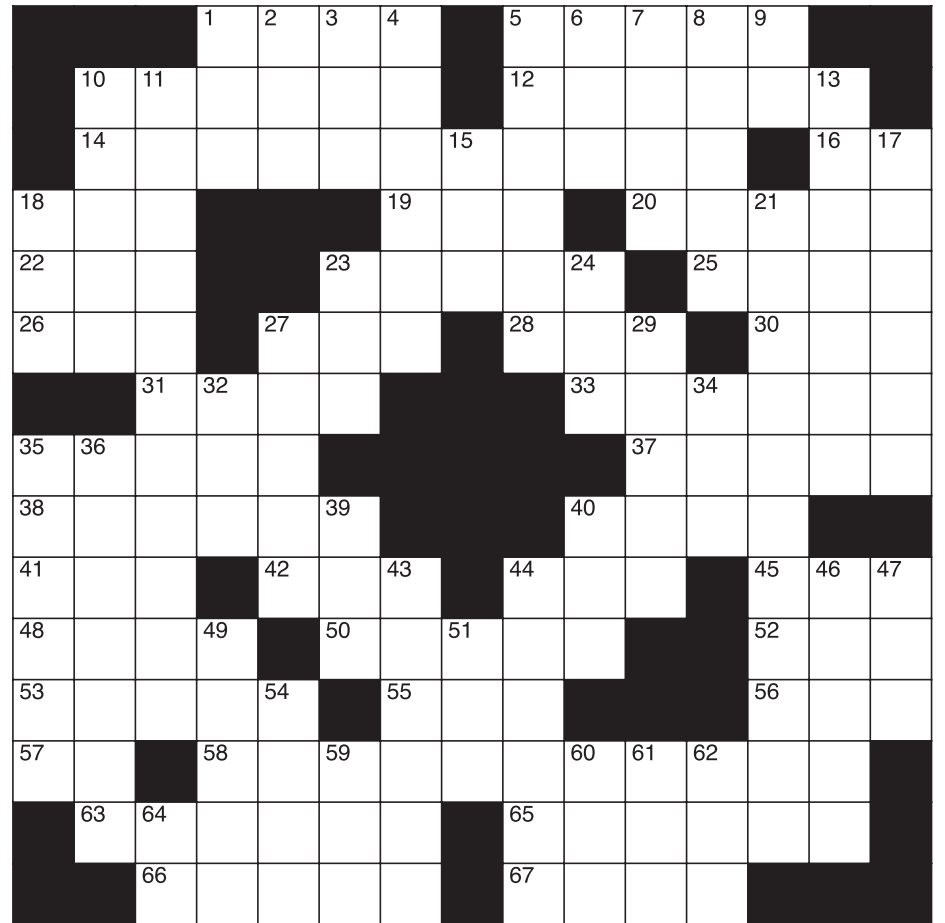
- 1. Native American people
- 5. Very long periods of time (Brit.)
- 10. Schoolboard accessory
- 12. Rods
- 14. One who renews
- 16. Sculpted body part
- 18. Chatter incessantly
- 19. \_\_ King Cole, musician
- 20. Plates on a turtle's shell
- 22. University of Utah athlete
- 23. The world of the dead
- 25. Singer Redding

- 26. Former Yankee great Mattingly
- 27. Prefix indicating wrongly
- 28. Unhappy
- 30. Anger
- 31. Dark brown or black
- 33. Restaurants have a lot of them
- 35. Made a mistake
- 37. Damp
- 38. Type of gasoline
- 40. Actor LeBlanc
- 41. Perform in a play
- 42. One's mother
- 44. Prohibit
- 45. Swiss river
- 48. Part of a banana
- 50. Indian hand clash cymbals
- 52. Relative biological

- effectiveness (abbr.)
- 53. Agave
- 55. Noted journalist Tarbell
- 56. Computer firm
- 57. Type of record
- 58. Bacterium that can cause infection
- 63. Sheaths enclosing the spinal cord
- 65. A narrow opening (as in a rock wall)
- 66. Pattern
- 67. Very eager to see something

## DOWN

- 1. Witch
- 2. Utilize
- 3. Writing utensil
- 4. Places to perform
- 5. Subsides



## 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**

- 6. Consume
- 7. Athleisure clothing brand
- 8. California town
- 9. Atomic #50
- 10. The Muse of lyric and love poetry
- 11. Creates anew
- 13. Humorous commentaries
- 15. Cool!
- 17. Most ignoble
- 18. Soggy dirt
- 21. Designed to be useful
- 23. Hebrew unit of liquid capacity
- 24. High schoolers' test
- 27. One-time internet accessory
- 29. City in India
- 32. Furniture
- 34. You have likely chatted with one
- 35. Pass or go by
- 36. Proof of purchase
- 39. A digital tape recording of sound
- 40. More (Spanish)
- 43. Disfigured
- 44. White (Spanish)
- 46. Building occupied by monks
- 47. Georgia rock band
- 49. Device that generates intense beam of light
- 51. State of agitation
- 54. Make by braiding
- 59. Local area network
- 60. Unit of work or energy
- 61. Indigenous person of Thailand
- 62. Liquefied natural gas
- 64. Distance to top

This week's puzzle solutions can be found on Page 10.



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Visit [sparrowartsupply.com](http://sparrowartsupply.com) to learn more

Pictured artwork by Carlie Guinane





## Pets In Need HOMeward BOUND

Addison County's Humane Society

### Boulder

My name is **Boulder** and I am the most playful and affectionate guy! I love to play with toys but I like to cuddle more. I have a loud purr to let you know how happy I am! I really enjoy the company of other cats and get along with them quickly. I have no experience with dogs.



### Sapphire

My name is **Sapphire** and I am an affectionate 3.5-year-old lady. I was recently found as a stray but was previously adopted from Homeward Bound in 2021. The shelter couldn't contact my owners and I have been put up for adoption again. I am hoping to find a permanent home where I can love and be loved. I have previously lived with cats, but I have no known history with dogs.

### Prada

My name is **Prada** and I rock a fashionable mustache! I am a 2-year-old female who raised 6 kittens recently and I am now ready for a home of my own. Treats are one of my favorite things, but I really enjoy all types of food. I am very affectionate and like to snuggle. The screened-in porch is one of my favorite places to hang out so I can enjoy some birdwatching. I have been great around the cats at the shelter, but I have not met any dogs.



### Mockado

Hey there, I'm **Mockado!** I'm a young and spunky 7-month-old, male Rex mix. I am very busy all day, hoping and hooting around my playpen, but I also enjoy a lot of napping. Carrots and lettuce are the quickest way to my heart- I can't resist them! I get along great with other bunnies and have even lived with a cat.

Once I decide you're my friend, I'll rub my chin on you to claim you as mine.

### Duke

My name is **Duke!** I'm a 6-year-old black and white shepherd/terrier mix. I'm a friendly and affectionate family dog looking for an active home with a yard I can hang out in. I walk well on a leash and know a few basic commands. I'd prefer to live with a female dog, as I can get quite anxious being the only dog in the home. I tend to not get along with male dogs. In my first home, I lived with children. It takes me some time to warm up to new people, especially men. I absolutely love to run and to play in water. I should live in a cat-free home.



## Want to learn more?

Call or check our website. We may have a pet for you!  
802-388-1100 | HomewardBoundAnimals.org  
236 Boardman Street | Middlebury, VT

# 'Isaac's Eye' opens seventh staged reading series at Town Hall Theater

**M**iddlebury Acting Company's acclaimed Staged Reading Series is back for its seventh season, presenting a lineup of provocative and intellectually stimulating plays. The series kicks off with Lucas Hnath's "Isaac's Eye," scheduled for performances at Town Hall Theater's Byers' Studio on Saturday, June 22, and Sunday, June 23, at 4 p.m.

Reflecting the surge in popularity from last season, the company has expanded to offer two performances for each reading this year. Given the limited seating at Byers' Studio, early ticket reservation is strongly recommended through [townhalltheater.org](http://townhalltheater.org).

"Isaac's Eye" delves into the mind and motivations of a young Isaac Newton. The narrative, a mix of fact and fiction, brings to life Newton's audacious self-experimentation and his struggles to secure a place in the prestigious Royal Society of London. The play, which imagines Newton's relationship with Robert Hooke amidst a plague-ridden England, is directed by Cheryl Faraone

and features a cast including Andrew Ritter, Eric Reid St. John, Lindsay Repka, and Tyler Rackliffe.

Following each performance, audiences are invited to participate in a talk-back session with the actors and director.

"Lucas Hnath's unique approach to blending historical fact with creative storytelling is brilliantly showcased in 'Isaac's Eye,'" Faraone said. "The play not only humorously and insightfully

reexamines history but also captures the complex dynamics between its characters."

Hnath, known for works such as "A Doll's House, Part 2," "Dana H.," and "The Thin Place," continues to engage audiences with his distinctive style and thematic diversity. "Isaac's Eye" navigates the tension between Newton's ambitious nature and Hooke's insecurities, embodying Hnath's signature mix of humor and intellectual challenge.

**"THE PLAY NOT ONLY HUMOROUSLY & INSIGHTFULLY REEXAMINES HISTORY BUT ALSO CAPTURES THE COMPLEX DYNAMICS BETWEEN ITS CHARACTERS."**

— Cheryl Faraone, director

Tickets are priced at \$15, with reservations available online.

For more details and to book tickets, visit [townhalltheater.org](http://townhalltheater.org).

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# Tournesol to play at the Monkton Library

**T**ournesol had to reschedule their planned February concert with the Five Town Friends of the Arts "Winter Into Spring Musical Library Tour." The new performance will take place on June 20, at the Russell Memorial Library, 92 Monkton Ridge Rd in Monkton.

Tournesol performs a varied repertoire of songs and tunes. Many echo the sounds of Parisian cafes of the '30s and '40s — speedy gypsy jazz tunes, flowing

musette waltzes and the songs of Edith Piaf, coupled with plenty of well-known and not-so-well-known jazz standards and some Latin beats too. All sung and played acoustically on guitar, fiddle, accordion and mandolin.

Tournesoll features Janice Russotti, vocals and percussion; Mavis Milne, violin; Patti Shannon upright bass and vocals; Carl Severence, guitar; Ted LeBlanc, guitar and vocals; Mike Walker, mandolin and accordion. The show will start at 7:30 p.m. Free admission with donations welcome.



The "Winter Into Spring Musical Library Tour" presented by 5 Town Friends of the Arts, will present Tournesol — a rescheduled show at the Monkton library — on June 20, at 7:30 p.m. Free with donations welcome.

COURTESY PHOTO

## TRAVEL

CONTINUED FROM PAGE 5

We stay busy for all of that time, as well as tending to a long tail of consulting activities

associated with our professional careers spent in architectural design and construction. From December through April, however, the enforced isolation and risk of long nights and frozen surfaces is not supportive of our personal welfare. "Falling is no longer an option" is a phrase that screams at me whenever I lose my footing. Ladders should no longer be ascended after a certain age. Even stools are a bad idea.

To continue an active and less risky end game, we decided 10 years ago to purchase an Airstream travel trailer and follow the sun south during the winter. This idea was hardly unique and has gained adherents rapidly in the ensuing decade, especially during the covid pandemic. In those dark days, conventional means and methods of leisure travel became life-threatening. Thus, the yearly migration of "snowbirds" has grown exponentially since we adopted the plumage.

We have found it to be rewarding and fulfilling, but our version of "life on the road" is somewhat unique from the mainstream of our adopted flock. Our version has as much to do with the journey as any specific destination, a deliberate and slow pace allowing for side trips and serendipity. This style of mobility focuses on learning about people elsewhere and their values rather than solitude, startling vistas and climatic ease.

In the effort to wring-out some more clues concerning life's fugitive meaning, and sharing our discoveries with like-minded friends, relatives and casual readers, we decided to keep a journal of our annual migrations. It seems more

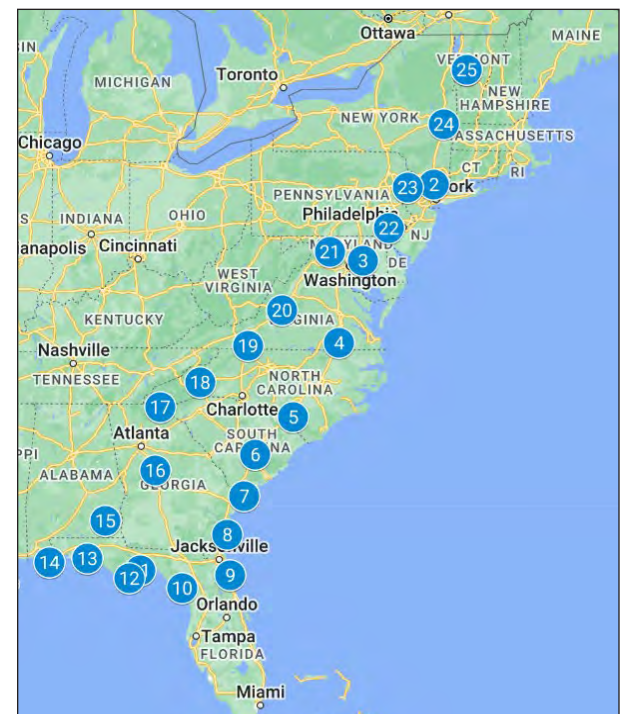
## MAP of OVERNIGHT DESTINATIONS

- |                                  |                              |
|----------------------------------|------------------------------|
| <b>1 &amp; 25 Lincoln, VT</b>    | <b>13 Mirimar Beach, FL</b>  |
| <b>2 Suffern, NY</b>             | <b>14 Gulf Shores, AL</b>    |
| <b>3 Millersville, MD</b>        | <b>15 Ozark, AL</b>          |
| <b>4 Emporia, VA</b>             | <b>16 Forsyth, GA</b>        |
| <b>5 Lumberton, NC</b>           | <b>17 Hiawasse, GA</b>       |
| <b>6 Summerton, SC</b>           | <b>18 Asheville, NC</b>      |
| <b>7 Bluffton, SC</b>            | <b>19 Fancy Gap, VA</b>      |
| <b>8 Jekyll Island, GA</b>       | <b>20 Natural Bridge, VA</b> |
| <b>9 St. Augustine Beach, FL</b> | <b>21 Harpers Ferry, WV</b>  |
| <b>10 Old Town, FL</b>           | <b>22 Coatesville, PA</b>    |
| <b>11 Sopchoppy, FL</b>          | <b>23 Stroudsburg, PA</b>    |
| <b>12 Eastpoint, FL</b>          | <b>24 Albany, NY</b>         |

fruitful and revealing than any kind of memoir might be, and we had no interest in creating yet another "Christmas Letter" to supplement the unread stacks of travel histories found seasonally in so many mailboxes.

We view the undertaking as an opportunity to earn virtual citizenship in a wider horizon than home, hearth and village. We have worked to create episodic reports that are informative and thought provoking without going on into stultifying detail. This year, we lingered at 24 stops in 15 weeks, between December of 2023 and April of 2024.

Another parental legacy from my family is to know where you are going before you arrive. My parents traveled extensively during his professional life and dad always made reservations in advance for a place to stay, even months in advance. Judith agrees completely, and in addition to a complete and detailed series of reserved campground destinations before we leave home, she has maintained a record of places and dates of our past visits with weighted appraisals in each case. This resource has allowed us to re-visit some old favorites while slotting in new addresses to our life's list in a moderated thirst for the unexplored. Experience



has shown that the confidence offered by a destination expecting our arrival enlarges our ability to pay attention to the detail around us as the landscape slides along outside the windshield.

These upcoming peeks at our four-month effort to dodge winter will be sequential but will not "touch 'em all", as they say in baseball. We learned a great deal from this year's travels and hope you may be inspired to consider your own way into the great unfamiliar landscapes of advancing years and places outside of your practiced routine.

As Calvin said in his farewell comic strip, "It's a magical world, Hobbes ol' buddy...let's go exploring."

*Editor's Note: Judith and Steve's adventures will be published in the Arts + Leisure section of The Addison Independent throughout the summer. Look for new episodes weekly.*



**CALENDAR**

CONTINUED FROM PAGE 4

**BLUES NIGHT IN MIDDLEBURY.**

Wednesday, June 19, 6-8 p.m., Ralph Myhre Golf Course, 317 Golf Course Rd. Relax and unwind with some blues by some of the finest musicians from our local and regional communities. Hosted by Dennis Willmott. Tavern on the Tee or at the indoor event space.

**STRAWBERRY FESTIVAL IN SHOREHAM.**

Wednesday, June 19, 6-8 p.m., gazebo and town green. Shoreham Congregational Church offers its famous strawberry shortcake with fresh Vermont strawberries, biscuits and real whipped cream. Take-out only in two sizes — regular \$7 or small \$4. Bottled water \$1. Bring picnic blankets or lawn chairs to arrange for seating on the lawn near the gazebo for music provided by Nick Thornblade.

**TOWN BAND ON THE GREEN IN BRISTOL.**

Wednesday, June 19, 7-8:30 p.m. Bring a lawn chair or blanket, sit back and enjoy this 150-year tradition.

**THURSDAY, JUNE 20**

**"LET'S GO TO THE MOON" PAINT**

**NIGHT IN MIDDLEBURY.** Thursday, June 20, 6 p.m., Ilsley Public Library, 75 Main St. A community paint night is filled with fun and laughter. We have the supplies and you bring the fun. Space limited. Register at ilsleypubliclibrary.org/paint-night-lets-go-to-the-moon. The skill level for this program is adult, if you under 16 please bring your favorite adult along with you.

**"LOVE/SICK" ON STAGE IN VERGENNES.** Thursday, June 20, 7:30 p.m., Vergennes Opera House, 120 Main St. A hilarious, tragicomic look at life, love and ... miscommunication. Directed by Kevin Commins, Kristen Ginsburg, and Kush Sharma. "Love/Sick" is a collection of nine slightly twisted and completely hilarious short plays about love and loss. Tickets \$13 June 20/\$17 June 21-23, available at app.arts-people.com/index.php?show=239522.

**FRIDAY, JUNE 21**

**KEVIN KAREKAS IN NEW HAVEN.** Friday, June 21, 5-7 p.m., Lincoln Peak Vineyard, 142 River Rd. Enjoy free live music by the Vineyard pond. Wine available for purchase.

**ROCK-IT SCIENCE PERFORMANCE IN MIDDLEBURY.** Friday, June 21, 7 p.m., Town Hall Theater, 68 S. Pleasant St. Come see what local youngsters can do under the tutelage of Clint Bierman, The

Grift and a variety of successful Vermont musicians when they showcase what they've learned under the THT lights.

**TOURNESOL PERFORMS IN MONKTON.** Friday, June 21, 7:30 p.m., Russell Memorial Library, 92 Monkton Ridge Road. Rescheduled from February, Tournesol performs a varied repertoire of songs and tunes, many echoing the sounds of Parisian cafes of the '30s and '40s — speedy gypsy jazz tunes, flowing musette waltzes and the songs of Edith Piaf, coupled with plenty of well-known and not-so-well-known jazz standards and some Latin beats too. Acoustic guitar, fiddle, accordion and mandolin. Free admission with donations welcome.

**"LOVE/SICK" ON STAGE IN VERGENNES.** Friday, June 21, 7:30 p.m., Vergennes Opera House, 120 Main St. See June 20 listing.

**SATURDAY, JUNE 22**

**"STICKS, STONES, SHELLS & BONES" OPEN STUDIO IN BRISTOL.** Saturday, June 22, 1-5 p.m., 12 High Street. Diana Bigelow will open her home and basement gallery for a showing of her "collection" of crafted creatures made out of natural materials. Open house 1-5 p.m. Guests should be 6 or older. Do not touch the artwork. For more information email jimdiana@madriver.com or call 802-453-5060.

**HOPE FOR TOMORROW IN FERRISBURGH.** Saturday, June 22, 8:30 a.m.-1:30 p.m., Lake Champlain Maritime Museum, 4472 Basin Harbor Rd. This annual rowathon is an all-inclusive rowing and community event committed to raising awareness about teen suicide and an opportunity for us to come together in memory, hope, and support and row in this fun 2-mile course. No prior rowing experience is needed. Entry fee \$25. More info and registration at cmm.org/event/hope-for-tomorrow-2024.

**ROMP IN BRANDON.** Saturday, June 22, 11 a.m.-1 p.m., Kennedy Park, 31 Center St. Picnic in the park to live music.

**"ISAAC'S EYE" STAGED READING IN MIDDLEBURY.** Saturday, June 22, 4 p.m., Byers Studio, Town Hall Theater, 68 S. Pleasant St. Lucas Hnath reimagines the contentious, plague-ravaged world Isaac Newton inhabited in "Isaac's Eye," exploring the dreams and longings that drove the rural farm boy to become one of the greatest thinkers in modern science. A talk-back with the actors and director follows performance. A MACo production. Tickets \$15, available at townhalltheater.org. Repeats Sunday. Limited seating.

**"LOVE/SICK" ON STAGE IN VERGENNES.** Saturday, June 22, 7:30 p.m., Vergennes Opera House, 120 Main St. See June 20 listing.

**ENJOY VERMONT LIVING AT ITS FINEST!**

This classic Vermont farmhouse, sited on a picturesque 10-acre lot, blends historic charm with modern comforts, creating the perfect rural retreat. The home offers four bedrooms, a welcoming eat-in country kitchen, a cozy living room with a wood stove, and a large sunroom with loads of natural light and stunning Green Mountain views. A highlight of the property is the recently renovated barn, which has been transformed into a versatile space that can serve as an office, studio, or additional living area. This accessory building boasts a spacious gathering room, two cozy office or study spaces, a kitchenette, and a bathroom, offering endless possibilities for use. The property also features an in-ground pool. Experience the best of Vermont and the tranquility and privacy of this rural location all set against the backdrop of the beautiful Green Mountains.

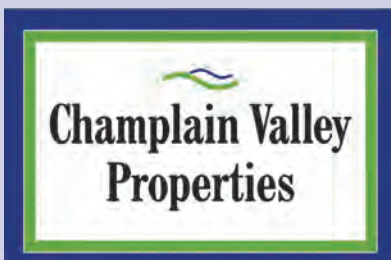


**84 Galvin Rd. Whiting**  
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Come check out this lovely three-bedroom, 1 bathroom home in East Middlebury. Kitchen and bathroom both recently updated. From the dining room you have a view of your backyard. There is a large garden plot in the backyard already tilled and awaiting someone to plant it. The attached garage has room for one car and extra space for storage. This home is on town water and the septic has recently been inspected.



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**SALISBURY**  
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 MLS #4993857 | \$209,500  
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**12 EAST ROAD**  
 MLS #4996467 | \$299,000  
 2 BD | 1 BA | 864 SF

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**EXHIBITS**

CONTINUED FROM PAGE 6

of local women and the growing Middlebury tailoring scene from the 1800s to the early 20th century. On view through Jan. 4, 2025.

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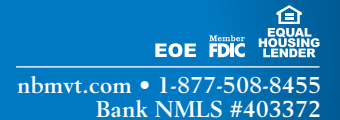
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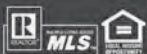


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## At Mountain Community Health

# CEO has background in health services equity

By MARIN HOWELL

BRISTOL — Heidi Melbostad has spent the past several years helping ensure Vermonters receive the treatment and health care services they need, most recently through her leadership of the Howard Center's Chittenden Clinic, a medication-assisted treatment program in Burlington.

She's looking to continue that work in Addison County later this month when she'll take on a new position as CEO of Bristol's Mountain Community Health. The Federally Qualified Health Center provides a variety of services to patients, including primary care and dental care.

Melbostad said the health center's comprehensive approach to serving all community members aligned with the kind of work she aims to do.

"That was so appealing to me, that here is an organization that is really thriving in a very dynamic community that is truly supporting the community and truly committed to making sure that everyone in the community has an opportunity to obtain health care services," Melbostad said. "It really aligns with my own values, with my own goals professionally, and with the ways that I think we need to be approaching the care and supporting the wellbeing of all members of our society."

Melbostad has spent the past 15 years in Vermont. After obtaining her doctorate in general/experimental psychology from the University of Vermont, she completed a postdoctoral fellowship at UVM in the Vermont Center on Behavior and Health. Prior to that, she worked at Healthcare and Rehabilitation Services in Springfield doing community outreach, particularly focused on young children and families. She also worked at the Springfield Area Parent Child Center.

"They had a teen pregnancy program at the time," Melbostad recalled.

"At the time, it was all young women, and I



**HEIDI MELBOSTAD, WHO soon will lead Bristol's Mountain Community Health, brings a commitment to giving the public access to good health services.**

was responsible for providing mental health services, behavioral health support to the women who were enrolled in the program and whose children were at daycare at the parent child center."

### CHITTENDEN CLINIC WORK

More recently, Melbostad has served as director of the Chittenden Clinic since 2021. The clinic provides outpatient treatment and pharmacotherapy to individuals with Opioid Use Disorder.

Melbostad began leading the clinic in the midst of the pandemic, at a time when the federal regulations for outpatient opioid programs throughout the country had shifted due to COVID-19.

In particular, patients began receiving "take-home" medication, Melbostad said.

"Instead of someone having to come to

the clinic daily to pick up their medication, all of a sudden they were receiving a week's worth, or two-week's worth, up to a month's worth," she said. "(That change) was very, very different for the majority of patients who had to daily dose for a long time or maybe every other day. Suddenly they had this flexibility in their treatment that they hadn't had before."

Melbostad said she saw the shift as a silver lining of the pandemic.

"It provided this opportunity for the government, for communities, for researchers, for clinicians to experience what it would be like to have people enrolled in treatment have access to medication in a way that they hadn't before, because a lot of the restrictions around medication were due to concerns about safety and diversion," Melbostad said.

She noted that opioid treatment programs dispense buprenorphine and methadone, a full opioid agonist that reacts in the brain similar to how heroin does.

"It's a treatment medication, it supports people in gaining stability, but there are still side effects, and there are still concerns about if someone who wasn't prescribed (for instance, a child, a dog or some other animal) had access to it accidentally," Melbostad explained.

She said the shift in treatment-related restrictions during the pandemic helped address such concerns.

"I think what we've seen because we had that opportunity and the literature has now shown is that a lot of the concerns people had about diversion didn't come to fruition," Melbostad said. "We certainly have to continue to be thoughtful about diversion and safety always ... but also it gave (the Substance Abuse and Mental Health Services Administration) the information they needed to sustain some of the changes they made to regulations."

Melbostad said navigating that shift was

significant for both patients and staff at the Chittenden Clinic, who adjusted to those changing regulations while also responding to changes within the drug-use landscape.

She noted that the use of drugs like fentanyl has become more prevalent over the past few years.

"All of a sudden people were taking this substance that was much, much stronger, and the drug supply in general became more and more contaminated," Melbostad said. "Most recently we have xylazine in the substance, which is a veterinary medicine, it's a sedative."

Melbostad said the clinic began seeing a change within the community as well.

"People were presenting with much higher acuity, much higher service needs. They lacked housing, they

lacked food security, there were a lot more psychosocial issues that people were presenting with," she said. "That really made us focus on 'how do we increase access to treatment,' so we spent a lot of time thinking about how do we support people in just showing up to our clinic and how do we continue supporting them in making sure they remain in treatment."

Melbostad and other clinic staff participated in and created initiatives focused on treatment access, both internally and also through partnerships with the Burlington mayor's office and the University of Vermont Medical Center's emergency department.

"People are now able to go the emergency department and start buprenorphine or methadone, and then they can bridge to us," Melbostad.

### JOINING MOUNTAIN HEALTH

Melbostad sees helping Vermonters access health care services as a key part of her work in the profession, and one she feels aligns with that of the MCH team she'll join later this month.

"When I've thought about how I want  
(See Melbostad, Page 7)

*"It really aligns with my own values, with my own goals professionally, and with the ways that I think we need to be approaching the care and supporting the wellbeing of all members of our society."*

— Heidi Melbostad

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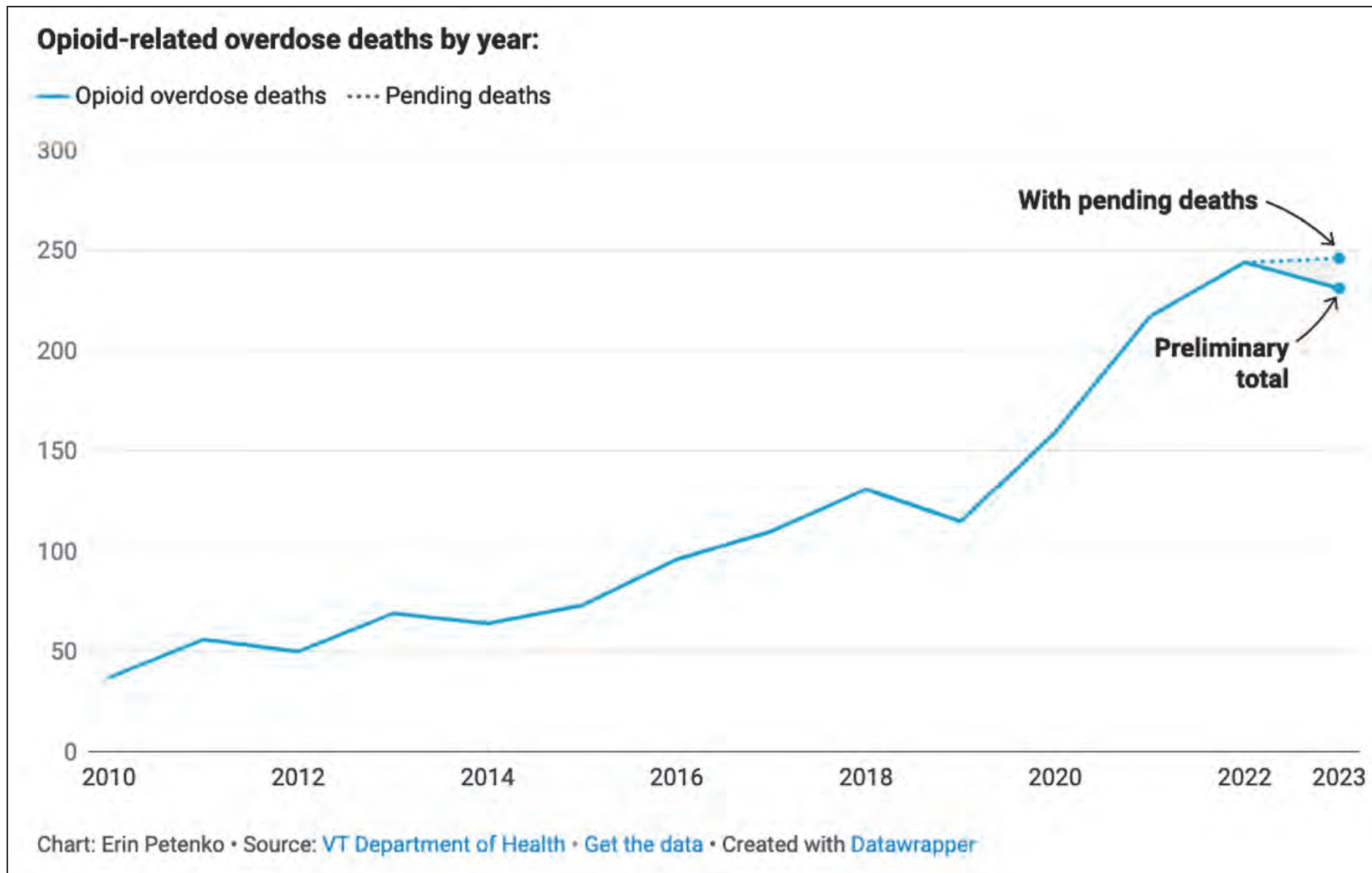


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# Vermont opioid overdose deaths decline slightly

By **JUAN VEGA DE SOTO**  
**VTDigger.org**

Opioid deaths among Vermonters appear to have dipped in 2023, according to new data from the state Department of Health, following three consecutive years of record-breaking fatalities.

According to a May 8 report, 231 state residents are confirmed to have died from an opioid-related overdose last year, down from 244 in 2022. The projected 5% decrease “is not statistically large,” Health Commissioner Mark Levine said in a press release, but the progress is encouraging.

“It is significant where it matters most — fewer families have lost a loved one to opioids,” Levine said.

The data is preliminary, however, and 15 pending death certificates could still push the tally above the previous year’s. After all the cases were resolved for 2022, seven more deaths were added to that year’s preliminary total.

Opioid-related fatalities accounted for 90% of all overdose deaths last year, according to the report. A vast majority involved two or more substances, with 29% involving four or more.

Fentanyl was the common denominator

*Opioid-related fatalities accounted for 90% of all overdose deaths last year, according to the report.*

in most opioid-related deaths, showing up in 95% of death certificates. Just a two-milligram dose of the synthetic opioid can be lethal, and it is often laced into other drugs to increase their potency without users knowing it.

Cocaine saw the biggest increase in

involvement in opioid-related deaths, jumping to 63% in 2023, up from 48% in 2022. That makes the stimulant the second-most common substance found in overdose deaths.

Xylazine, an animal tranquilizer linked to an increase in blood infections, also had a bigger presence last year, rising to 32% from 28% in 2022. The powerful sedative causes necrotic flesh wounds prone to infection, which can result in hospitalization and death if left untreated.

Gabapentin, an anticonvulsant drug abused for its euphoria-producing effects, (See Opioid deaths, Page 6)

## Natural Beginnings

Vicki is a board certified registered lactation consultant that offers home, phone, or telemedicine visits for mothers who are facing a variety of breastfeeding challenges in Addison and Rutland counties, and some areas in New York State. She also has a prenatal monthly breastfeeding class available on Zoom. Mothers can feel overwhelmed when trying to balance milk production, latching issues, nipple soreness, engorgement, pumping and returning to work, and much more. Vicki is available to help mothers during this transitional period – you are not alone.

Vicki is a provider for BCBS, CBA Blue, Tricare and Vermont Medicaid for home consultations and personal use breast pumps. She also sells Medela and Spectra breast pumps and products.



**VICKI KIRBY RN,  
IBCLC, RLC**

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# Sweet potatoes have great nutritional benefits

Sweet potatoes are enjoyed throughout the year, but their popularity may peak during fall and winter when they are an important part of holiday meals. Sweet potatoes were cultivated in Central or South America at least 5,000 years ago. They eventually were introduced to Europeans by explorers like Christopher Columbus, and soon these bright-orange delights became staples of diets across the globe.

According to WebMD, sweet potatoes are not potatoes, but sweet roots in the morning glory family. There are hundreds of varieties of sweet potatoes. While the most common have bright orange pulp, other varieties are yellow, red or purple.

There are many good reasons to enjoy sweet potatoes regularly. According to Healthline, sweet potatoes offer a host of nutritional benefits that make them worthy of inclusion on any dinner table.

- Low in calories: A one cup serving of sweet potatoes is around 180 calories with negligible fat content, 41 grams of carbohydrates, and 6.6 grams of fiber.

- Help stabilize blood sugar: Sweet potatoes are higher in fiber than white potatoes, which can provide more stability for blood glucose, says Everyday Health. The fiber in the sweet potatoes helps slow the digestion of sugar from the food, resulting in a steadier rise and fall in blood sugar.

- Loads of vitamin A per serving:

Sweet potatoes contain 213 percent of the Daily Value of vitamin A. Vitamin A is important for eye health and can boost the immune system. It's also good for organs like the heart and kidneys. The vitamin A in the potatoes can reduce the risk of macular degeneration and age-related cataracts.

- Beta-carotene connection: Sweet potatoes also are high in beta-carotene, which is a carotenoid that can be converted to vitamin A. Along with other carotenoids, beta-carotene helps with macular health and could sharpen vision.

- Promote gut health: The fiber and antioxidants in sweet potatoes are important for digestion. Sweet potatoes contain soluble and insoluble fiber which can help move stool along. The fiber also can be fermented by digestive bacteria to create a healthy digestive biome that keeps the intestines healthy, according to Healthline.

- Might reduce inflammation: Consuming the beta-carotene in sweet potatoes may do more than just boost vision. Some researchers believe this antioxidant can clean the body of free radicals that may cause inflammation in the body. Some studies indicate low levels of beta-carotene is associated with higher risk of heart disease.

These are just some of the benefits of including sweet potatoes in your dietary regimen.



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# Get your kids engaged in dental health early

Dental health should be a priority at any age, and is especially important for children. The Centers for Disease Control and Prevention says more than half of children between the ages of six and eight have had a cavity in at least one of their primary teeth. Also, more than half of adolescents ages 12 to 19 have had a cavity in at least one permanent tooth. Cavities and other oral health conditions, such as periodontal diseases, are largely preventable with proper oral hygiene.

Parents know that getting children—especially young ones—to care for their teeth in the correct manner may require some help and then reinforcement throughout the developmental years. However, there are ways to make dental care a more engaging activity for youngsters.

## Flavored toothpastes and mouthwashes

Mint reigns supreme in oral health products as the dominant flavor, but not all children are enamored with that flavor. Most oral care products geared toward the younger set come in different flavors like bubble gum and berry. Kids can take active roles in their oral health by choosing the flavored

products they prefer to use.

## Electronic toothbrushes

Children may enjoy using electronic toothbrushes because they are easy to maneuver and can even seem like a toy. According to the Cleveland Clinic, electric toothbrushes generally are considered more effective at removing plaque and keeping teeth clean. That benefits kids and adults because it potentially means fewer painful visits with the dentist.

## Make it a competition

Children love games and healthy competition between peers and siblings. Offer a prize (non-sugary, of course) to children who brush and floss daily for the required times. Extra points can be awarded for every dental wellness check that comes back with a glowing report.

## Make smart food choices

Engage children in lessons and choices about which foods are good for oral health and which may be poor. Sticky foods or those with a lot of sugary content should only be occasional treats. The entire family can work together to plan meals around foods that are good for the teeth and gums, such as crunchy veggies, leafy greens, high-calcium dairy

**More than half of adolescents ages 12 to 19 have had a cavity in at least one permanent tooth. Cavities and other oral health conditions, such as periodontal diseases, are largely preventable with proper oral hygiene.**



products, and fatty fish.

## Practice on pets

Pets need clean teeth, too. Children may enjoy not only brushing their own teeth, but learning how to keep their companion animals' mouths healthy with brushing and care.

## Use plaque-disclosing tablets

Show children just where they may need to direct more brushing effort with plaque-disclosing tablets. These tablets

use food-grade coloring in them, which sticks to areas with plaque accumulation. After chewing the tablets and the child smiles, he or she will see the spots where efforts need to be ramped up. This can be a fun lesson as children will likely enjoy seeing their teeth covered in the tablet color.

Various strategies can increase the chances that kids engage with oral hygiene practices early on.

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## Opioid deaths

(Continued from Page 4)

provided a glimmer of good news in the report. The drug, which causes respiratory depression, was involved in the deaths of 31 Vermonters in 2022, but that figure declined to 24 people last year.

"It means we are on the right track, but we are far from out of the woods," Levine said of the overall results of the report.

Vermont has tried to address the crisis in several ways. In 2013 it began distributing Naloxone, an opioid-overdose antidote, to community centers.

Last year, the state started ordering xylazine test strips. And last month, state legislators passed a bill that would create a pilot safe injection site in Burlington—and they may have the votes to override Gov. Scott's veto.

On the ground, however, there is little

sense that Vermont is bending the curve on opioid overdoses, according to Tracie Hauk, director of the Rutland Turning Point recovery center.

"That's not the feeling we're getting, that overdose deaths are down," Hauk said.

Rutland County had the third-highest rate of opioid-related overdose deaths in 2023, at 54 per 100,000 people. Hauk said her center had seen a steady influx of people struggling with substance use disorder compared to 2022.

"We have seen xylazine, lots of sores," she said.

And although Hauk said she appreciated the efforts of state government, she said nothing she had seen so far indicated to her that the trend line was going to start pointing downwards.

"I don't take that data as a 'we're winning' against overdoses," she said.

"It means we are on the right track, but we are far from out of the woods."

— Health Commissioner Mark Levine

# How to begin the day in a positive frame of mind

Each new day brings the potential for change, even amid the routine of the daily grind. When people start the day with positive thoughts, it can affect how they behave and see themselves throughout the day, and may even benefit their overall health.

The Mayo Clinic says some studies suggest personality traits such as optimism and pessimism can affect many areas of a person's health and well-being. Positive thinking that is pronounced in optimistic people is associated with effective stress management, which translates into many different health benefits.

Some people abide by the "Law of Attraction," which states that what a person gives attention to and thinks about throughout the day is what will be predominant in their life. Whether this is true or not, many aspire to have more positive thoughts and be in a generally optimistic mindset. The following tips can put people on a positive path at the start of each day.

## Begin the night before

Certain mental health experts suggest clearing the mind in the evening to reduce

stressful thinking and create the mental capacity to wind down and relax. Keep a notepad handy and jot down any invasive thoughts or concerns. Removing these thoughts from the mind and putting them on paper can help you rest more readily. Being well-rested can improve mood.

## Know your weaknesses

Recognize where you may need some help as you strive to be more optimistic. Map out the behaviors you want to change, and then be intentional about how you want your day to go and which actions will get you there. The Mayo Clinic suggests figuring out what you usually think negatively about (i.e., work, commuting, life changes) and then approach each aspect in a more positive way.

## Take a technology pause

Do not check email or text messages right after opening your eyes. Similarly, avoid reading the news or watching news programs on television too early. Negative or scandalous stories often get the most clicks or views, and coming across upsetting information at the outset

(See *Positive*, Page 8)

*The Mayo Clinic says some studies suggest personality traits such as optimism and pessimism can affect many areas of a person's health and well-being.*

# Melbostad

(Continued from Page 3)

to contribute to my community, how I want to support people in having access to good, quality health care, it's always been in the back of my mind how important a holistic approach to health is," she said. "When I think about MCH and the fact that they're a Federally Qualified Health Center; they're providing primary care, they're providing dental, they have behavioral health services, they have a medically-assisted treatment program with buprenorphine."

As she settles into the new role, Melbostad said her priority will be getting to know the ins and outs of the health center and its staff.

"To me what feels paramount is to really learn about the program and to learn about the people and build relationships with the people that are there," she said. "What I'm excited about is the staff and the board have some really great ideas and they're really motivated and excited about the possibility of reinforcing and supporting all of the services that are working really well and contemplating opportunities for expansion."

Melbostad outlined a couple of other primary areas of focus, which include patient and community access to services and exploring ways to generate additional revenue that could support staff and additional programming.

Melbostad will officially take the reins of Mountain Community Health on June 24. Mark Mulqueen serves on the MCH Board of Directors and said the team is excited to welcome Melbostad aboard.

"Mountain Community Health is very fortunate that after a rigorous, well thought out nationwide search we were able to find a candidate so well suited to our needs right here in our area," Mulqueen said. "Dr. Melbostad impressed us with her experience working in a nonprofit public health environment, which comes with a unique set of issues

and its own regulatory environment. Dr. Melbostad felt like an excellent fit for both our public-facing staff and administrators. We are excited to welcome her as MCH continues bringing quality health access to the 5-town region. The future looks promising."

*"When I've thought about how I want to contribute to my community, how I want to support people in having access to good, quality health care, it's always been in the back of my mind how important a holistic approach to health is."*

— Heidi Melbostad

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# Taking the mystery out of anxiety disorders

It is normal to feel nervous from time to time, particularly when anticipating a potentially life-changing event. However, when nervousness is excessive, persistent and intense, or arises from seemingly innocuous stimuli, that could indicate the presence of an anxiety disorder.

## What is anxiety?

The American Psychiatric Association says anxiety is a normal response to stress. Anxiety disorders differ from normal nervousness because they involve excessive fear. The APA also says anxiety disorders are the most common mental disorders and affect nearly 30% of adults at some point in their lives. It is time to seek help when anxiety interferes with your ability to function; you often overreact when something triggers your emotions; and you can't control your responses to situations.

## What contributes to anxiety disorders?

A combination of environmental factors and personality traits can increase the risk for developing anxiety disorders,

according to the Cleveland Clinic. These include:

- Stressful or traumatic events in early childhood or adulthood.
- Certain personality traits like shyness or behavioral inhibition.
- Family history of anxiety or another mental health condition.
- Physical conditions, including thyroid problems and heart arrhythmias.
- Being a woman, as researchers are still studying why women experience anxiety disorders in higher proportions than men. Some researchers suggest hormonal fluctuations in women are a possible explanation for the higher rates of anxiety.

## What are the types of anxiety disorders?

Several types of anxiety disorders

*It is time to seek help when anxiety interferes with your ability to function; you often overreact when something triggers your emotions; and you can't control your responses to situations.*

exist, but some are more common than others.

- Generalized anxiety disorder: GAD is persistent and excessive anxiety about activities or events, even routine tasks.
- Panic disorder: This involves sudden feelings of intense fear or terror about certain situations. These panic attacks may lead to concerns about recurrence.
- Social anxiety disorder: High levels of anxiety, fear and avoidance occur during social situations, particularly fear of being judged or viewed negatively by others.
- Phobias: Major anxiety is tied to a specific object or situation and a desire to avoid it. There are phobias concerning heights, insects, leaving the home, and more.

Anxiety disorders also can develop in people dealing with substance abuse issues or certain medical conditions.

## Treating anxiety disorders

It is important to note that anxiety disorders, while frightening and frustrating, are treatable. The APA says that while each anxiety disorder has unique characteristics, most respond well to psychotherapy (also known as talk therapy) and medications. They can be given alone or in combination. Cognitive behavioral therapy, which is a type of psychotherapy, can help a person react and think differently in certain situations so they feel less anxious. Medications often are prescribed to provide relief from symptoms. The most common medications used are anti-anxiety medications, antidepressants and beta-blockers.

Anxiety disorders affect millions of people. There is help to be had and many people can overcome anxiety over time.

## Positive

(Continued from Page 7)

of the day can adversely affect your mood. Rather, spend time meditating, praying, reading, or just being in the moment until you are awake.

## Recognize the good people are doing

When you open your eyes and focus

on the positives, you'll see all the good that other people are doing around you. Offering compliments or acknowledging others' actions, whether large or small, puts positivity out there.

## Focus on gratitude

Take a few moments at the start of

each day to mentally list all the things you are grateful for. This may be that you have a cozy home or that you are healthy. Even stressful situations or people can be means for gratitude. Boisterous toddlers may be a handful, but you can be grateful for the ability to have had children when

so many are not able.

Starting the day with a positive mindset is easier than one might think. It may take a little practice, but also can begin to pay positive dividends sooner than later.



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# On June 24, Mountain Community Health officially welcomes our new CEO, **Dr. Heidi S. Melbostad.**

**K**nown for her passion for community health and patient-centered care, Heidi brings a wealth of experience and a proven track record of leadership in the healthcare sector and is poised to lead MCH into its next phase of growth and innovation.

*“I am honored and excited to join Mountain Community Health,” said Heidi. “I look forward to working with the talented team here to continue the mission of delivering exceptional healthcare services to our community.”*



**Dr. Heidi S. Melbostad**

**S**ince 2021, Heidi has been the Director of the Howard Center’s Chittenden Clinic in Burlington, where she directed a large opioid treatment program. At the same time, she served as a research assistant professor at the Vermont Center on Behavior and Health at UVM.

**H**eidi is an alumna of Kenyon College, has a Master’s degree from San Francisco State University and a Ph.D. from the University of Vermont in General/Experimental Psychology. We are excited to welcome Heidi on June 24th as she officially begins her new role at MCH.



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MEMBERS OF THE Middlebury Union High School football team enjoy stretching out on Middlebury College's turf field during early-season training last August. Experts say maintaining flexibility is one key to athletic success.

Independent file photo/Steve James

## Strategies to prevent sports injuries

Athletes train hard with a goal of performing at their peak when competition begins. Exercise is very good for the body, but at times athletes may be in jeopardy of overdoing it in pursuit of doing their best.

Johns Hopkins Medicine says many sports injuries can be prevented with proper precautions. In fact, there are various steps athletes can take to reduce their injury risk.

### WEAR THE RIGHT GEAR

Using the right equipment or gear and wearing supportive shoes can help

prevent injury, as can using safety items like helmets and protective pads. Ensure that all equipment is properly fitted and replace items if they become damaged or worn out.

### MAINTAIN FLEXIBILITY & STRENGTH

The experts at Mount Sinai say it is extremely important to perform dynamic stretches before starting a physical activity, as cold muscles are more vulnerable to injury. Also, exercises that strengthen the muscles used for the sport are beneficial,

particularly those that target the core. Core-strengthening exercises improve balance and stability, which is essential in all sports.

### USE THE RIGHT TECHNIQUE

Athletes should learn the proper techniques for playing a sport or engaging in a physical activity like strength training. Poor form on the field or in the gym can put athletes at risk for injury, says the University of Rochester Medical Center.

### LISTEN TO YOUR BODY

Aches and pains in joints or muscles

that do not improve in a day or two could be signs that a more serious condition is developing. Do not attempt to power through pain, which can cause serious issues and significant, long-term injuries.

### REST AND RECOVER

UConn Health Orthopedics and Sports Medicine says rest is a critical component of avoiding injury. One to two rest days should be built into your weekly exercise regimen. One option is to make a rest day a "recovery" day, instead. This means engaging in gentle exercise like walking.

## AgeWell offers 'A Matter of Balance' class in Bristol

BRISTOL — Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, you might want to consider taking part in a new AgeWell program called "A Matter of Balance: Managing Concerns About Falls."

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience

increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent.

This balance program is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

AgeWell is offering A Matter of

Balance: Managing Concerns About Falls on Tuesdays, 10:15 a.m.-12:30 p.m., at Pleasant Hills, 93 Mountain St. in Bristol from June 18 through Aug. 6. The program is free and open to those over 60, though space is limited to 12 participants. A workbook is provided, and refreshments will be served.

This program emphasizes practical strategies to manage falls.

### YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks

at home

- exercise to increase strength and balance

### WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

AgeWell hopes to expand this program beyond Bristol if it goes well there.

Please call 802-735-5467 to register or for more information.

# Three ways to protect your heart and brain

VERMONT — Every 40 seconds someone in the U.S. has a stroke, and 1 in 4 stroke survivors will have another one.

The American Stroke Association, a division of the American Heart Association, is raising awareness nationwide that stroke is largely preventable, treatable and beatable.

Here are three ways you can act now to beat stroke:

1. Learn how to spot a stroke F.A.S.T. If you see Face drooping, Arm weakness or Speech difficulty, it's Time to call 911.

2. Know your blood pressure numbers and keep them in a healthy range. High blood pressure is a leading cause and controllable risk factor for stroke and heart disease. Lowering your blood pressure reduces your risk of stroke.

3. Prevent another stroke. Be a bold advocate for yourself by talking to your doctor about managing risk factors to help prevent a second stroke.

A stroke happens when normal blood flow in the brain is interrupted. When parts of the brain don't get the oxygen-rich blood they need, those cells die. Quick identification and treatment of stroke equals a higher chance of survival and recovery. Having a stroke puts you at a higher risk for a second one. There are things you can do to reduce your risk, starting with identifying what caused your

## Questions to Ask a Loved One Experiencing Mental Health Challenges



When a loved one is experiencing mental health challenges, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help! Here are some questions you can ask to get started:

"I've been worried about you. Can we Talk? If not, who are you comfortable talking to?"

"I see you're going through something. How can I best support you?"

"I care about you and am here to listen. Do you want to talk about what's been going on?"

"I've noticed you haven't seemed like yourself lately. How can I help?"

Remember to listen actively and openly and keep in mind that change doesn't happen overnight! Continue reaching out with offers to listen and help.



Vermont Department of Mental Health, 2024

stroke and uncovering your personal risk factors.

A stroke can happen to anyone at any time. However, the burden and risk of stroke is higher among Black and Hispanic adults in the U.S. This is in part due to unmanaged risk factors including high blood pressure, obesity and diabetes.

A large majority of strokes can be prevented through education and lifestyle changes such as moving more, eating smart and managing conditions like atrial fibrillation (AFib) and high blood pressure.

Now is the time to be a bold advocate for yourself and others by learning the signs

of a stroke and talking to your health care team to manage your risk factors. Stroke is an emergency. If someone is having a stroke, they must get medical attention right away.

Spot a stroke F.A.S.T.:

Face Drooping - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

Arm Weakness - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a

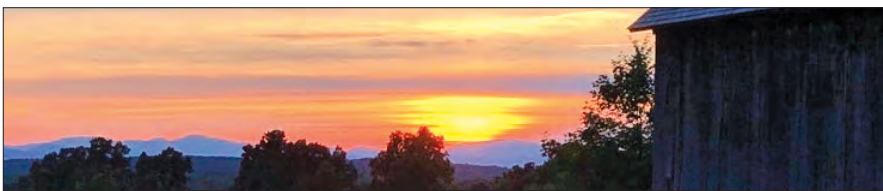
simple sentence, like "The sky is blue."

Time to Call 911 - If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.

Head online to [stroke.org/fast-experience](http://stroke.org/fast-experience) to test your knowledge and skills with the "F.A.S.T. Experience," a digital series of games and activities designed to educate users on what the warning signs of a stroke look, feel and/or sound like.

Prevent stroke now, so you can be there later. Learn more at [Stroke.org/StrokeMonth](http://Stroke.org/StrokeMonth).

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