



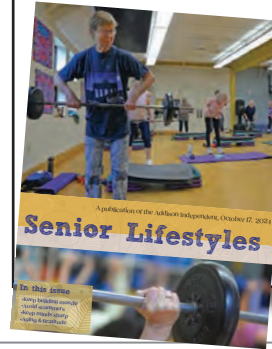
MACo on stage

'The Cherry Orchard' captures Chekov's mixture of tragedy and comedy. See Arts + Leisure.



Key Tiger win

Big plays sparked the MUHS football team to a crucial victory on Saturday. See Sports, Page 1B.



Seniors

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ADDISON COUNTY INDEPENDENT

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Senate candidates discuss key issues

Share ideas for tackling housing crunch, climate change, more with voters at forum

By MARIN HOWELL

BRISTOL — Addison County voters got a chance this past Thursday, Oct. 10, to hear from the four major party candidates vying for two seats representing the county, Huntington, Rochester and Buel's Gore in the state Senate. Around 80 people turned out that evening for a candidates forum hosted by the *Independent* at Bristol's Holley Hall.



BRAY



HARDY



HEFFERNAN



COCHRAN

The forum featured incumbent Democratic Sens. Christopher Bray of Bristol and Ruth Hardy of Middlebury, as well as Republican challengers Steven Heffernan of Bristol and Landel Cochran of Huntington. The four senate candidates will face off in the Nov. 5 General Election. Candidates answered questions on topics from creating more affordable housing to addressing the

climate crisis. The four seemed to agree that there's much work to be done when it comes to finding solutions for the biggest issues facing Vermonters today, and they offered their take on how they'd like to tackle that work if elected in November.

A bit of background on each of the candidates:
• Cochran has served on the Huntington selectboard

for several years and currently works as a data services manager at Vermont Systems, a software company in Essex Junction.

• Heffernan is a lifelong Bristol resident who owns and helps operate three local businesses: 802 Excavating, Heffernan Inspection and Repair, and GHR Metal Recycling, in addition to serving for over 30 years in the Vermont Air National Guard.

• Hardy is finishing her third term in the state Senate and currently chairs the Senate Committee on Government Operations, as well as serving on the Senate Health and Welfare Committee, the Canvassing Committee and the Judicial Retention Committee.

• Bray was first elected to the state Senate in 2013 and currently chairs the Senate Natural Resources & (See Candidate forum, Page 12A)

City votes to use winter parking app

By ANDY KIRKALDY

VERGENNES — The Vergennes City Council last week voted to ease the city's winter parking ban.

Police and other city officials will use a new app to help alert citizens when parking restrictions go into effect this winter.

Before last week's update, councilors for a (See Winter parking, Page 11A)

Bristol town leader is set to retire soon

By MARIN HOWELL

BRISTOL — Bristol Town Administrator Valerie Capels will retire from her post at the end of the year.

Capels confirmed the news of her retirement in her administrator's report for Monday's selectboard (See Capels, Page 11A)

Big grant boosts city theater's access plan

By ANDY KIRKALDY

VERGENNES — The Friends of the Vergennes Opera House (FVOH) continues to make progress toward a planned February groundbreaking for the theater's All Access Project, which will upgrade and provide handicap access to not only the theater but also to Vergennes city offices.

Last week FVOH received official notice of a Congressionally Directed Funding grant of \$500,000 for the All Access Project. The grant, which FVOH had expected since earlier this year, comes from the National Park Service's Historic Preservation Fund. The park service is part of the Department of the Interior.

On Oct. 8 the Vergennes City Council also reached consensus on allowing the city to be the temporary holder of a \$500,000 line of credit on FVOH's behalf, a move that will save the (See Opera house, Page 17A)



Taking it all in

ONE OF THE hundreds of spectators at Sunday's Third Annual Car Show and Fall Festival leans back to get a better look at Hal Wilson's 1958 Buick Special, which was among the 75 vehicles parked on Middlebury's Main Street for the event. See more photos on Pages 4A and 13A.

Independent photo/John S. McCright

Salisbury principal to help out in Ripton

By JOHN FLOWERS

RIPTON — Salisbury Community School Principal Bjarki Sears has agreed to also serve as acting principal for Ripton Elementary School (RES) for the balance of this academic year. And in a related move, Addison Central School District Superintendent Wendy Baker has tapped veteran educator Roxanne Greene to serve as RES's part-time associate principal.

Greene previously served as a teacher at Bridport Central School. She spent more than 30 years in public education — as a teacher, behavioral interventionist, consultant and administrator. She's the former principal of the preK-6 Stockbridge Elementary School.

Sears's appointment follows the Sept. 16 resignation of former RES Principal Megan Cheresnick, amid parental pushback over a K-1-2 class that was a product of scant enrollment in the school's lower grades. The teacher of that class, Melissa Giroux, also resigned on Sept. 16, but was ultimately convinced to stay. RES stakeholders have since coalesced around the multi-age class, upon (See Ripton school, Page 17A)



By the way

The Addison County Food Shelf at HOPE in Middlebury is asking for help in restocking the shelves at their Boardman Street HQ. The following foods have run out: baked, refried, and kidney beans; breakfast cereal (other than shredded wheat); orange juice, cranberry (See By the way, Page 16A)

Preserve shows off our industrial history

Highlights rich past of former mills

By ANGELO LYNN

SALISBURY — A new 70-acre historic site and network of interpretative trails in Salisbury allows people to explore the industrial, ecological and archeological heritage of a unique mill area driven by power of the Leicester River as it flows from Lake Dunmore.

About 50 people gathered this past Saturday to officially open the Salisbury Mills Preserve.

Located about a mile southwest of the lake's spillway on West Shore Road, the Leicester River powered six mills along a mile stretch of the river that was once a thriving industrial center

ranging from the production of iron ore, a sawmill, a bobbin mill and a grist mill for grain. Informational displays at the new preserve show how Native Americans once used the area, followed by early American settlers after the Revolutionary War, including the settlers and manufacturers who founded the village of Salisbury back in 1771.

From 1775 to 1840, when Vermont was considered America's frontier, the region's population grew from 8,000 to 350,000. Industrial production was small-scale serving local populations. Mill areas like that found at the Salisbury Mills (See Salisbury Mills, Page 14A)

"The smells, the sounds, the activity... it's all part of the picture we're hoping to recreate here."
— Merle Schloff



ABOUT 50 PEOPLE listen on Saturday morning as Merle Schloff dedicates the Salisbury Mills Preserve, a 70-acre MALT property that showcases the industrial and ecological history of former mills near the spot where the Leicester River flows from Lake Dunmore.

Independent photo/Angelo Lynn

Index

Obituaries.....6A-7A
Classifieds.....9B-10B
Service Directory.....7B-8B
Entertainment..... Arts + Leisure
Community Calendar.....5B
Arts Calendar..... Arts + Leisure
Sports.....1B-4B



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Show your pride!

ORGANIZER ELIO FARLEY, with a bullhorn, helps hype the crowd during a walk on Main Street to kick off the third annual Pride Festival in Middlebury this past Saturday. The Middlebury College student worked with local youth, the Ilsley Public Library and Teen Center to pull off this year's event, which drew some 800 people to a parade and party full of rainbows and good vibes on the town green.

Teen Center Director Lindsey Fuentes-George noted that MiddPride is a community effort started at the request of young people in our community who were experiencing bullying and feeling unsupported. The hope is for those young people — and everyone — to see that they have support, making it easier for young people to be themselves and be comfortable in our community.

Independent photos/Megan James



Middlebury easement policy takes shape

By JOHN FLOWERS
MIDDLEBURY — The Middlebury selectboard on Oct. 8 got its first look at a proposed policy that would govern town-issued easements.

The town effort to draft a policy comes in wake of citizens petition that forced an Oct. 1 vote asking residents to affirm — or reject — a

decision the selectboard made this past June to grant a free easement through the town green for a natural gas service line to St. Stephen's Episcopal Church at 3 Main St.

Residents affirmed that easement decision by a 416-181 tally. It was the third time that the petitioner — Ross Conrad —

had asked for a town vote on a selectboard decision to grant a free easement for Vermont Gas Systems infrastructure. Conrad has argued that a seller of fossil fuels should have to pay fair market value for any municipal easements that facilitate its service lines.

Not wanting to deal with future easement on a piecemeal basis, the selectboard late last spring asked the Middlebury Policy Review Committee to come up with ground rules that would apply to all future requests for municipal easements.

The committee, in its research,

polled several towns on whether they charge for easements. Officials in Bennington, Essex Junction and St. Johnsbury indicated no charges for easements, according to Middlebury Assistant Town Manager David Sophrin.

On Sept. 26, the committee drafted a policy that, among other things:

- Instructs the selectboard to treat all easement applicants equally.
- Allows the selectboard, in making its decision, to weigh the

(See Easement, Page 3A)

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CORRECTION: In last week's *Addison Independent*, a story on the sale of the downtown Middlebury building that formerly housed the Vermont Folklife Center mischaracterized the purchaser of 88 Main St. The building was bought by a corporate entity known as 88 Main LLC, which is co-owned by Don Devost and Matt Wooten. The two partners, along with other individuals, co-own Marble Trail Financial.

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Oct 17 - Oct 23

Local veterans invited to speak at town hall in Bristol

By MARIN HOWELL

BRISTOL — Addison County is home to many who have served in the United States Armed Forces, and community members next week will get a chance to hear from some of those local veterans about what their service means to them.

All are welcome to attend a Vets Town Hall at Bristol's Holley Hall on Thursday, Oct. 24, at 7 p.m., where veterans will be invited to share their experiences serving our country. The free event is being organized by the Bristol Social Justice Discussion Group, which meets each month to learn about topics that affect the community.

"I'm really hoping that community members will come

to hear our neighbors who have served, and that it will deepen our appreciation for what they've done and our compassion for challenges they've faced during and since their service," said Porter Knight, founder of the Bristol Social Justice Discussion Group. "It is my hope that our local veterans will feel truly seen and heard, and valued."

The Vets Town Hall in Bristol is the first in a series of such events being held throughout the state this fall. These town halls have been held around Vermont since 2017 and were started by author Sebastian Junger with the goal of increasing communication and understanding between veterans

and citizens in their communities, according to the Vermont Vets Town Halls website.

Knight noted that she reached out to the organization around 15 months ago, though it ultimately didn't work out for Bristol to be included in last year's series of town halls.

"This is our first vets town hall, and we're very happy to be sponsoring it," she said.

The event will be hosted by Bristol veteran Jon Turner, who served with the U.S. Marines from 2003-2007 and now operates Wild Roots Community Farm in Bristol. Event sponsors and partners include the Bristol Recreation Department, the Bristol Social

Justice Discussion Group and the Lawrence Memorial Library.

The Vermont Veterans Outreach Program will also be in attendance. The program aims to help veterans and their families access the benefits they've earned through their service.

Local veterans interested in speaking at the event will be given up to 10 minutes to do so and are asked to share their experiences and what their service means to them. Only veterans will speak at the event, though community members are encouraged to attend and listen to their neighbors.

To learn more about the event and RSVP visit tinyurl.com/Bristolvetstownhall.



Feathers ruffled

THE RUMPLED APPEARANCE of this bald eagle, seen along Otter Creek in Weybridge recently, mimics the appearance of the blasted tree it sits in. It also adds to the impression that his very grumpy.

Photo by Dottie Nelson

Lincoln's Maple Cemetery eyed for repairs

By MARIN HOWELL

LINCOLN — A group of Lincoln residents is looking to fix up a key historic site in town — Maple Cemetery.

Residents have formed the "Lincoln Cemetery Department of de Fence," a committee under the auspices of the Lincoln Cemetery Association that is seeking to repair and replace the old iron fence surrounding Maple Cemetery.

Lincoln's cemeteries have been on the minds of residents in recent months. Earlier this year, the Lincoln Library, the Lincoln Historical Society and other organizations around town collaborated on "The Cemeteries of Lincoln, Vermont," a project aimed at highlighting and generating interest in the town's graveyards.

Maple Cemetery, just north of the library on West River Road, is the largest and only active burial ground in Lincoln and serves as

the final resting place for several significant figures in the town's history, including Lincoln's first librarian and its last postmaster.

Each spring, local residents and students at Lincoln Community School visit the cemetery in observance of Memorial Day.

The cemetery's fence was constructed in 1907 with support from a successful fundraising effort spearheaded by former Lincoln resident W. H. Sargent. More than a century later, the iron fence needs to be replaced. Parts of the iron fence are completely rusted through, and other areas are bent or damaged,

according to a funding proposal for the repair project.

Kathleen Kolb is among the Lincoln residents involved in the effort. She said the initiative was motivated by the availability of American Rescue Plan Act (ARPA) funds, eyed as a way to support fence repairs.

The Lincoln Cemetery Association's ARPA proposal to replace the fence was one of several recommended for funding by the town's ARPA

Advisory Committee last year, though the project was ultimately not awarded funding.

"We were discouraged at that point and community members came forward, one in particular

"Community members came forward, one in particular who was willing to work with us to start a fundraising campaign."

—Kathleen Kolb



A GROUP OF Lincoln residents is seeking to fix up the 117-year-old fence surrounding Maple Cemetery. Here, Lincoln resident Alison Parker (left), Lincoln Cemetery Association President Judy Brown and Lincoln Cemetery Association member Dave Wood stand by a corroded piece of the aging fence.

Photo by Kathleen Kolb

Easement

(Continued from Page 2A)

expected costs associated with developing, maintaining and administering the easement; and the extent to which the applicant has demonstrated a need for the easement. The board would also "strive to preserve and maximize the town's ability to fully use the impacted parcel in the future."

Selectboard members on Oct. 8 deemed the policy committee's draft a good start and will refine it during the coming weeks.

In the meantime, those passing

by St. Stephen's will notice some modest construction work; it is unrelated to the natural gas line issue. Workers this week were scheduled to erect a chain-link fence around the perimeter and staging area east of the church.

"This is all work to address the ongoing drainage problem," said Nancy Malcolm, a member of the St. Stephen's leadership. "The flower beds have been removed. They will be excavating, waterproofing and insulating the foundation. There has been exploration of existing (town) drainage lines that collect water from across Main Street and come down the hill that then are fed/connected into the new drainage by the rail tunnel."

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Guest editorial

How AI is reshaping education and society

Editor's note: Today we introduce a new series by Hector Vila, an associate professor at Middlebury College, on how artificial intelligence is changing our society in ways we're only just beginning to understand. It's an important topic even if you think you don't use AI. The fact is you most likely already are. AI is used in everyday life through features like facial recognition on smartphones, voice assistants like Siri and Alexa, personalized recommendations on streaming services, smart home devices that learn your preferences, online banking fraud detection, and even the autocorrect function on your phone.

The point is that AI is not something to be feared, but to understand. Still, it is a complex issue and in this series Hector hopes to help us understand the pertinent nuances.

By Hector Vila

We're halfway into the fall, 2024, academic term, and chatter suggests anxiety about the future of education and artificial intelligence (AI). That AI will replace human teachers entirely. Students using AI tools are always cheating. Learning to use AI isn't an important skill for students. AI can't foster creativity or critical thinking.

In his 1954 essay, *The Question Concerning Technology*, Martin Heidegger argues that the conventional view of technology as a neutral tool misses its true nature. In other words, our technological fears come about because we think technology does not involve us, nor does it come from us, who we are and what we want culturally speaking. Heidegger posits that modern technology is a mode of "revealing" that challenges nature, seeing it as a resource to be exploited, which he terms "enframing."

This enframing conceals other ways of revealing truth and endangers human freedom by reducing everything, including humans, to "standing reserve" — resources waiting to be used. Heidegger warns that this technological worldview threatens to overshadow human potential for a more authentic existence—an exacting description of our AI fears.

We have it upside down, which is why we operate from a position of fear. We must engage and learn.

It's hard to see the future and where and how AI fits, but let me turn to an extreme answer found in *Klara and the Sun*, the eighth novel by the British writer Kazuo Ishiguro published in 2021. Ishiguro explores profound questions about artificial intelligence through the perspective of Klara, an Artificial Friend. The novel delves into the nature of consciousness and sentience in AI, questioning whether artificial beings can develop true emotions and self-awareness. It examines how AI might perceive and interpret the world differently from humans, as shown through Klara's unique understanding of her environment.

The story raises ethical concerns about the creation and treatment of sentient AI, particularly in the context of human-AI relationships and AI's role in society. Ishiguro contemplates the potential for AI to replace or augment human capabilities, while also highlighting the limitations and misconceptions humans might have about AI.

Klara and the Sun is a good starting point. I also urge you to jump right in and use ChatGPT, Microsoft's Copilot, Claude (my favorite), or Jasper. Experiment with these agents—make grocery lists, ask for birthday party ideas, or a vacation spot. The key is how well you can ask the AI questions, and how deep you can take it. The better the questions, the stronger the response. Occupy the role of an interviewer or researcher looking to learn more about a subject.

As an example, I asked Claude: How can I integrate AI into my writing flow? It gave me 10 steps. The first step, says Claude, is Ideation and Brainstorming, and suggested that I use AI tools to generate topic ideas or expand on my initial concepts. Prompt the AI with your general theme to get related ideas or angles, continued Claude, and use AI-generated mind maps or outlines as starting points.

Acting as if I had no idea what any of these suggestions meant, I asked Claude to help me generate a topic idea. Claude quickly replied. Begin with a general topic or theme you're interested in writing about such as sustainable living, said Claude. Claude added 10 steps to follow so that I may complete my essay.

What does this mean? Is it cheating? I've had the same conversation with students many times. Is AI replacing me? No. What AI is doing is holding a mirror to my work, how I interact with students and writing, and asking whether I may be able to do better and work more creatively.

AI is both an agent and a mirror. Claude, in our example, is acting on my behalf and taking an active role, which I control, in producing an effect. The result—a change or consequence of my actions—requires that I delve deeper into a subject, a slow, creative process that will create a partnership between AI and me. It's best described as a collaboration.

Artificial Intelligence is rapidly changing our world in ways we're only beginning to understand. In the coming weeks, we'll explore how these smart computer systems are reshaping education and society.

Our journey will cover:

- AI as a digital tutor: Imagine having a teacher available 24/7, tailored just for you. We'll see how AI is making this a reality;
- The hidden costs of AI: From the electricity powering massive computers to the price tag of cutting-edge technology, we'll uncover what AI costs us and our planet;
- Keeping AI in check: As AI systems become more complex, who makes sure they're behaving properly? We'll dive into the challenges of managing these digital brains;
- AI and our democratic future: From social media to voting systems, AI is influencing how we make decisions as a society. We'll examine what this means for our democracy.

In the meantime, if you have specific questions, feel free to email me at hvila@middlebury.edu.



Auto distortion

THE BATTELL BLOCK on Middlebury's Main Street is reflected in the shining fender of David Davis's 1969 AMC AMX during Sunday's Car Show and Fall Festival. The bend in the car's metal creates a unique reproduction of 1892 edifice.

Independent photo/John S. McCright

The unhoused could easily be us

I pull up to the stoplight, and there she is, standing with her cardboard sign — HOMELESS. ANYTHING HELPS — looking hopefully to each driver. It's morning. By afternoon will she still be hopeful? Her eyes are tired, her hair unkempt, her coat too thick for the weather today.

Her presence triggers a tumble of contradictory emotions: sympathy, pity, heartache, gratitude, shame, anger. I can't pretend I don't see her. I don't want to look away. I will give her money if I have some small bills. Can I get the cash out of my wallet before the light changes?

When I look into her face, I realize there's a lump in my throat. What if she were my sister? My daughter? Her companion my brother or a dear friend? And, perhaps most dreadful of all, what if she were me?

I try to imagine how it would feel to lose my home, to live unhoused, in a shelter or on the streets. I try to imagine the layers upon layers upon layers of loss. I try to imagine the grief.

First my bed, made up cozy just the way I like it. And everything else in the bedroom: the bureau and closet with the clothes that comfort me, give me confidence, and let me express who I am; the photos of generations of family; the chest from my grandparents' house. All would be gone.

Next the bathroom. How will I shower and brush my teeth? Wash my face, brush my hair? How will I find a toilet when I need it?

Then the kitchen. I love to cook; it gives me pleasure as well as good nutrition. I have beautiful dishes,

handmade bowls and mugs, and just the right cookware for me. I love the dining table where family and friends have gathered so many times, where the sun kisses the backs of the chairs in the winter. It's all gone.

Finally, the furniture we have enjoyed for years, my just-right reading chair next to the west-facing window with the cabinet shelf perfectly placed for my cup of tea. My plants, my books, my sewing machine and all the waiting fabric and yarn for projects in the future. The art on the walls, photo albums, games and toys stocked up for visiting children. All these things I love, simple comforts and pleasures, all gone.

And that's just the house. I would also leave the gardens, the trees, my bicycle, my kayak.

It's likely that, having lost my house, I would leave the community that's been my home for decades. I have deep roots here, but roots depend on having a home. I would lose my church, my coop, my library, my gym, my neighborhood. I would lose the people who know me as an educator, a parent, a friend, a gardener, a helper.

Can you imagine yourself without all the physical and emotional comforts of your home? Can you imagine yourself without the relationships and organizations that bind you to your community, the place you are seen and known and appreciated? Who would you be without your community, without anything you have loved?

I wonder about the tired-eyed woman at the stoplight. How did she get where she is today? There are so many ways to lose a home — was it illness?

(See *Ways of Seeing*, Page 5A)

Ways of Seeing

By Abi Sessions



lose my church, my coop, my library, my gym, my neighborhood. I would lose the people who know me as an educator, a parent, a friend, a gardener, a helper.

Can you imagine yourself without all the physical and emotional comforts of your home? Can you imagine yourself without the relationships and organizations that bind you to your community, the place you are seen and known and appreciated? Who would you be without your community, without anything you have loved?

I wonder about the tired-eyed woman at the stoplight. How did she get where she is today? There are so many ways to lose a home — was it illness?

(See *Ways of Seeing*, Page 5A)

Stuck with budget coffeemaking

I need to accept reality: I am never going to own a fancy coffeemaker. We all have our struggles.

Now, I'm no coffee connoisseur. While purists weigh their ground coffee beans to the milligram and use only purified water from mountain streams, I eyeball amounts and use tap water. All I want from coffee is that it is hot and dark and contains enough caffeine to restore my ability to make out shapes every morning. (I can picture the purists biting their fists as they read this.)

Similarly, I don't care how my coffee is concocted. I've gone through every system you can think of: drip, Keurig, percolator, French press. They all have their pros and cons. The purists, rending their garments by now, will enlighten me, in clipped tones, about which method best draws out the aromas of the beans vs. which makes burnt sewer water, but here's the thing: it doesn't matter. All coffee tastes pretty good to me.

At home, I use a drip coffeemaker — not because it brews the finest coffee but because it brews the most.

If I brew coffee for a group using a French press or a Keurig, the first person will be finished with their cup before the last person gets any. That's no way to treat my guests, or even my relatives.

I dream of an elegant coffeemaker with sleek lines and a backlit screen, though I know I won't bother with

any of the space-age features. I just want the look.

Until late last year, I had been using a 20-year-old, 12-cup Mr. Coffee. It was made of shiny black plastic with three buttons and a digital clock that showed the wrong time. It was a budget model Mark had picked up at the drugstore to put in the camper we used to own. Seven or eight years ago, I found it in the attic and started using it.

After we redid our kitchen in 2021, however, I felt like something fresher with more buttons and lights would suit the space better. But I had a problem: the Mr. Coffee was in good working order.

As a child of children of the Depression, I'm incapable of throwing out anything that's still functional. That's why I still own skinny jeans and why our 13-year-old TV is not getting replaced anytime soon.

I couldn't even give the Mr. Coffee away; it was all banged up, and the finish on the heat plate had long since worn off. In other words, it was too ugly and rundown for anyone but us.

I found myself hoping it would spring a leak or get zapped in a power surge, but it kept making coffee, without fail, day after day.

Then, last December, I invited a dozen coworkers over for holiday cookies and coffee. An hour before

(See *Jessie*, Page 5A)

Letters to the Editor

Ex-president unfit for office

For a piece of the action, Donald Trump peddles a Bible, five times the normal price. Frankly, there is nothing inside books or a Bible that guides his conduct in business or golf.

Ask 4,000 litigants, who have sought equity, after enduring Donald deals. Ask the Selective Service System and IRS. Ask the young girls, who found themselves next door at Jeffrey Epstein's house. Ask his former staff, who worked in the White House. "Dangerous. Unfit for office."

... Actually, unfit to run his own empire, the business of himself, six times bankrupt, let alone share documents and codes.

Daniel Patrick Moynihan would not be pleased with what has been done to his quote about opinion and fact. We have become "entitled" to making fact of opinion, while encouraging hatred and revenge.

Alexander Lyall
Middlebury

Two candidates offered answers

I attended the recent Addison County Senate candidate debate sponsored by the *Addison Independent*. Perhaps the most pressing issues facing our county and state are the inter-connected challenges of ensuring that our schools are strong and fully funded, while at the same time finding strategies to provide sufficient affordable housing and keeping a lid on property taxes. John McCright zeroed right in on these issues with his opening questions.

I was impressed by all four candidates and their obvious love of this county and state. But I was also dismayed at the lack of proposed solutions put forward by Steve Heffernan of Bristol. He struck me as a good man and a much beloved local citizen, but he could only parrot the national Republican messaging with his call for less government and less taxes. Nobody likes bureaucracy or taxes, but when asked for any specific ideas on how to keep our schools open and fully funded while lowering taxes, he said he was not a policy wonk.

Fair enough, but he is running to be a policy maker, so this left me very uneasy. Landel Cochran forcefully called for banning out-of-state private equity real estate investors that buy up properties and flip them for a profit — raising housing prices and limiting permanent housing stock for everyone while profiteering. In 2021, the number of houses purchased by these investors doubled and this trend is growing. But Cochran had no concrete ideas for addressing how to lower taxes without merging or closing schools.

On the other hand, Ruth Hardy and Chris Bray impressed me with their strong track records of public service, commitment to problem solving, and efforts to support our schools while restructuring our tax system to make it more sustainable for working people. If you want public servants working to actually solve our problems, vote for Hardy and Bray.

Betsy Taylor
New Haven

Choices loom in ACSD spending

As budget development season approaches, I have been reflecting on what the school budget represents to the members of our ACSD community. Most importantly, our budget represents the mission and vision of the district, which reflect the values of our member towns and serves as the School Board's commitment to uphold those values.

Operationally, the budget is the financial pathway to achieving equitable educational outcomes, a critical strategic blueprint for our professional teams, who guide the learning of our 1,650 PreK-12 students. Currently, the budget also represents the primary economic driver of

(See *Baker letter*, Page 4A)

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Assistant Editor: John S. McCright	Advertising Managers:	Business Manager: Elsie Lynn Parini
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Letters to the Editor

Houseless, & their resources, deserve our support

In response to Holly Stark's letter to the editor of Oct. 3, 2024:
Ms. Stark's stated solutions to the presence of people with nowhere to go are not solutions at all. Some homeless people have simply lost a job, had an accident, or perhaps experienced a personal or natural disaster. Some, as she correctly notes, have mental health or addiction issues. To summarize her solution, she wants to criminalize homelessness, isolate street people out of town, end services, and make "our quaint little town" safe, hygienic, and aesthetic without taking any responsibility for those among us who have slammed into a ditch.
According to a recent study, most of Vermont's unhoused people have Vermont roots, some of them going back generations. (only about 4% are not from

Vermont). To be "productive" (her word) some need respectful, intelligent assistance. They might need services to leave addictive drugs and aggressive behaviors behind; to access mental health providers and doctors and dentists; and to find housing. Some simply need ways to look for a job, clean clothes to wear, and enough to eat until they do. The average homeless person is homeless for less than six months. Many of them are off the streets in less than a week. The chronically homeless are relatively rare, but they have become the public stereotype of a street person.
These are all real people with individual histories like those of us with homes. In other words, they are people, not "problems." Ask yourself, how did they end up where they are? Could that happen

to me? Ask what we can do as a responsible community to provide a safe place for everyone to grow. We all need to be safe, including the people in our community without homes. But inclusion rather than exclusion is what's needed. And housing.
I think we can all agree that encampments are not a good way to house anyone, and winter is coming. Here's a real problem: There is not enough housing or shelter space in Middlebury. Lots of people are trying to change that. Let's support them!
"The true measure of any society can be found in how it treats its most vulnerable members."
— Gandhi

Rebecca Holmes
Salisbury

Incumbent Senator merits backing for many reasons

I will be voting for Chris Bray for Vermont State Senate, and I urge you to vote for Chris too. Chris has been a leader on such important issues as food, agriculture, clean water, clean energy, healthcare, affordable housing, and education. His positive impact on Vermonters' lives extends beyond his constituent towns in and near Addison County, to the entire state. He listens to his constituents and fellow legislators, and cooperation with others makes him an especially effective senator.
Here's what Chris has *not* done: Despite false statements by the Vermont Republican State Committee, he did not vote to raise your property taxes. Those

taxes are set by voters in each school district when they approve their annual budgets. The State Legislature is obligated to raise the dollars needed to fund those budgets. Chris Bray actually worked to find other sources of school funding, helping to limit what would have been even higher property tax increases. This was a difficult year for school funding, especially in light of a 13% increase in health insurance premiums and the ending of federal COVID funds, and Chris has worked with his legislative colleagues to minimize the impact on taxpayers.
Chris Bray is also being targeted by out-of-state fossil fuel interests because of his courageous efforts to move

Vermont's economy away from fossil fuels. That's important: Just this week, Florida was devastated by flooding and other impacts of Hurricane Milton, and researchers suggest that property damage from that event was twice as expensive as it would have been without global warming caused largely by fossil fuels. Vermonters, too, have experienced significant flooding in recent years that was exacerbated by global warming.
As a senator, Chris Bray has been a steady, effective presence, pushing legislation to help Vermonters and the wider world. Your vote for Chris will help keep him working for us.

Richard Wolfson
Middlebury

Baker letter

(Continued from Page 4A)
property tax rates, an important variable to control for the sake of affordable residency. Each of us likely views our school budget in a unique combination of these perspectives. Our development process needs to honor them all.

Last year's budget development was characterized by two major themes. First, the budget was designed to be a bridge. It bridged the transitional year between superintendencies, the gap between ESSER funded resources and our new post-pandemic status quo, and it helped us enter the years where the School Board's Strategic Plan will be implemented. The other major theme was Act 127, which diminished our district's tax capacity, meaning the same level of staffing and services now costs our district more. This new law, and the ensuing legislative chaos, led to a historic number of budgets being voted down across Vermont.

It was heartening to be one of those districts who chose to pass a budget on Town Meeting Day. The ACSD community is proud of its schools. That pride is felt daily within our classrooms, which is good for our students and staff. Despite the community's generosity in FY25, we recognize the harsh impact of Vermont's education funding decisions on ACSD's taxpayers and know the strategy in FY26 has to change course in response. A passed FY25 budget allowed us time to plan for that change properly, a luxury for which we are grateful and one not afforded to many districts across the state.

Although personnel and commercial costs continue to rise in every industry, we recognize that our communities do not have the capacity to absorb increased educational spending. To contend with rising costs of wages, healthcare benefits, and more, the district will need to determine a fair and effective strategy for considering our use of funds differently. Personnel costs represent nearly 85% of our school budget; the absorption of rising costs may mean reducing existing positions. These difficult actions are not unlike the hard decisions happening within homes across our community. We approach this challenging financial time with the same mindset.

As I've known it, Vermont has never been a state that desired to work at scale. Our farms, schools, hospitals, police and fire departments, libraries, and municipal government offices are small and community-focused. The Vermont Commission on the Future of Public Education will likely recommend changes to this perspective to bring financial capacity, equitable opportunity for student success, and all that we love most about our educational system into better balance as we approach the future. The Commission's charge is to design a system that reassures Vermonters that the future and financial sustainability of public education in our state is bright and promising.

Our ACSD team is partnering with our local legislators in this work. The impact of these systemic discussions will not

be operationalized until FY 27. As we await the results, we are preparing a more streamlined financial plan for the education of ACSD students in this next school year.

Together, I believe we can create a spending plan for FY 26 that protects and preserves the trust of our voters, advances the work of our strategic plan, and honors the values that have led to widespread and historic support of public education within our ACSD community. In that spirit, we invite your input as we develop the first draft of next year's spending plan. It would help us to know the educational priorities we should hold in the highest regard, the constraints we should pay the greatest attention to, and the new work we should protect most carefully. We invite you to participate in two ways:

- On Oct. 22, at 6 p.m., we will host a community conversation and listening session to inform the first draft of our budget. This meeting will be held simultaneously in the MUHS library and at Bridport, Cornwall, Ripton, Salisbury, Shoreham, and Weybridge schools.

- If you can't attend, you can still share your thoughts using an online survey at tinyurl.com/ACSDlistening or look for it on the front page of the ACSD website under "Latest News." Please complete the survey by 9 p.m. on Oct. 22.

Thank you in advance for your partnership; we look forward to receiving your guidance.

Wendy Baker, Ed.D.
ACSD Superintendent
Middlebury

Letters can be found on Pages 4A, 5A, 7A and 8A.

Jessie

(Continued from Page 4A)
their arrival, I began setting up. In the process, a disaster — or happy accident? — occurred: I smashed the Mr. Coffee carafe on the edge of the counter.

Without a carafe, there would be no coffee. My guests would have to choke down their gingersnaps with nothing but their own saliva. I'd never live down such a hostess failure.

I drove into town in a panic, stopping everywhere I might find a new or used replacement. I found plenty of coffeemakers, but no carafes sold separately. With only a half-hour before the party, I was left with no other option: I would have to buy a new coffeemaker.

What serendipity! Now I could finally upgrade my beat-up old Mr.

Coffee with something high-end — out of dire necessity, mind you, not shallow consumerism. How noble of me.

But no. The selection in town was limited. Muttering about the injustice of it all, I ended up bringing home another plain, black plastic budget model.

Now every morning, I stare dead-eyed at the new coffeemaker. It's nondescript, with no cool features other than a gray LED clock that reads the wrong time

(I'll get to that someday). But it makes a decent pot of coffee, by my standards. So I have to keep it. Forever.

What's worse, even if it does break someday, I've still got the old Mr. Coffee tucked away in the pantry as a backup. And a well-meaning friend has since told me she has at least two spare carafes that are compatible with it.

So here I am, stuck with not one but two reliable coffeemakers that may well last a lifetime. I have the worst luck.

Ways

(Continued from Page 4A)
Divorce? Fire? Flood? Loss of a job? Incarceration? Addiction? And who is she? What is she good at? What does she love? What does she hope for?

There are many barriers to learning the answers to my wonderings. Sometimes the best I can do is just to know she is not some "other" to be ignored and forgotten. She could be my sister. She could be me.

Abi Sessions, formerly of Cornwall, lives in Weybridge with her husband, Bill.

ATRIA COLLECTIVE SEEKING BOARD MEMBERS

If you have some time and talent to spare, please consider applying to join the vibrant board of Atria Collective (formerly WomenSafe) an organization that works to eliminate domestic and sexual violence in our community. Your skills would be a great addition to our engaged team of visionaries. We typically meet one evening per month, in Middlebury. Our board utilizes a policy governance and shared leadership model. Participation and childcare stipends available for interested candidates. Atria Collective prioritizes recruitment of members of diverse backgrounds and qualifications to help us address challenges of power, culture and privilege. We are also in special need of people with skills in finance, non-profit HR, and/or stewardship.

If you're interested, please submit a letter of interest to Margaret Miles (Board Member) at margaret.miles@vermontstate.edu If you have a resume, you are welcome to submit it with your letter. We will begin reviewing applications October 17.



Atria
COLLECTIVE

24 Hour Hotline: 802-388-4205 • info@atriavt.org

Elderly Services, Inc.

Fall 2024 Community Education Series


October 24:
The 10 Warning Signs of Alzheimer's
This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor. We also will review local resources that are available to Addison County residents and answer questions you may have.

Presented by Megan Polyte, Policy Director, Alzheimer's Association of Vermont
Thursday, October 24, 4:00 p.m. - 5:30 p.m.

November 12:
You are Not Alone - Navigating Care for your Aging Loved One
Your loved one is getting older, and their abilities and needs are changing. Join us for an educational discussion program presented by Elderly Services staff members Eileen and Joanne and learn what you can do to support your elder loved ones.

Presented by Eileen Lawson and Joanne Corbett, geriatric social workers, Elderly Services, Inc.
Tuesday, November 12, 4:30 p.m. - 6:00 p.m.

All three sessions are free and open to the public and will be held at the Middlebury Congregational Church.



Elderly Services
Supporting Elders and Families since 1981
112 Exchange St., Middlebury, Vermont
802-388-3983
www.elderlyservices.org

**To RSVP or learn more, call Eileen Lawson at Elderly Services: 802-388-3983
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ADDISON COUNTY

Obituaries

Larry Blacklock, 71, of Addison

ADDISON — Larry Blacklock, 71, of Addison passed away peacefully, surrounded by his family, on Oct. 8, 2024, after a six-year battle with cancer. He was born on July 5, 1953, the son of William and Martha (Benedict) Blacklock.

Larry was a lifelong farmer, firefighter, and active community member who enjoyed bowling, hunting, motorcycles, gardening and most of all, being with his family.

Larry was born on his family's dairy farm in Addison, Vt., and farming was his way of life and how he would later raise his own children. In 1971, after graduating high school, he joined the Addison Volunteer Fire Department (AVFD) and was an active member for 53 years. Larry held an officer position for 26 years; Pumper Lieutenant 1977-1982, Second Assistant Chief 1982-1988, and First Assistant Chief 1988-2003. Larry became a Life Member of AVFD in 2016 and received the Addison County Firefighters Association (ACFA) Chief Officer of the Year award in 2000. During this time, he was also a training officer and was on the Truck Committee to plan and purchase the first brand new pumper for the department.

As an extension of AVFD Larry was also Addison County Fire Investigator from 2006-2018, a passionate member of the ACFA Scholarship Committee for over 20 years, and a Charter Member of the Red Knights International Firefighters Motorcycle Club,



LARRY BLACKLOCK

VT.IV. Chapter, since 2008. His commitment to the community also included being an Addison Town Zoning Administrator, a member of the Lake View Cemetery Committee, and a member of the Tri-Town Water Board from 1994-2024, along with various other positions over the years.

Larry sold the dairy farm in 1992 as the farming landscape was changing and it wouldn't be the path forward for the family. In 1995 Larry's career path changed as he started working for the Vermont State Highway Department out of Middlebury. Larry became Road Captain and was dedicated to maintaining safe roads during the worst weather. He stayed in this role until his retirement in 2016. Even during his time at the Highway Department and in retirement he continued working for local farms when they needed him — farming

was always a part of him.

Larry is survived by his four daughters, their spouses and partners, six grandchildren, and his daughters' mother. They include daughters Kristi Blacklock (Matthew Gratton), Mary Blacklock (Dennis Poole), Bridget Blacklock (Nathan Hayes), and Rebecca Blacklock (Josh Mandell); grandchildren Chessley Blacklock-Votava (Mary Blacklock-Votava), Genevieve Jackman, Idalee Jackman, Kryllin Mandell, Attilia Mandell, and Atticus LaBarre; and mother to his children, Jennifer Blacklock Lowe. He is also survived by lifelong friends Todd and Dawn Reed and close family friend Jonathan Zimmer. Also, he is survived by his siblings Donna Sumner, Andrea Blacklock, and Rodney Blacklock.

Larry was predeceased by his parents, William Blacklock of Addison and Martha Blacklock of Vergennes.

Brown-McClay Funeral Home at 48 South Maple St. in Vergennes hosted visiting hours on Sunday, Oct. 13, 2024, from 4-6 p.m.

A funeral service was held Monday, Oct. 14, beginning at 11 a.m., at West Addison United Methodist Church, followed by interment at Lake View Cemetery. Light snacks and refreshments followed at West Addison Community House.

In lieu of flowers, contributions may be made to Addison Volunteer Fire Department Pumper Fund. "AVFD" at 44 VT-17, Addison, VT 05491. ◊

Betty A. McIntyre, 81, of Orwell

ORWELL — Betty Ann McIntyre, 81, a lifelong resident of Orwell, died Oct. 9, 2024, at her residence following a long illness.

She was born on July 22, 1943, in Rutland, the daughter of Donald C. and Lillian (Archer) Labshere.

Betty grew up in Orwell, where she graduated from the Orwell High School.

She was employed by the Orwell School hot lunch program, Shoreham Co-Op and then by Nexus Electronics until her retirement.

She enjoyed reading, cooking, baking, walking, and spending time with her neighbors and family. Betty loved spending time with her grandchildren and attending all their events.



BETTY A. MCINTYRE

Survivors include two daughters, Karen Dumas of Whitehall, N.Y., and Kim Collins of Port Henry,

N.Y.; two sons, Robert McIntyre of Bomoseen and Brian McIntyre of Fair Haven; a sister, June Beauregard of Rutland; an adopted sister, Sharon Baldwin of Orwell; six grandchildren; two great-grandchildren; nieces and nephews.

She was predeceased by her husband, Robert E. McIntyre Sr., on April 28, 2001; and an infant daughter, Sandra McIntyre.

There will be no public services. The burial will be in the Mountain View Cemetery in Orwell.

Arrangements are with the Durfee Funeral Home.

In lieu of flowers memorial contributions may be made to Orwell Volunteer Fire Department or Orwell First Response, 604 Main St, Orwell, VT 05760. ◊

John Frederick Allen Jr., 55, of Vergennes

VERGENNES — John Frederick Allen Jr., beloved dad, partner, nephew, uncle, son and friend, passed away suddenly at his home in Vergennes, Vt., on Oct. 5, 2024.

He was born in Ticonderoga, N.Y., on July 28, 1969, to the late John Sr. and Phyllis Allen.

His paternal grandparents Frederick and Shirley Allen and maternal grandparents Anthony and Bernice Urban also preceded him in death.

John spent most of his life in New York, where he graduated from Moriah Central School and built a solid base for his career in excavation and construction. He moved to Vermont to be with his partner of 10 years, Shannon. He made a name for himself working for Parker Excavation in Monkton, Vt., making many connections and friends along the way. He then moved on to SD Ireland Brothers, where he was a superintendent of dirt works until his passing.

John's work ethic and passion for his job were only surpassed by his love for his sons and family. He took many people under his wing over the years, whether it be a new operator who didn't believe in themselves, a friend who needed a non-judgmental shoulder, or a



JOHN FREDERICK ALLEN JR.

child who just needed a comfy lap under the apple tree. John made everyone's life he touched better.

He was a generous man, always willing to lend a hand or beat you to the bill for dinner, sarcastic and funny, stoic yet full of love for those who loved him, and there are many.

John was an avid deer hunter and fisherman, had a passion for dirt bikes, and spent many years in the racing circuit as a mechanic or helping hand for his buddies and their kids. Although a quiet man, he had a sense of humor like no other, his contagious laugh and smile will

be sorely missed. He truly enjoyed the peace of sitting under the apple tree, passing the hours by in conversation, or watching his boy ride his dirt bike.

John is survived by his partner of 10 years, Shannon Bennett of Vergennes; sons Nicholas (Autumn) Allen of Mineville, N.Y., and Lucas Bennett of Vergennes; brothers Jason (Lisa) Allen and Tony Allen, both of Allentown, Pa., and Thomas Allen of Granville, N.Y.; nephews Aiden and Ryan Allen; and niece Casey Rodriguez.

His bonus Vermont family loved him as their own, George and Diane Bennett of Monkton, Cheri Bennett of Starksboro, Kirstein Putnam of Vergennes, and his dear friend Ron Gorton of Vergennes. Many aunts, uncles, nieces, nephews, friends and colleagues will cherish his memory as well.

John will be missed by all who knew and loved him. Until we meet again, rest easy Handsome.

A celebration of life will be held at The American Legion Post 14, 37 Monkton Rd., Vergennes, Vt., on Nov. 2, from 1-4 p.m.

In lieu of flowers, we ask that donations be made to either St. Jude's Children's Hospital or Camp-Ta-Kum-Ta, Vt. ◊

Beth L. Johnson, 48, formerly of Brandon

MARYVILLE, Tenn. — We are sad to announce that Beth Johnson passed away unexpectedly on Sunday in Maryville, Tenn., due to complications of a respiratory infection. She was joined in her final hours surrounded by her family, who will miss her beautiful smile.

She is survived by son, Dylan E. Johnson; daughter Marissa B. Johnson, daughter Sarah Elder and Ellie. She is also survived by her parents, Ed and Bonni



BETH L. JOHNSON

Johnson of Burlington and siblings Christopher, Matthew and Jodie, Barbara, Corri and Justin, Tami and Kira and many loving nieces and nephews, aunts and uncles. Beth was predeceased by her brother Gustav.

Beth was born in Somers Point, N.J., and joined the Johnson

family at six days old to stay with us forever. Beth attended and graduated from Otter Valley Union High School in Brandon, Vt., where she was a member of the Otters Cheerleading Squad and where she made many lifelong friends.

Beth had struggled for years with addiction problems, but was in the process of combatting those issues at the time of her passing. She would be the first to warn people about the dangers that these addictions present.

The family requests that those who wish to express sympathy to consider making a donation to alleviate the unexpected financial burden and allow us to honor and cherish her memory at this difficult time, % Matt Johnson, 90 Hood St., Winooski, VT 05404, or mattedj@me.com. ◊

Thomas Gordon McClay, 64, of Ferrisburgh

FERRISBURGH — It is with great sorrow that the family of Thomas Gordon McClay announces his passing on Oct. 13, 2024. Thomas was born on June 12, 1960, in Middlebury, Vt., to James and Shirley (Searles) McClay. Thomas' deep love and devotion to his Catholic faith sustained him especially through the trials of this past year.

After graduating from Vergennes Union High School Thomas enlisted in the Army, where he served with the 1-125th in Hawaii. Upon his return, he married the love of his life, Giselaïne Mailloux, with whom he cultivated a loving marriage of 39 years. They settled in Ferrisburgh and their family flourished to include six daughters, one son, and the precious gift of 26 grandchildren, all of whom cherished their "Peper."

Thomas shared his incredible work ethic everywhere, including Mailloux's VT Country Farm Market and as a master plumber at J.W & D.E Ryan's.

He fostered a love for sports through his role as a soccer and basketball coach, greatly influencing many young lives. He deeply cherished moments with his family, whether it was gathering around bonfires, fishing,



THOMAS GORDON MCCLAY

or simply being together. Thomas devoted his life selflessly serving and sacrificing for his family.

He was preceded in death by his parents, James and Shirley McClay, his in-laws, John and Jeanette Mailloux, and his brother-in-law David Marshall. Thomas's memory is honored by his surviving family. He leaves behind his wife, Giselaïne; children Nicole (Patrick) of Florissant, Mo., Karrinne (Ben) of Ferrisburgh, Danielle (Christopher) of Florissant, Mo., Natalie (Brandon) of Forestport, N.Y., Dominic of Ferrisburgh,

Alyssa (Noah) of Steubenville, Ohio, and Ciara of Winchester, Va.; his 26 beloved grandchildren; his brothers- and sisters-in-law Ginette, Jackie, Denis, Ernest, and Paul; his siblings Jim and Gayle; many nieces and nephews; and his dear friend Dennis Senesac.

In recognition of his remarkable care, the family wishes to extend their heartfelt appreciation to Dr. Kinsey, Sarah, and Brittany of UVM Pulmonology, the Vergennes Area Rescue Squad and the Ferrisburgh Fire Department.

In lieu of flowers, the family requests with gratitude that memorial contributions be directed to givesendgo.com under Thomas McClay's memorial fund.

Visitation will take place at Brown McClay Funeral Home in Vergennes on Friday, Oct. 18, from 5-7 p.m. A Requiem Funeral Mass will be celebrated at St. Anthony Catholic Church in Burlington, Vt., on Saturday, Oct. 19, at noon. Interment will immediately follow at St. Peter's Cemetery in Vergennes, with a reception to follow on the grounds of Mailloux's Farm Market.

Thomas's legacy of love, commitment to his family, and involvement in his community will forever be cherished. ◊

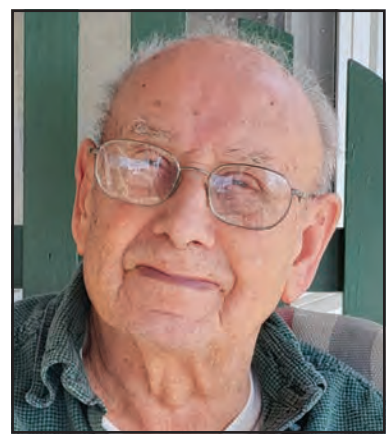
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Jesse C. Hanson memorial service

BRISTOL — A memorial service and celebration of life for Jesse C. Hanson, who died on Sept. 2, 2024, will be held at Libanus Lodge, on the corner of North and Elm Streets in Bristol, at 11 a.m. on Saturday, Oct. 19. A brunch will follow the service. ◊



JESSE HANSON

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DO YOU HAVE AN OPINION?
Email your Letter to the Editor to: news@addisonindependent.com

Rev. Francis Gordon Waugh Mitchinson, 86, formerly of Addison County

TUNBRIDGE — Reverend Francis Gordon Waugh Mitchinson left us in body but not in spirit on Saturday, Oct. 12, 2024, in his home in Tunbridge, Vt.

Born on Nov. 6, 1937, at the parsonage of Sambro, a small fishing village fifteen miles south of Halifax, Nova Scotia, Canada, he was the son of a minister who attended seminary while serving the local church. At just eight months old, his family — including his older brother — returned to northern Newfoundland, where his father served five outposts, traveling between them with a sled and team of dogs. When Gordon was five, they moved to serve a parish north of Ottawa, then on to Montreal and Howick, Quebec, before ending up in Port Henry, N.Y., when Gordon was twelve.

Their ministry later brought them to Hudson, Mich., where Gordon, at sixteen, met the love of his life, Shelia Sprague, who was fourteen at the time. When his parents moved to California, he stayed behind to finish high school and attended Adrian College. On July 25, 1959, Gordon married Shelia, beginning a lifelong journey together.

Ordained in the Methodist Church, Gordon served in various communities throughout southern and northern Michigan, moving as the needs of his ministry changed. Over the years, they were blessed with five children. In 1976, the family transitioned to the United Church of Christ (Congregational) and moved to Quebec, serving churches in Rock Island, Stanstead, and Beebe. After a short period



REV. FRANCIS GORDON WAUGH MITCHINSON

of time, they settled in Vermont, where Gordon served the Cornwall-Weybridge parish for eleven years, and later the Hinesburg-Monkton parish for fifteen years — a total of forty-nine years in the ministry. Even after retiring to Tunbridge, Gordon continued to preach whenever he was needed. He often joked about retirement, once coming inside after a day of yard work saying, "I thought I could relax when I retired," to which Shelia replied, "Forget it!"

Gordon's love knew no bounds, and he approached each relationship with a deep and genuine interest in others. He was always quick to ask how you were doing, truly listening to the answers, and offering words of encouragement or understanding. Known to end phone calls or goodbyes with a heartfelt "Love ya, love ya!" he made sure those around him always felt cherished and loved. One of Gordon's greatest joys

was spending time with Shelia, especially at the Tunbridge World's Fair — a tradition they held dear. His presence there, alongside his beloved wife, was a reminder of his unwavering devotion to her and the community he loved. Gordon also had a well-known sweet tooth, delighting in all kinds of treats. Sundaes and rhubarb pie were his favorites, and he never missed a chance to enjoy a sweet moment, whether shared with family or enjoyed quietly on his porch in Tunbridge.

Gordon is survived by his wife of sixty-five years, Shelia, and their children and spouses: Francis Brodie and Thatney Mitchinson of Essex Jct.; April and Barry Burnham of Middlebury; Dawn Arnold and Scott Shirley of Gaysville; Toby Mitchinson and Theresa Ko of Swanton; and Brooke Milo and Steve Messier of Westford. He is also survived by eleven grandchildren: Angela, Evan, Brodie Lee, Amber, Rayce, Owen, Leif, Ivy, Avery, Grady and Carter; and five great-grandchildren Liam, George, Lilah, Montgomery, and Emerson.

Calling hours will be held on Friday, Oct. 18, from 7 to 9 p.m., at the Boardway & Cilley Funeral Home, 300 VT Route 110, Chelsea, Vt. A funeral service will take place at the Tunbridge Church in Tunbridge, Vt., on Saturday, Oct. 19, at 2 p.m. All who wish to honor Gordon's life and legacy are welcome to attend.

A private message of sympathy for the family can be shared at www.boardwayandcilley.com.

Letters to the Editor

Three out of four Senate candidates presented well

I attended the Addison County Senate forum held at Bristol's Holley Hall on Thursday, October 10. Unfortunately, this forum was not recorded so I would like to relate some of my impressions. Seeing many lawn signs supporting Mr. Heffernan propelled me to learn more about him. I'm glad I did.

First impression: three of the four candidates presented themselves very well. Mr. Heffernan didn't get the memo to dress to impress for the Senatorial role he is seeking, nor did he have any ability to clearly communicate any solutions to his grievances. He repeated the same answer for all questions posed and even suggested students learn "only reading and arithmetic and skip all the rest" when asked how he would lower the education budget.

Second, he read directly from

his web page to introduce himself to the audience. He did not prepare anything new for us to learn.

Third, one-third of his funding comes from the Burlington area. What did he say to these folks to convince them to support his candidacy when he failed at convincing those of us in attendance that he is capable of the job?

Fourth, he stated his proudest moment was helping folks during a severe winter storm as a member of the National Guard, but doesn't believe government can help folks in other capacities.

Mr. Heffernan may be a nice guy but is sorely uneducated about the role and responsibilities he is seeking. Vermont has 30 Senate positions. Asking for a Senate seat without a resumé in another government, school board,

or selectboard position does not qualify him to represent us effectively.

Addison County citizens are in great hands with our current state senators, Chris Bray and Ruth Hardy. Their ability to educate us on how budgets, bills and the legislative process works was greatly appreciated. Both work diligently on committees not only during the Legislative assembly but throughout the year.

While legislators receive a small salary for the weeks the assembly is in session, compensation for work done outside this calendar has not been previously available. This dedication and work ethic from Senators Bray and Hardy is commendable and is deserving of our votes.

Marianne Eaton
New Haven

Insurance companies discriminate against our county

For many years I have been more than satisfied with MVP health insurance (recently UVM/MVP). Thus, I was distressed to receive a letter from MVP stating that my plan would be discontinued. Inquiry with MVP revealed that they were ceasing coverage in many of the counties in Vermont, Addison County being one.

I explored alternative insurance

and discovered that they too discriminated against Addison County. Insurance companies have different charges for physicians In and Out of Network. One of my physicians has offices in Burlington and Middlebury. Burlington is In-Network, Middlebury is In-Network, Middlebury in Addison is not. Will I pay Out-of-Network costs when I go to the Middlebury office? That makes no sense. I suspect that

there are many specialist practices with branch offices in Middlebury where the same differentiation of coverage obtains.

Insurance company discrimination of coverage to select counties fails to recognize "facts on the ground" about how Vermonters can be adequately served.

Dennis O'Brien
Middlebury

Rodney Gibeault celebration of life

CORNWALL — Rodney Gibeault, 82, passed away on Aug. 13, 2024. Please join the family at Rod's home in Cornwall on Monday Oct. 21, at 2 p.m. for a celebration of life and to share fond memories. At this time we will scatter his ashes overlooking the Green Mountains that he so enjoyed.

— Ray, Cora and Bernie. ♦



RODNEY GIBEAULT

Helping Turning Point and Zen Center is good for the whole community

I read the recent coverage noting the concerns of some in the community about the relocations to Court Street of Turning Point Center and the Breadloaf Mountain Zen Center. As the former Lead Minister of the Champlain Valley Unitarian Universalist Society, I have firsthand experience of working with these organizations. I hope that despite the reported misgivings of a few neighbors, we collectively understand that any move that helps them better fulfill their missions is good news for all of us.

I get how new neighbors can easily imagine threatening scenarios involving some people these organizations serve. But the problems they address are generally most acute when such people are out in the community without access to these services, not when they are taking advantage of them.

I want to say something in particular about BMZC's

Gather drop-in center and the "homeless" people who are among its guests. I was so impressed with BMZC's execution of its vision of hospitality when it created Gather that I became a volunteer host there upon retiring from CVUUS in June, 2023.

Yes, Gather attracts people who lack housing, or whose housing is precarious. Not surprisingly given its daytime meeting hours, guests tend to have part-time jobs or no paid employment at all, but that's also true of many of the older folks who are trained "hosts." Mental and physical health concerns are common topics of conversation, but so are town gossip, popular culture, memories of growing up around here and just about anything else people like to gab about. Board games are played and art is made. Food is shared. Clothes are washed. Some folks shower. The goal, as Joshin

wrote, is truly for all guests and hosts to grow "in trust, respect, and mutual understanding" of others whose lives may be very different. It is regularly met to an extraordinary degree.

The hosts undergo serious training and have weekly meetings to help that happen. But I know regulars among the guests are now among the most devoted and effective

protectors of this welcoming space. Treatment for cancer has kept me from hosting during the move to Court Street. But I can't wait for that necessary exile to end. And I strongly urge anyone with qualms about Gather's presence in the Middlebury Union High School neighborhood to visit.

Barnaby Feder
Middlebury

Gary Pomainville, 72, of Lincoln

LINCOLN — Our beloved Gary Pomainville, 72, of Lincoln Vt., unexpectedly passed on Oct. 14, 2024. He is loved and missed by his brother, Ronald Pomainville and wife Monica; and his sister, Denise Pomainville, as well as his daughters, Erica Jedlick with daughter Cynthia, and Jaclyn Paolantonio, husband Dominic, and children Celeste and Walker.

Gary is predeceased by his wife, Marietta Pomainville; his parents, Roland and Hattie Pomainville; and cousins Patricia Drew and Randy Drew.

Many memories of Gary are carried on by his nephew Christopher Pomainville and wife Jeanie, his aunt Lorette and Theresa, cousin Eilien, and so many more family members and friends that are his family.

He had an exceptional collector's eye in the field of art, with a passion



GARY POMAINVILLE

for music (guitars). His humorous tone brought warmth and love to the table.

No services will be held. Please make donations to your local Humane Society and/or One of Us Global Foundation. ♦

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.

Submissions must be received by 11 a.m. on Wednesday for publication in the Thursday paper. Email obits@addisonindependent.com or call 802-388-4944 for more information.

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The Friends Have Moved!!

A huge thank you to those who helped the **Friends of the Ilsley Library** move to our new location at the Middlebury United Methodist Church, 43 N. Pleasant St. We are settling in and are ready to start taking your book donations! Since we are renting this space, we are only able to take donations at certain times. We can accept book donations at the church's northside entrance every Wednesday 10am-noon and most Saturdays noon-2pm. Watch for this sign at the donations entrance. Questions? Email friendsofilsleylibrary@gmail.com



Our next book sale will be Saturday, November 2nd, 10am-2pm. We hope to see you there!

Thank you!
Friends of Ilsley Library

Letters to the Editor

Education is more than just reading and math

At a recent public forum, the Bristol Republican candidate for Vermont Senate stated we should only pay for reading and arithmetic in our schools in order to cut down expenses. As the mother of three professional musicians, two of whom are educators, I have to call out this statement as irresponsible for the future of our society. My oldest son learned to read before he entered kindergarten, but floundered in public school because he could not sit still. By 7th grade, he was failing due to inattentiveness and poor self-esteem. ADHD was just coming on the scene as a diagnosis, so he had no help or chance of success in school until his music teacher put a pair of drum sticks in his hands.

He had been told by his English teacher not to bother applying to college, but he found a percussion program and made dean's list every year of his college career, graduating with a double major in performance and education. He taught public school music for 20 years, taking his students to perform at Chicago Symphony Hall, Lincoln Center, and Boston Symphony Hall.

He is now a university educator.

It just so happened that his music teacher was coach for the Nordic ski team and encouraged my son to race. He found a second outlet for his excessive energy and at 17, was 6th at the Empire State Games in Nordic competition. He still uses skiing and biking to cope with life challenges — skills he learned from public school educators.

My second son taught music at an inner-city program where students came to school from extreme poverty, without food, and with drug addicted or absent parents. His principal told him his main job was to keep the students in the building — he developed guitar and recording programs and steel drum classes, teaching them to read, both the written word and music scores, as well as math skills. Numerous studies have shown a direct correlation between music programs and math scores — I challenge you to investigate. He also started a track team and worked with his colleagues and students to plant a school vegetable garden to supplement student meals, thus promoting the health and welfare of

these disadvantaged children.

These personal examples are why communities need to support the arts and sports in public education. When you lose a child, you lose our future. There is lots of talk these days about the bleeding of young families out of Vermont (actually not supported by recent statistics) but one way to attract families is to provide opportunities and excellence in education with creative solutions. A new resident of Bristol with 30 years' experience in government in Ohio recently stated "complex problems do not have simple solutions — never have and never will." I believe we do not have to abandon essential elements of our culture and society — we can work together for acceptable, affordable solutions.

Like my son, I refuse to sit still for demeaning, uninformed rhetoric. Chris Bray and Ruth Hardy who have 18 years of combined experience working for Vermont's future — and I will carry that tune to the polls on November 5!

Patty Lewis
New Haven

Incumbent lawmaker didn't vote to 'raise your taxes'

The print, online, and TV media are full of messages stating that Senator Chris Bray "voted to raise your taxes" and that the Affordable Heat Act sponsored by him will result in large increases in fuel bills.

These statements are false. Their sole purpose is to unseat Chris Bray from the Senate.

Property tax rates begin with local votes on school budgets. The legislature is required to fund whatever level of spending

was approved by local voters. Senator Chris Bray and other legislators worked hard to reduce the potential impact on property taxes by finding other sources for educational funding.

And the Clean Heat Act does not cost anything—it established a series of studies to look at how we can control our fuel costs in the future. The claims that gas prices or home heating fuel prices will go up by many dollars are numbers pulled out of thin air.

The purpose of these studies is to create a pricing structure that will stabilize fuel costs and keep them as low as possible.

Don't be fooled by the fossil fuel industry's attempts to derail the valuable environmental and climate work led Senator Chris Bray in the Vermont Senate. Vote to keep Chris Bray in his important leadership role.

Spencer Putnam
Weybridge

Senate hopeful has right background, 'mindset'

I'd like to take the opportunity to offer my thoughts to the residents of Addison County about my friend and coworker Landel Cochran, who is running for a Senate seat in the upcoming election. I've worked alongside Landel for nearly a decade. He is a passionate, intelligent, hard-working, and relentless teammate, father, husband and Vermonter. Landel has served the people of Huntington in his personal time as a selectboard member, while

also serving communities across the country and U.S. military personnel around the world as a leader in his career in the software industry. I believe Landel has the skills and mindset to help lead Vermonters to a brighter, fiscally responsible future.

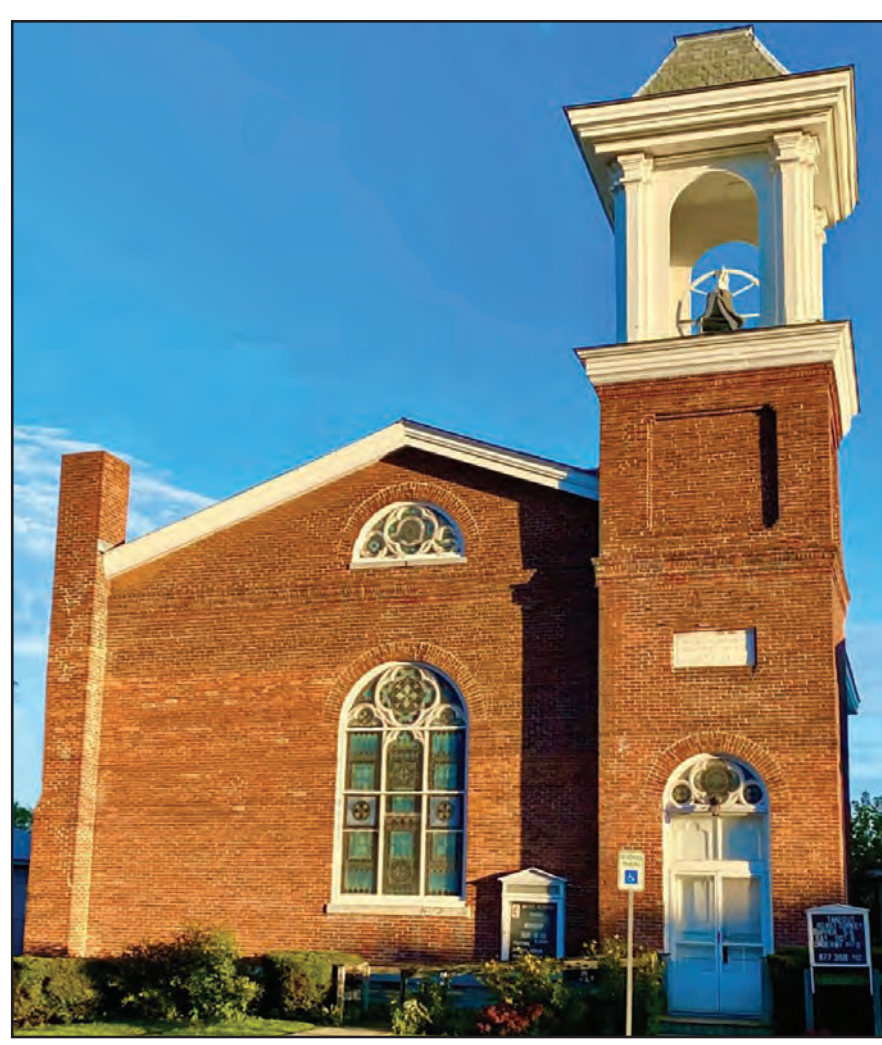
I write this letter as a sixth-generation Vermonter, with my children being the seventh, who chose to leave after 47 years in the state I love. I will always consider myself a Vermonter, but

the fiscal landscape of continuing to stay became too much for me. I'm hopeful that people like Landel can begin the hard work of building a future of opportunity and affordable living across our great state.

Thank you for your consideration of Landel's candidacy. I know he has what it takes to represent the people of Addison County and all of Vermont.

Rob Coli
Clayton, N.C.

Letters can be found on Pages 4A, 5A, 7A and 8A.



City bells ring again

THE BELLS OF the Vergennes United Methodist Church on Main Street are once again sounding after five years of silence. Parish member John Dula and others led an effort to plan, fundraise for and execute the repairs necessary to allow the 183-year-old church's bells to ring again. According to those involved, the work proved to be more complicated than anticipated. Each day, the bells now play at 11:30 a.m. and 4:05 p.m. The Greek Revival style church, built in 1841, is one of the many highlights of the Vergennes Historic Sites Walking Tour.

Democrats wrong on Affordable Fuel Act facts

There are some things the Democrat's super majority does not speak of when promoting the Affordable Heat Act. Vermont has the smallest economy of any state; Vermont's total carbon dioxide emissions are only 1/10 of a percent of total U.S. emissions, the lowest of any state; and Vermont pays more for hydropower electricity than any other place in North America.

The state data below is from U.S. Government's Energy Information Administration (EIA) website: www.eia.gov/state/print.php?sid=vt&where=state is a state's abbreviation

In 2023, Vermont's Gross Domestic Product was 43.1 billion and ranked lowest in the nation

Vermont's carbon emissions were 5.6 million metric tons, just 1/10 of a percent of the U.S. total of 4911.2 million metric tons, again ranked lowest in the nation.

Vermonters are paying more for hydro-electric energy than any other place in North America. *The New York Times* recently reported on each state's sources of electricity. Hydropower is the major source of electricity in four states. They are Idaho, Oregon, Washington, and Vermont. Hydropower is inexpensive to generate, and three

of these states' electricity rates reflect that. But Vermont does not.

The U.S. EIA annually reports each state's average electricity rates. The Idaho rate is 12.28 cents/kWh, Washington is at 12.34 cents, and Oregon is at 15.12 cents. Vermont is at 21.91 cents/kWh.

There is one Canadian Province whose primary source of electricity is also hydropower. (Yes, it is Quebec.) Hydro-Quebec's electricity rate north of us is 7.8 cents/kWh in Canadian Currency. That is 5.8 cents in U.S. Dollars. A kilowatt hour of Hydro-Quebec electricity costs 3.75 times more in Vermont than in Quebec.

Quebec's low cost of electricity heats 80 percent of the homes in Quebec.

The Affordable Heat Act will push Vermonter's oil, LP, and kerosene costs higher to induce us to switch to Vermont's expensive electricity. However, the legislature's focus should be on reducing the cost of electricity instead of setting Vermonters up to pay higher heating fuel prices.

But our electric rates are just going up, the U.S. EIA reported Vermont's average electric rate increased by 5% last year. Legislation this past year allows

Vermont electric companies to increase rates by 3% annually without getting approval from the Public Utility Commission. The goal of Hydro-Quebec's Lake Champlain pipeline is to provide 20 percent of New York City's electricity. Might that create a supply and demand issue causing Vermont's electric rates to increase significantly?

One of the proponent's talking points is that Vermont's home heating fuel dealers will consolidate, monopolize and raise home heating fuel prices. What they do not say is the Canadian company, Gaz Metro, owns both Green Mountain Power and Vermont Gas. Gaz Metro is the largest natural gas conglomerate in Canada. All GMP and VT Gas profits flow North. It is the GMP customers, not Gaz Metro, that pay a 6% surcharge to Efficiency Vermont and cover the cost of all rebates and discounts offered by GMP.

And, if you are a Vermont Gas customer, please note that Idaho's average cost for natural gas is \$12.42 per thousand cubic feet. Vermont's average cost is twice that at \$25.16.

Owen Farnsworth
Lincoln



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VEDA offers a competitive salary and an excellent benefits package for full-time employees. VEDA is an equal opportunity employer and is committed to providing a positive work experience for all employees. To learn more about VEDA, please visit www.veda.org.

Questions about this opportunity may be directed to VEDA's Co-Directors of Agricultural Lending, Sarah Isham (sisham@veda.org) and/or Andy Wood (awood@veda.org).

To apply, please submit your resume and cover letter to VEDA's Director of Human Resources, Cheryl Houchens (chouchens@veda.org).

Porter Welcomes Dr. Kate Geschwind!

We're excited to introduce Kate Geschwind, MD, who recently joined our team at Vergennes Primary Care.

Dr. Geschwind completed her undergraduate and medical school training at the University of Minnesota and concluded her family medicine residency at UVM this past summer.

She provides a broad spectrum of care to patients of all age-ranges, including newborns, and is interested in sports medicine, women's health and procedural medicine - as well as teaching and working with medical students.

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Vergennes Police Log

VERGENNES — Vergennes police on Oct. 12 for the second time in recent weeks took a credible eyewitness report of people climbing over or slipping under the construction fencing at the downtown Vergennes Grand senior housing project worksite on North Street.

However, police again said they found no one at the site, nor were security cameras there activated. They will continue to keep an eye on the site.

Further back in time, city police on Oct. 3 worked with Middlebury, Vermont State and Bristol police on a case in which a Jeep was stolen at 4 a.m. from a Middlebury convenience store on Court Street.

Vergennes police said they found the vehicle in a farm field off nearby Plank Road at around 10:30 a.m. that morning. A suspect in the case was later apprehended by authorities as he walked out of nearby woods, according to city police.

Between Sept. 30 and Oct. 13, Vergennes police also conducted 11 patrols, 18 by cruiser and one on foot, 18 traffic stops, a VIN inspection and a property watch; processed six pre-employment fingerprint requests; responded to three false alarms, and:

- On Sept. 30: Checked the welfare of a female Hillside Drive resident; police said she was OK.

- Talked with a parent who was worried about a teen daughter who had not returned home; later the parent reported that the daughter had returned.

- Calmed a dispute between Hillside Drive apartment neighbors.

- On Oct. 1 began investigating an allegation that a male Northlands Job Corps student had sexually assaulted a female Northlands student.

- On Oct. 2 checked in on a disabled vehicle on Main Street and learned the driver was waiting for a tow truck.

- On Oct. 3:

- Began investigating an allegation that a car had been stolen from West Street. The seller

had said the buyer had not returned the vehicle after an overnight test drive as promised. The car was eventually returned, police said. Later in the week police also investigated an allegation that the person who had taken the car made threats to the seller.

- Checked out a report that a young man was carrying a pistol on Main Street and determined it was unfounded.

- Went to the Champlain Farms convenience store and asked a houseless person who had been loitering there for hours to move along.

- On behalf of state police went to Church Street in Waltham to check out a report that a car that had been in the church parking lot there for hours was joined by other vehicles; the cars were gone when city police arrived.

- On Oct. 4: Calmed a citizen dispute in Shaw's Supermarket parking lot triggered when one man accidentally hit a vehicle with a shopping cart.

- Took a report that a pole and a Vermont state flag flying from it had been stolen from a School Street home.

- Fulfilled the prize earned by a "Cops and Cones" day raffle winner by picking up a Vergennes Union Elementary School kindergartener after school and giving him a four-cruiser escort home.

- On Oct. 5:

- Were told by a citizen calling from the Maplefields parking lot that there were two loud arguments ongoing in nearby apartments. Police found no serious issues, but residents there admitted they could have been quieter.

- Along with Vergennes Area Rescue Squad personnel determined an untimely death at a White Street residence was due to natural causes.

- On Oct. 6:

- Directed traffic around a stalled tractor-trailer truck on the hill near Otter Creek.

- Went to a Main Street business in response to a report that a woman was being disruptive to customers and employees; she was (See Police log, Page 10A)

The Antidote to close its doors this weekend

By ANDY KIRKALDY

VERGENNES — Vergennes restaurant The Antidote will close its doors this Saturday, Oct. 19, after a 15-year run that co-owners Ian Huizenga and Eliza Benton Huizenga describe as largely successful, but more recently less so financially.

The couple broke the news about their Green Street eatery in a social media post on Monday morning written by Benton Huizenga.

"The last 15 years have been nothing short of an amazing whirlwind. The Antidote has been a community gathering spot, a creative outlet and our family. We are incredibly lucky for all the people we have gotten to know and the live music and amazing food we have been able to share," she wrote.

However, she added, it was time for the couple to focus on different priorities, including family — they have two children, ages 3 and 5 — and careers:

"Times have changed, restaurants have changed, and our life has changed. Thank you to all of our amazing staff, currently and over the years, to our families and friends for the unwavering support, and to our community. We are so grateful."

Huizenga expanded on the couple's decision in an interview with the *Independent*. He is approaching two years into a career as a plumber's apprentice working for Vergennes firm J.W. & D.E. Ryan Plumbing & Heating, while Benton Huizenga has joined brother Will Benton with Benton Appraisers, also based in the city.

"We both have good careers, and we want to focus on those and our family," he said.

At the same time both have been keeping managerial roles at The Antidote, Benton Huizenga helping run the front of the house, and Huizenga helping create the menu and specials as well as ordering and sourcing food.

"We've been taking on a fair amount ourselves just to maintain it," Huizenga said. "The toll of running and maintaining and managing the restaurant ... was

ultimately too much to deal with."

He also believes COVID-19 is still affecting restaurants' bottom lines, as are other factors.

"It changed a lot of the way people dine out, and/or don't dine out," Huizenga said, adding that liquor liability insurance costs that have reached \$30,000 a year don't help either.

The restaurant with their efforts was still not quite breaking even, and the prospects for the slow winter months that Vermont restaurants inevitably face were not promising, even with recent karaoke and trivia night promotions.

Huizenga recalled that last winter, when he and Eliza had decided to close down the Hired Hand Brewing pizza branch on the upper floor of their space, they also talked about the

future.

"I'm looking at an October that now resembles a November," Huizenga said. "Eliza and I made a promise last January or February to each other, when we were coming back from a trip, when we were getting phone calls about things going sideways at the restaurant ... that if we weren't firmly in the black in November, that we were going to pull the plug. November came early."

They will be negotiating with landlord and business partner Hans Vorsteveld about terms of The Antidote's lease.

Despite a decision Huizenga acknowledged stings a bit, he joined Benton Huizenga on seeing the positives in The Antidote's 15 years in business.

"We love Vergennes. We absolutely love this community. And it was, outside of my wife and children and family, one of my best experiences," he said. "I got to live the dream. It got to last a long time. There's not many people who can do that. I'm very, very fortunate. And the people that we've met in this community, the musicians, the artists, the regulars, people that came we got to meet on a daily basis ... We've had a great run."



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Work on Lincoln Road wraps up this week

By MARIN HOWELL

BRISTOL — After tackling various projects on the Bristol's Lincoln Road over the past month, town work crews are expected to wrap up work on the road shortly.

Bristol Public Works Foreman Eric Cota told the town's selectboard on Monday that the road was expected to be paved this week after prep work was completed.

"We've just got to shape it back up with the graders, it's getting potholes in it now and everything," he explained.

Bristol Town Administrator Valerie Capels told the *Independent* that grading and paving of the road would not require the road to be closed, "but there may be some traffic control in place."

Paving of Lincoln Road is one of a couple of projects on the road that have taken place since early last month. The road was closed for

about a month beginning on Sept. 3 while crews completed a major riverbank restoration project.

That project was funded by a VTrans Structures Grant and consisted of repairing two sections of riverbank along the New Haven River that were eroding toward the road. Work was focused on "drilling, pinning, and grouting of the stone base to create a long-term slope stabilization measure in the erosion hot spots with a failing road embankment," according to a Request for Proposals for the project.

The project has since been completed and Lincoln Road was reopened on Sept. 30.

Cota wasn't sure on Monday when exactly paving would begin but said if all went to plan the road would be paved this week. Plans call for putting a base layer on the road to get it through the winter and applying the top layer later.

Police log

(Continued from Page 9A)

gone when police arrived.

- Calmed a dispute among Walker Avenue neighbors involving the smoking habits of one, who allegedly threatened the others for complaining. Police recommended a discussion with the complex's property management.

On Oct. 7:

- Backed up Vermont State Police at a domestic dispute on Satterly Road in Ferrisburgh.

- Responded to a one-car accident on Main Street; police said a vehicle left in gear rolled into a fence and caused some damage.

- On Oct. 8 responded to a complaint on Macdonough Drive about a dog running loose. Police provided the owner with a copy of the city leash laws and explained the dog needed to be kept under the owner's control.

On Oct. 10:

- Contacted a Williston resident whose ID card was found in

Vergennes by a citizen.

- Were told belongings had been taken from an unlocked vehicle on School Street.

On Oct. 11:

- Responded to a spat between two drivers who arrived at the Maplefields convenience store gas pumps at about the same time and were blocking each other. Police said by the time they arrived one driver had left for another station, and the other had filled up and also left.

- Heard from a woman at the police station that she believed she had lost her wallet in Vergennes.

On Oct. 12:

- Sent a department Drug Recognition Expert to Bristol to help state police evaluate a suspect for driving under the influence.

- Responded to a minor two-car accident on Main Street.

- On Oct. 13 looked into a report of "issues with (a) caregiver" in Addison, which police said remains



One last meal

LATE BLOOMING PLANTS like this Cimicifuga are crucial for bees and pollinators like this bumblebee because they provide a vital food source during the later stages of the growing season when other flowers are fading, allowing pollinators to build up energy reserves needed for winter hibernation or migration before the cold weather arrives; essentially giving them a last meal before the season ends.

Photo by Susan Humphrey

Bristol to close Briggs Hill Road for winter

The town will explore a long-term fix

By MARIN HOWELL

BRISTOL — Bristol officials have decided to close the west end of Briggs Hill Road for the winter. Meanwhile, they will continue to explore long-term solutions for the road, which was badly damaged by heavy rains in the past two summers and has continued to deteriorate since then.

Town officials noted at Monday's selectboard meeting that the road in its current state is not safe for plowing, which prompted the town to close the road for the winter.

Several Bristol and Lincoln residents attended Monday's meeting to weigh in on the matter. Multiple Lincoln residents agreed with the town's decision to close the road for the winter, but encouraged Bristol officials not to

close it permanently, particularly as the road provides crucial access to and from Lincoln when Lincoln Road is closed.

For example, Briggs Hill Road recently served as a detour during a month-long riverbank repair project on Lincoln Road (which becomes West River Road in Lincoln).

"Long term, River Road's going to wash out again, and when it does, three times since I've been here, the only way to get into Lincoln was up Briggs Hill, and it's a long way around," Lincoln resident Ed Clark said.

"In terms of my day to day life, I don't care if it's closed. I can turn left on Atkins Road, it's not that much farther, but I do think for the town of Lincoln and safety, it's a

potential issue," he continued.

Bristol officials have put substantial time and money into exploring options for addressing the damage to Briggs Hill Road. The road is supported by a slope that runs between Briggs Hill and Lincoln Road. A portion of that slope failed during a bout of storms in July 2023, undermining the shoulder and pavement on a section of Briggs Hill Road.

The town installed concrete blocks to stabilize the slope in the upper section. However, town officials noted this past July that the damage altered the road's stormwater drainage pattern and heavy rains this summer caused more erosion.

The town limited the road to one-way traffic and installed solar-powered streetlights in September to help support the road while it served as a detour during the construction project on Lincoln Road. Bristol Town Administrator Valerie Capels noted in her administrator's report for Monday's meeting that the units cost \$5,000 per month to rent and, due to nearby trees blocking sunlight, the units have needed to be recharged with a diesel generator. Costs associated with the units are not eligible for reimbursement from the Federal Emergency Management Agency (FEMA), Capels wrote.

She noted at Monday's meeting that the town has spent over \$125,000 to date on engineering to identify potential options for the road. The town contracted with engineering firm Dubois & King to conduct subsurface and engineering studies of the area and identify long-term, cost-effective solutions for Briggs Hill Road.

Those recommendations — which include installing a concrete block retaining wall and replacing existing culverts with versions that have a catch-basin placed at the inlet — are expected to cost around \$2.4 million. Capels said on Monday that the town is working with FEMA to qualify for mitigation funding and would only receive that funding if it goes

ahead with repairs proposed by the engineers or comes up with an alternative alignment for the road.

The selectboard on Monday voted unanimously to close Briggs Hill Road for at least the winter. Town officials stated the road will be closed by Nov. 1 and are unsure when it will reopen.

A few of the Lincoln residents in attendance on Monday expressed an interest in working collaboratively to explore options for the future of the road.

"When it comes to future discussions, we're going to try different avenues to see if there's any way that we can help out in the situation knowing that it's your property, not ours," Lincoln Town Administrator Trish Waugh said. "We have a tremendous interest in keeping that area open because of the possibility of Lincoln Road being closed and no good way for emergency services to get in and out of our town."

Lincoln resident Bern Terry echoed that sentiment.

"The desirability of reopening (the road) I think is strong on both sides," he told the selectboard. "For all the reasons mentioned and a handful more, I think it would be great to try to figure out how to keep that second option open, whether it's power, emergency, the Lincoln Road washing out. I think (to) try to work together, perhaps with help from both communities working on this ... would be desirable."

Capels said one of the town's goals is to arrange a community discussion to further discuss the issue in the coming months once town officials have gathered more information and explored possible long-term alternatives.

"I'm suggesting that we continue this conversation later in the winter or the spring at some point and try to bring as much information to the table as we can," she said. "Hopefully before then, we'll find some time to get together Bristol and Lincoln folks and sit around a table, maybe some maps, and just brainstorm before needing to make any decisions."

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Capels

(Continued from Page 1A) meeting, noting that Dec. 20 will be her last day. Capels has served as Bristol's town administrator since 2017.

"We have been through a lot together: staff changes, a pandemic, natural disasters, and several major capital projects, to name a few. The list of accomplishments is long. But it has also been a rough ride at times," she wrote.

Capels detailed various health-related challenges she's navigated in recent years, which have at times required surgeries and daily trips to hospitals around the state.

"Yes, the last few years have been pretty rough. On everyone. I could not have gotten through all of that without the complete support of my beloved partner of more than 36 years, dear friends, the Selectboard, Town staff, and so many others," Capels wrote. "The people of Bristol and beyond have been wonderful and I am deeply grateful for all of the support you have given me. However, I still have more work to do to regain my health, which is where I will be focusing going forward."

Capels listed several reasons why now feels like a good time to make the transition, including Bristol's new grants administrator Freeda Powers providing various



VALERIE CAPELS

support to the town over the past year; town clerk and town treasurer team of Sharon Lucia and Kris Perlee's efforts to reconcile Bristol's accounts and improve its budget and accounting systems; and experienced, dedicated individuals serving in each of the town departments.

"All of these, and more, give me confidence and comfort that the Town of Bristol will have the capacity to keep moving forward on its awesome path and will be in good hands," Capels wrote.

The Bristol selectboard is set to review and possibly approve updates to the town administrator job description at a special meeting on Monday.

Capels noted in her report

that the transition provides an opportunity for the town to revisit the job description before advertising for the position. Among the recommended adjustments to the job description is to separate the Emergency Management Director position out of it.

"With all of the disasters we've had and are likely to continue to have, that alone is a very demanding role, not only at the time of disasters, but in preparing for them with emergency management planning, table top exercises, and more," Capels explained. "I recommend the EMD have a separate job description. Maybe the next TA will be able to navigate both just fine; but it should not be assumed."

Selectboard members noted at Monday's meeting that they'd like to gather feedback from town staff on the position to inform their conversation next week.

"I think it's just nice to have feedback from everyone to see what this job is going to become in the next few years," selectboard member Ian Albinson said. "I think Valerie has sort of changed it a lot from what it originally was because of her skill set, and so we need to see where it goes now. She's (leaving) some big boots to fill."

City council irons out ordinances

By ANDY KIRKALDY

VERGENNES — In addition to modifying the city's winter parking restrictions (see story on Page 1A), the Vergennes City Council has also recently worked on other ordinances.

In September councilors called a public hearing on changes to the city's sewer ordinance to clarify language on tap-on fees and possibly give a break to developers of large residential subdivisions, and in two recent meetings they considered adding language to ban overnight camping on city property.

SEWER ORDINANCE

Back on Sept. 24 the council scheduled a public hearing on an amendment to the rates section of the city's sewer ordinance. The hearing will be on Nov. 12 at 6 p.m., during a council meeting.

The change reads: "Any request (residential, commercial, or industrial) for sewer capacity to be reserved shall pay a one-time fee of fifty dollars (\$50) per unit for residential uses and one hundred dollars (\$100) per unit for non-residential uses. The sewer capacity reserved shall expire in three (3) years if construction has not commenced."

Zoning Administrator David Austin told the council that the

change would bring clarity to the existing section of the ordinance to which they applied.

During the discussion, councilors talked about creating a sliding scale to lower the per-unit fee on larger developments, battling about a few ideas on how to do so. But they ultimately decided that because what they warned for the public hearing was a draft that could be amended, councilors opted not to make any decision until after hearing testimony next month.

There appeared to be support for such an accommodation for developers during the discussion, City Manager Ron Redmond said.

CAMPING QUESTION

On both Sept. 24 and Oct. 8, councilors discussed whether to add language banning camping in public parks.

Currently city parks are already closed after sunset, but according to minutes Councilor Jill Murray-Killon forwarded to the council a concern brought to her by a resident that more specific and comprehensive language could make it easier for police to prevent encampments like the kind that have sprung up in other communities.

One suggestion made at the September meeting was to add

a specific ban on tenting and camping. Citizen Michael Daniels suggested changes modeled after Vermont State Parks rules, which he said allow entry a half-hour before sunrise and require exit a half-hour after sunset.

Mayor Chris Bearor concluded discussion at the earlier meeting by asking Redmond to research what other communities are doing and to make recommendations.

Redmond said later in September that he would probably recommend a change in the city regulations that would both explicitly disallow camping and clarify hours in city parks.

"We are looking at an addition to prohibit camping in public spaces ... and make clear what the opening and closing times are in public parks," he said.

On Oct. 8 Redmond told councilors he had looked at parks in the region and found a wide variety of hours and regulations.

He said he had also talked to Police Chief Jason Ouellette, who recommended open hours of 6 a.m. to 10 p.m. in city parks, while also creating exemptions for residents who were fishing at night and posting clear signs stating the hours.

Councilor Mark Koenig added many residents walk their dogs before 6 a.m., and Councilor Sue Rakowski wondered if the signs should also include warnings about the city's excessive noise ordinance. Some councilors also wondered if a rewrite of other ordinances would be necessary to make any changes to park laws effective.

Redmond said he would discuss questions with city attorney Ed Adreon, and the issue was tabled until the next meeting.

Winter parking

(Continued from Page 1A) year or more had been considering changes to the city's overnight ban on parking on city streets, which they acknowledge city police have selectively enforced in the past couple of years.

That ordinance is problematic in particular for downtown residents whose apartments lack dedicated parking places, and councilors have been lobbied over the years to take them into consideration.

The revised law, which barring

a petitioned vote will take effect in early December, retains the ban from Dec. 1 to March 31, but adds two elements. The most critical change is the addition of the language "when a winter parking ban is in effect."

In other words, only when a winter storm is forecast will city officials activate the ban, which is intended to empty streets so that public works trucks may clear them of ice and snow and spread sand and salt.

The city will alert vehicle owners the ban is in effect through an app called Everbridge that Vergennes has already purchased and residents can download. Residents could also learn they must find alternate parking by logging onto the city Facebook page or Front Porch Forum, or by calling a landline number.

City Manager Ron Redmond told councilors he believes the alert systems would be ready to go before the 60-day waiting period

before the revised law takes effect expires.

"We have the app. We have social media. We have Front Porch Forum," he said at the Oct. 8

council meeting.

If things aren't ready, councilors agreed the existing law and tactics, such as leaflets, would remain in place until the system is a go.

The only other change in the law is that on days the ban is in effect it will begin two hours earlier, at midnight, not 2 a.m.

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Candidate forum

(Continued from Page 1A)

Energy Committee, in addition to serving on the Senate Finance Committee, Legislative Committee on Administrative Rules and the Joint Carbon Reduction Committee.

EDUCATION FINANCE

Candidates this past Thursday were asked how to address the state's education financing challenges, an issue that's been on the minds of many Vermonters following a difficult school budget season and an average 13.8% increase in education property tax bills across the state.

Moderator John McCright, the *Independent* news editor, asked candidates to respond to concerns regarding the cost and manner of educating students in Vermont and how they think the state should raise the funds needed to do so.

All candidates noted the state's education funding system needs reform.

Cochran suggested changing the order of operations in the state's education funding process. Currently, education spending in each school district is determined at the local level and approved by local voters. The Legislature then sets the homestead tax yield and the non-homestead tax rate to ensure enough money is raised to support those voter-approved school budgets through Vermont's Education Fund.

"We shouldn't start with asking everyone what they would like to spend. We should start with calculating how much money we have and distributing that equity appropriately before the school budgets are made, and then the additional amount needed that school budgets want to pay for can be funded directly by the taxpayers in their own district," Cochran said.

He also proposed implementing a property tax cap and separating out from school budgets funds spent at schools for health and social services, and paying for those things separately.

Heffernan recommended finding a new way to tax Vermonters' other than property taxes. He noted other possibilities are placing a cap on the estimated cost of educating a student or finding other sources of income.

"I would find a basic, non-convoluted way to afford teaching our children, and I think it is important that they learn the education of how to read, math, is more important than some of the stuff that's being taught in our education system today," Heffernan said. "The biggest thing is trying to find a new way to afford, other than property tax, to educate our children."

Hardy shared some of the work legislators have done to lessen the

blow of this year's school budget season, such as investing more money in the property tax credit and reinstating the excess spending cap.

She also offered a couple of suggestions for reforming the state's education funding system: ensuring reasonable class sizes that follow best practices and not sending public dollars to private schools.

"I'm committed to further reforming our school funding system," Hardy said. "I've done a lot of work on education finance over the years, and I want to make it more fair, more transparent and more affordable for Vermonters while protecting our public school system and, most importantly, the kids that our public school system serves."

Bray pointed to legislators' efforts to develop the Commission on the Future of Public Education to explore and develop recommendations for the state's public education system. He said legislators are also looking to study possibilities for reducing administrative overhead and healthcare expenses.

Bray also mentioned a proposal he made to take community support services like free meals and counseling out of school budgets.

"All these things are really supports for members of the community, it just so happens that we deliver them at a place called school, and when we support the community at large we generally rely on the General Fund," Bray said. "The proposal I made, and we'll be studying it, is to take those sorts of expenses out of the school budget and that will take pressure off of the Education Fund, including the property tax."

AFFORDABLE HOUSING

Candidates were also asked about where to start in addressing a lack of affordable housing in Vermont.

Hardy said the state needs to fix its emergency housing system, invest in diverse supportive housing (such as housing for adults with disabilities and long-term care housing for seniors), and to continue building more houses.

"That is the crux of the situation; we don't have enough houses built in Vermont and those that we have in Vermont aren't the right match for the kind of houses that we need right now," she said.

Hardy added that the state needs to invest particularly in dense development and downtown areas, put public money on the table to help affordable housing developments pencil out, and seek creative solutions for building homes for all, such as low-cost, energy-efficient manufactured housing.

Heffernan said one way to



AROUND 80 PEOPLE turned out for a candidates forum at Bristol's Holley Hall this past Thursday, where the four individuals seeking to represent the county in the state Senate spoke with voters about how they'd tackle various issues if elected in November.

Independent photo/John S. McCright

address the issue would be less government involvement and less property taxes. He cited concerns with the current permitting process, associated costs, and young families having an increasingly hard time affording housing in the state.

"It's trying to find the areas that can take housing, making the permitting process a little bit easier, keep the government out of it as much as you can," Heffernan said. "As long as you're not abusing our beautiful environment there shouldn't be reasons to stop you from building."

Cochran suggested the state take a 360-degree approach to building as many houses as quickly as possible. He also recommended the state stop increasing land-use restrictions in rural areas until it has enough housing, allow every municipality to designate a housing growth area exempt from Act 250, and continue expanding affordable housing trusts.

Cochran's other proposed solutions include investing in planned urban development infrastructure, banning corporate ownership of existing family homes and embracing entry-level housing options like mobile, manufactured and tiny homes.

"I don't think permanence is our biggest concern right now as much as immediacy," Cochran said. "People need somewhere to live, and we need to do everything we can to make that happen."

Bray spoke about legislators' work on Act 250, the state's land use and development law. He said the Senate Natural Resources and Energy Committee has worked to reform Act 250, making updates aimed at facilitating smart growth while protecting Vermont's green spaces. The resulting bill, H. 687, was vetoed by Gov. Phil Scott earlier this year, and the Vermont Legislature later overrode that veto.



THE FOUR SENATE candidates vying for two seats representing Addison County in the Vermont Legislature discussed affordable housing, education finance and other topics at a candidates forum in Bristol this past Thursday. From left are Christopher Bray, Ruth Hardy, Steven Heffernan and Landel Cochran, as well as moderator John McCright.

Independent photo/Marin Howell

FIGHTING CLIMATE CHANGE

The moderator asked candidates how much the state should spend when it comes to addressing the climate crisis.

Bray spoke about the Affordable Heat Act, which establishes a "Clean Heat Standard," to reduce the state's greenhouse gas emissions in the thermal sector. He noted that the legislation creates a collection of studies exploring the details of such a program, which will be completed January 2025. Legislators will review those reports next session and determine how to move forward.

Bray noted the legislation is aimed at addressing an issue of affordability when it comes to heating fuels.

"When you use electricity, it is regulated by the state, there are no surprises, there are no price spikes," he said. "When you rely on heating fuel, we're in a global market, the last (price spike) was triggered by Russia invading Ukraine and we haven't recovered fully since."

Hardy pointed to recent natural disasters fueled by climate change in Vermont and elsewhere and recommended the state take two approaches moving forward: do its part to slow the impact of climate change (such as by promoting local renewable energy sources and reducing Vermont's reliance on imported fossil fuels) and ensure Vermont is prepared for the effects of the climate crisis.

"We have to both work to slow

climate change in a way that's affordable and equitable for all, and as storms intensify, we have to make sure Vermont is prepared," Hardy said.

Heffernan expressed concerns with the Affordable Heat Act and passing legislation without determining the resulting cost to Vermonters. He echoed Scott's concerns over the affordability of such legislation.

"I have no ill will toward (current legislators) whatsoever, but some of the policies that they're passing really affect me and my family and the future, and we cannot afford to keep doing this for everybody," he said.

Cochran said he supports lowering carbon emissions, but not in a way that sacrifices Vermonters' quality of life. He said he'd like to see the state investing more in its infrastructure and consider Vermont's contributions to global warming when determining how to do its part in addressing the issue.

"We have infrastructure that will crumble with additional climate events if we don't invest in keeping it now, and it will be way more expensive to rebuild than it will be to retrofit and bolster at this point," he said. "As far as taxpayer money goes, I want to see that going into solutions that will help people save their homes and not make us feel better about the problem."

ATTRACTING YOUNG WORKERS

Candidates also answered a handful of questions from the

audience. The final question of the evening was posed by a 26-year-old Bristol resident, who asked candidates to name one thing the state is doing and one thing it could do to attract and retain young professionals.

Due to a lack of time, only Hardy and Cochran got opportunities to respond. Hardy pointed to recent efforts to make Vermont more affordable for young families (such as passing the Child Tax Credit and the Act 76 childcare bill), and said the state needs to provide affordable and entry-level housing options.

"Often times making things more affordable is not achieved through cuts and reductions, it's achieved through meaningful, targeted investments for people that need it the most," Hardy said.

Cochran said the biggest issue in keeping younger Vermonters is affordability. He raised concerns over the current level of spending and increases in taxes in the state but acknowledged a certain level of it can help solve problems, such as in the area of childcare.

"When we talk about making investments, I think we need to be a lot more careful about how much we spend and the rate we increase from what we did last year. It's out of control and it's forcing people to leave," he said. "But I also think we need to embrace our good plans that are showing legitimate results to significant problems that if they're not solved are going to bring us down."

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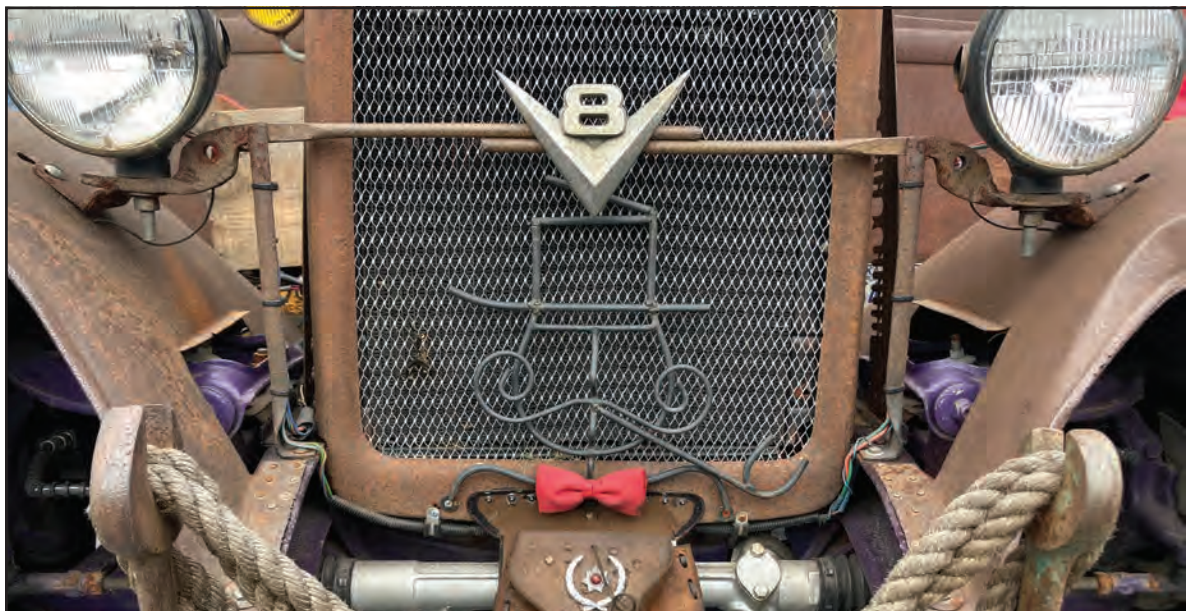
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Car heaven

The 75 vehicles lined up on Main Street for the 3rd Annual Middlebury Car Show & Fall Festival this past Sunday represented a wide range of automotive dreams come true. Hundreds of curious people — from babies to Boomers — casually ambled up and down the street inspecting, praising and gawking at the vehicles.

Clockwise from top right, Emmy Lou (age 6) and Archie (age 4.5) Harlow can't get enough of the Grinch face attached to the front seat of Raymond and Lisa Wood's 1927 Halloween-themed Model T Coupe; Kenny Lenz's 1971 Chevy El Camino faces the Battell Block; a tricked-out 1946 Plymouth P-15 Special Deluxe draws some attention; Main Street is crowded; Vinny Messina's 1964 Buick Riviera stands out with its red paintjob; Anne and Art Cohn's baby blue 1959 Chevrolet Apache 3800 Van is quite distinctive; this 1928 Hudson "Rat Rod" owned by Harvey Simpson is unusually adorned from grill to back bumper; have you seen anything cooler than Peter Beckett's 1959 Locus Seven-Series 1 sports car in front of Buy Again Alley?; Ben Hunt stands behind this unusual goat (?) hood ornament on his 1945 Dodge truck; and the eagle hood ornament flies on Jon Lafond's 1931 Chevrolet AE.



Independent photos by John S. McCright



Salisbury Mills

(Continued from Page 1A)
 Preserve popped up along rivers were flowing water provided seasonal power. According to the town's historical records, Thomas Sawyer, a millwright from Bolton, Mass., was the first to build a sawmill on the Leicester River in the Salisbury Mills area and sawed his first log on June 1, 1783. A grist mill was put into operation the following winter. From there commerce along the mill stream grew.

At full production, horses and mules would have been used to transport materials and wood for fire, trip hammers powered by the river would raise large weights 10 or so times per minute and come crashing down on the molten iron ore to pound out the impurities (slag) that today creates much of the sub-surface of the mill area's sluiceway. Horses and wagons would be hauling grain to the gristmill for grinding, and logs to the sawmill for cutting.

"How do you measure the harmony of the trip hammer pounding away, the constant grinding of sawmills, the horses and animals whinnying and hawing, the bobbin mill preparing the soaked flax fibers for linen and dozens of workers doing the manual labor this all required said Merle Schloff, 73, who has spearheaded the effort to create the preserve over the past 20 years. "The smells, the sounds, the activity... it's all part of the picture we're hoping to recreate here."

The objective in creating the preserve and trail network, Schloff said, was to show "how long and broad the history was of industries

using hydro-power along the Leicester River." The opening ceremony of the trails this past Saturday told of that prolonged journey.

The effort started in the late 1990s when Salisbury residents and historians Jim and Max Peterson bought the 70-acre parcel of land. Max had already written a history of Salisbury and Lake Dunmore and was particularly interested in the mills located along the Leicester River. Not wanting the land to be developed, the Petersons found an ideal solution to best protect the land by selling it to the Middlebury Area Land Trust (MALT) in 2004, while the Vermont Land Trust holds the conservation easements.

The Petersons had already compiled much of the history of the mill area, curated early photos and collected historical artifacts of the mill area when Schloff approached them with his idea for a trail system featuring the industrial history of the area. Thereafter they approached MALT, hoping they would be able to use their research to showcase the area. But while MALT was receptive, the area had a major obstacle: it was landlocked with no easy way to access the property.

"It was very difficult for a long time for MALT to create public access because there was nowhere for a parking lot and nowhere for people to enter the property," recalled MALT Executive Director Jamie Jo Horton in an April story in the *Independent*.

But Horton and others found a solution. They worked with Green Mountain Power to get a trail easement across its property that



A HUGE OLD grinding stone, above left, used to do work in one of the mills but now sits on forest floor near Lake Dunmore. Above right, interpretive signs crafted by Merle Schloff tell the mill's industrial and cultural history.



Independent photos/Angelo Lynn

allows walkers access to the mill area. The New England Forestry Foundation gave MALT permission to build a parking lot on its land just across West Shore Road at the Rogers Road intersection. And the town of Salisbury allowed MALT to build a pedestrian crosswalk with blinking lights to safely cross the road — a needed item when busloads of schoolchildren, as well as visitors of all ages, will hopefully unload on field trips to explore the area.

TRAIL CONSTRUCTION

Once the land was secured for the parking lot and access to the mills area, construction of the trails and interpretive signs got underway three years ago, as did clearing out the forest undergrowth, building a bridge over the sluiceway, and this summer pouring concrete pads for the interpretive signs. MALT trail manager Liam Hickey and crews did much of the trail building and clearing of the undergrowth.

But those steps didn't come easily. Schloff, who has made high quality cherry and maple furniture at his historic blacksmith shop and mill just down the river in the heart of Salisbury village for the past few decades, had first approached MALT 20 years earlier. The idea was eagerly embraced at the time by then MALT Executive Director Gioia Kuss, who would move the project along its early stages but then left for other opportunities.

"I had almost given up on the idea when Kip Andres came up to me a few years ago and encouraged me to try one more time," said Schloff, who is an imposing, 6-foot-3 former college football player for the University of Nebraska with a charming, but matter-of-fact manner.

Horton remembers their first meeting fondly.

"He marched into my office and said, I want to see MALT bring this project to fruition. Every MALT director I've spoken to hasn't been able to do it; this is my last attempt," she recalled Schloff telling her.

"This project would not have come to fruition without him," Horton said. "He's so passionate about digging up the history and has spearheaded a lot of the physical labor."

Schloff credits the late Max Peterson for his inspiration.

"This day is really for Max,"

Schloff said at the ribbon cutting. "He's the one who inspired me with his books on the area's history and, in particular, on the history of the mill area. It's been a long time coming, Max, but we got it done."

WHAT'S NEXT

Phase Two of the project will build a bridge over the Leicester River to create a 2.5-mile loop trail on MALT-owned land with the potential of adding another mile on private land if negotiations work out. Currently the 1.5-mile trail is an out-and-back that goes southwest to a point overlooking the village and a view of where Mirror Lake (now a marshy wetland) was once a more prominent pond. The loop trail will cross the river and walk back on land overlooking the mill area and circle back to the dam just above the entrance to the trailhead.

Phase Two also includes enhancing the website to provide more historical detail connected to QR codes on each of the informational signs along the mill trails. When completed, visitors will be able to use cell phones to click on the QR codes to read more about each aspect of the area. Fundraising for both projects is underway.

"The idea of all this is to make it easier to visualize what it looked like, and sounded like, when all the mill activity was here," Schloff added.

MALT had raised almost \$49,000 for Phase One of the project, and spent \$53,472, Horton said. Phase Two will require a relatively major bridge over the Leicester River, which can get quite large when water is released from the dam. Costs could be double the first



IRON RELICS FROM the area's industrial past are seen on a rock in the area of the old iron ore mills.

Independent photo/Angelo Lynn

phase, Horton said, even though there will be few interpretive signs on the project's second phase.

Why would Schloff spend so much personal time, effort on money on this project?

"For me, it's about giving back to the town," Schloff said at the opening ceremony. "Salisbury has been good to me and my family,

growing up in what is this idyllic community. And it recently occurred to me that I'm the last of a long line of industrial manufacturers along the Leicester River. I understand and connect with this history. This project is a gift from all of us to the town... it's a connection to the heritage that everyone from here is a part of."



THIS TRAILHEAD SIGN is now a prominent feature near the intersection of West Shore Road and Rogers Road in Salisbury. Parking is on the other side of the road and connected by a crosswalk.

Independent photo/Angelo Lynn



TAKING PART IN the ribbon cutting to open the Salisbury Mills Preserve trails on Saturday are, from left, Kip Andres, Jamie Jo Horton, Karen Peterson (daughter of Max), Merle Schloff and Gioia Kuss.

Independent photo/Angelo Lynn

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We had Bristol Electronics install three heat pump systems for us in November of 2023. One system covers our bedroom. The other two systems cover the front side of our home.

We spoke with four different companies before deciding to go with Bristol Electronics. They weren't the least expensive, however their reputation and presentation was, by far, the best out of all of the proposals we received.

The installation team did an excellent job. They were professional, friendly, neat and tidy and left the job with nothing to be cleaned up afterwards.

We have saved money and we feel more comfortable. During our first winter, our heating bill went down by \$200 - \$300 per month while our electricity costs only went up by \$100 per month, saving us \$100 - \$200 per month.

You would think you'd notice the units on the wall, but they really blend in. We don't even notice they are there except that we are more comfortable with them than we were before them.

During our first summer, we sold the three window air conditioners we had been using. We can see out the windows and won't have to put the a/c units in and out when the seasons change. The heat pumps have only needed to be on "low" to keep the temperatures comfortable. We notice we can hear each other better and we don't have to turn the television up to get over the loud air conditioners like we did before. These systems are so quiet.

The heat pumps have provided more consistent heating and cooling than our old heating and cooling equipment. We are saving money, are more comfortable, can hear each other and can see out of our windows.

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ADDISON COUNTY
Business News

Roper joins regional conservation board

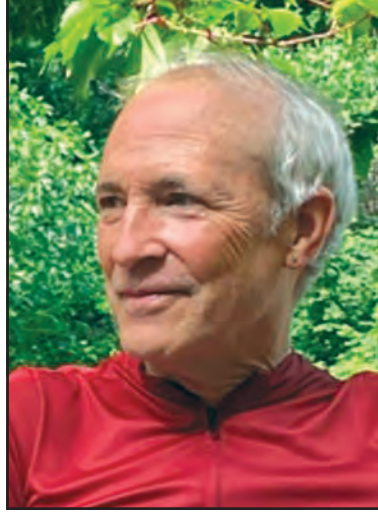
MONTPELIER — Northeast Wilderness Trust (NEWT), a land conservation organization serving the northeastern United States, has appointed Addison County resident Bill Roper to its board of directors. Roper has extensive environmental and land-use planning experience and has served on several nonprofit boards in Vermont, including the Middlebury Area Land Trust, Vermont Natural Resources Council, and the Vermont Housing and Conservation Board.

“We’re thrilled that Bill has joined the NEWT team,” said Jonathan Leibowitz, president and CEO of the Wilderness Trust. “His passion for our mission of protecting forever-wild landscapes, his love for Vermont’s forests, and his deep

knowledge of the non-profit world make him a great fit for this organization at a pivotal time.”

Founded in 2002, Northeast Wilderness Trust is focused exclusively on wilderness conservation. It says that wilderness conservation is an effective, proven solution to the dual crises of climate change and biodiversity loss. NEWT protects 82,000 acres in the Northeast; 18,000 of these acres are in Vermont, including the recently expanded Woodbury Mountain Wilderness Preserve.

“With climate change clearly upon us, I appreciate the opportunity to join an organization whose conservation and rewilding work plays such a critical role in preserving and enhancing habitats serving



BILL ROPER

all species throughout the Northeast,” said Roper, who lives in Weybridge with his wife, Barbara, on a conserved parcel shared with the wildlife.

ACRPC welcomes Leander Ruhl

ECO AmeriCorps service member to work on water quality

MIDDLEBURY — Addison County Regional Planning Commission recently welcomed Leander Ruhl as its new ECO AmeriCorps service member. ECO AmeriCorps members work on projects that improve water quality, restore habitats and reduce waste.

After serving as an AmeriCorps member at The Wild Center, a natural history museum in Tupper Lake, N.Y., Ruhl said he is excited to begin his ECO AmeriCorps term at ACRPC. Through this position, he wants to help Addison County communities create a healthy, sustainable future for its people and environment.

Originally from Germany, Ruhl has been residing in the Buffalo, N.Y., area for more than 17 years. He is not new to Addison County, having graduated from Middlebury College in February 2023 as a biology major. He said he hopes to become better connected to



LEANDER RUHL

the region and its communities throughout the next 11 months. In his spare time, Ruhl enjoys reading, spending quality time outdoors, and keeping up with his favorite sports teams.

New GM takes the reins at the Snowbowl

By ANGELO LYNN
HANCOCK — New to the Middlebury Snowbowl, but certainly not the ski industry, Kim Essensa, took the reins as full-time general manager about three weeks ago and says she’s “excited to be here” and eager to use her years of customer service experience to enhance what the Snowbowl already offers.

“Right now, it’s steady as she goes,” Essensa said in a recent interview, adding she hopes to soon initiate activities and events with the area’s Snow Sports and night skiing, attracting more area

school groups with “a bigger push on events for kids.”

But first, she said, “it’s the season for getting the equipment up and running.”

Last year saw the installation of the new Sheehan chair lift, with a new Worth Mountain lift going in a few years prior to that. This year’s priority, she said, was getting the Bailey Falls lift operational as soon as possible.

Parts have been on order for months for the lift, and while most parts are in-hand, a needed haul rope from SkyTrac is still waiting to be shipped from overseas.

Also planned is a complete refurbishment of the electrical and safety systems.

“Currently we’re at the mercy of the shippers, but there’s no reason we shouldn’t be able to get it open early this season,” Essensa said.

In the meantime, the mountain ops crew has continued to replace and upgrade the snowmaking capabilities in key sections of the mountain.

Night skiing will remain the same three-nights per week — Wednesdays, Thursdays and Fridays — from 4 to 9 p.m. While no new terrain is being added to night skiing this year, it is a topic of ongoing discussion, Essensa said, adding they are enhancing programming around night skiing, which include more opportunities for lessons, group outreach, and a lineup of après events. One event planned will be a Thursday Burger Night special.

Essensa said the ski area, like most other ski areas, is still short of lift operators and other positions on the mountain and will continue to advertise and seek employees for those open positions. She added that a recent change would provide most part-time workers with many of the same benefits full-time employees enjoy in terms of ski area amenities, including free ski passes for the employee and some family members.

She noted that most other operational managers at the Snowbowl would continue heading up the snow sports and ski school activities and other operations as in years past, while she would be working to “immerse myself and understand the Snowbowl’s operations” as the team works to bring in some new concepts in the years ahead.

New this year is that the Snowbowl will be a full member of the Indy Pass. This allows Indy Pass holders to ski other member ski areas free for two days and a third discounted day at each partner resort. In Vermont, the Middlebury Snowbowl joins Jay Peak, Bolton Valley, and Burke Mountain as

Indy Pass partners, well as the nearby Dartmouth Skiway. There are 21 partner downhill ski areas in New England and over 200 Indy Pass partners worldwide.

GROWING UP SKIING

Essensa grew up in Standish, Maine, which is in the heart of the Sebago Lake District and near the Pleasant Mountain ski area, which is Maine’s oldest ski area founded in 1937, just three years after the Snowbowl.

A skier since she was a toddler, Essensa attended St. Lawrence University in New York, before heading to Jackson Hole, Wyo., with her now husband, Fielding. In Wyoming, she said, they “made careers out of being ski bums.”

They stayed 14 years in Jackson, where she would transition from a call-center background to ski school sales and programs to starting the ski area’s guest services and advanced reservations programs.

With the birth of their son, Oliver, now almost 4, they headed back East, landing in Lyme, N.H., where she became director of guest services at Dartmouth Skiway, while her husband is a finance director at the Rockefeller Center at Dartmouth College. She currently commutes the hour-plus ride to the Snowbowl, but the family is eyeing a winter house in Rochester, she said, while still maintaining their home in Lyme.

Of new passholder sales this year, she said adults buying a daytime or combo (day and night skiing) season pass now can add a child under 18 for free per paying adult, plus get four 50% off transferable lift tickets. Passes for children 5 and under are free, which, Essensa said, is a real bonus compared to most ski areas.

With a focus on keeping the skiing experience affordable and enjoyable, Essensa says her other main tasks are to enhance the guest experience, while also keeping an eye on profitability.

“I’m looking forward to just picking up the torch and carrying it through,” she said.



KIM ESSENSA, THE new general manager of the Middlebury College Snowbowl, settles into her office at the Hancock ski area. She says she aims to keep the Snowbowl skiing experience affordable and enjoyable.

Independent photo/Angelo Lynn

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By the way

(Continued from Page 1A)

juice, prune juice; canned pineapple, pears and apricots; canned and dried soups (other than vegetable); canned meats - ham, chicken and Vienna sausage; elbow pasta; flavored rice; cookies and crackers; baking mixes; ketchup, mayo and mustard (smaller jars are best); black, green, and herbal teas and hot cocoa mix. Please donate what you can.

Jim LaCoursiere of Connecticut, the national commander of the American Legion for 2024 and 2025, will visit Vergennes American Legion Post 14 this coming Saturday. Look for him at 100 Armory Lane from 9 a.m. to 3 p.m. As national commander of the American Legion, our nation's largest veterans organization, LaCoursiere will be the most influential representative of our nation's veterans in matters before Congress and various departments and agencies. During his visit here he hopes to gain a clear perspective of the problems and concerns of veterans in Vermont and the challenges and goals of American Legion programs to benefit the veterans, children and youth, and the communities we serve.

Attention writers: Entries are open for the 2025 Vermont Writers' Prize. Annual prizes

of \$1,250, for poetry and prose celebrating Vermont are awarded by Green Mountain Power and Vermont Magazine, and are published in the magazine's summer issue. This is the 35th year of the prize, which celebrates all things Vermont. The prize is open to Vermont residents and your poem, short story, essay or play should explore Vermont's people, places, values or history. The deadline to enter is Jan. 1. Learn more details and submit your for the 2025 Vermont Writers' Prize at vermontwritersprize.submittable.com.

Beginning on Jan. 1 the state's minimum wage will increase from \$13.67 per hour to \$14.01 per hour — an increase of 34 cents, or \$13.60 for a 40-hour work week. This annual adjustment also impacts the minimum wage for tipped employees. The Basic Tipped Wage Rate for service, or tipped employees, equals 50% of the full minimum wage, so on Jan.1 the tipped minimum wage will increase from \$6.84 per hour to \$7.01.

The State's tipped minimum wage law allows employers to pay a lower hourly rate as long as the employee receives tips equal to, or greater than, the standard minimum wage during a given shift. In cases where the employee does not receive

enough in tips during a workweek to equal the standard minimum wage per hour, the employer is required to pay the difference in order to ensure the tipped wage employee is compensated at the non-tipped minimum wage amount. If an employee believes they are not being compensated fairly, according to this state law, they are encouraged to contact the Department of Labor's Wage and Hour Unit at 802-951-4083 or online at Labor.Vermont.gov/Rights-and-Wages.

Local youngsters are invited to come explore Girl Scouts activities at events in Middlebury and Bristol. Kids participate in Girl Scout activities while adults learn what the Girl Scouts organization has to offer. Girls in grades K-3 and a caregiver are invited to learn about opportunities to get involved in your community. Organizers hope to make it a fun family evening.

The Middlebury event will be Thursday, Oct. 24, from 6-7 p.m. at Mary Hogan School. See more at bit.ly/4eAHZfx. The Bristol event is Wednesday, Oct. 30, from 6-7 p.m. at Bristol Elementary School. See more at bit.ly/4eT8RgF. You may RSVP to 888-474-9686 or customercare@girlscoutsgwm.org — or just drop in.

Midd Chapel can keep its name

Court rules in victory for college

By PETER D'AURIA
VTDigger.org

MIDDLEBURY — A Vermont Superior Court judge decided on Oct. 4 that Middlebury Chapel at Middlebury College can keep its name, dealing a blow to a lawsuit brought by former Vermont Gov. Jim Douglas that sought to restore the building's original moniker, Mead Memorial Chapel.

In an order issued Oct. 3, Superior Court Judge Robert Mello rejected most of Douglas's arguments, writing the former governor "would not be entitled to relief compelling Middlebury to retain the chapel's original name or monetary relief compensating the name change" no matter the outcome of the case.

The decision is a significant setback for Douglas, who filed suit over a year ago over the college's decision to remove Mead's name — a decision that he said was motivated by "cancel culture."

In an interview, Douglas told VTDigger that he was disappointed with the court's order, but noted

that it left the door open for a jury trial on several remaining questions.

"I said all along that I want a jury to hear this case," said Douglas, a Middlebury College alum, Middlebury resident and former Republican governor of Vermont from 2003 to 2011. "I think a group of 12 disinterested people will be fair."

For over a century, the white chapel has stood at the highest point on the campus of Middlebury College. The chapel was originally named Mead Memorial Chapel in honor of the family of John Abner Mead, an alum and Republican governor of Vermont from 1910 to 1912 who donated money for the construction of the structure.

But in 2021, Middlebury College removed the Mead name and rechristened it Middlebury Chapel.

Amid a statewide reckoning over Vermont's history of eugenics, college

administrators pointed to Mead's support — laid out in a 1912 farewell address to the legislature — for a state program to deal with what he called degenerates, or "a class of individuals in whose mental or nervous construction

there is something lacking."

In that speech, Mead asked the legislature to consider instituting new restrictions on marriage "among defectives" and to consider a state vasectomy program.

But, in a complaint filed in Addison County Superior Court, Douglas argued the college overstated Mead's role in the state's eugenics movement. Eugenics legislation was not passed until nearly two decades after Mead's speech, the complaint argues.

In the lawsuit, Douglas, who was appointed Special Administrator of the Mead estate, asked the court to restore the Mead name to the building and to award restitution and damages to the estate.

Douglas argued that Mead provided funds with the understanding the college would build a chapel named for the Mead family, which amounted to a contract — and the removal of the name breached that contract.

Removing his name from the building "makes Gov. Mead a scapegoat and does a disservice to his memory, the good works he performed throughout his lifetime, and particularly the love and devotion he showed to Middlebury College," the suit reads.

Middlebury College, however, argued that Mead's donation for the chapel was in fact a gift, not a binding contract. And as such, the college argued, it was under no obligation to reverse its decision to rename the building.

"When Gov. Mead pledged funds for the construction of a chapel on the Middlebury campus over a century ago, did that gift impose a perpetual, legally binding obligation for the College to maintain the name 'Mead Memorial Chapel' on the building?" attorneys for Middlebury wrote in a filing last year. "The answer is manifestly no."

Either way, Judge Mello wrote in his recent ruling, the court would not order Middlebury to restore the name.

"Governor Mead contributed most of the funds supporting the initial construction of the chapel, but he did not provide funds for its indefinite maintenance," Mello wrote, "and Middlebury has determined that the time has come to change the name."

Instead, the case can proceed on much narrower grounds. The only questions left to be settled are whether the agreement between the college and Mead was a gift or a contract, and if the latter, whether "Middlebury breached the covenant of good faith and fair dealing."

Jon Reidel, a spokesperson for Middlebury College, said the institution was pleased with the court's decision.

"The college's attorneys are evaluating the next steps to fully resolve the few remaining issues and move this case toward a close," Reidel said in a statement. "The college has and will remain committed to exercising the fundamental right of freedom of expression and open debate on our campus and welcomes all voices on this issue."

Jared Carter, a law professor at Vermont Law and Graduate School, said he had always seen the case to be more about politics than a standard contractual dispute.

"They wanted to change the name because of the sordid history of Mead," he said. "And so this was an effort to stop that, gussied up as a contract law claim. But I always thought it was a long shot, as a result, so I'm certainly not surprised by the outcome here."

Douglas said in an interview that it was still too soon to say whether he would appeal the decision. But, he noted, the college could always decide to restore the name on its own.

"We're supposed to be learning from history and not erasing it," he said. "So I — despite the judge's declining to order the college to restore the name — hold out some hope that it still could happen."

Disclosure: Jared Carter is providing pro bono legal assistance to VTDigger in an unrelated public records case.

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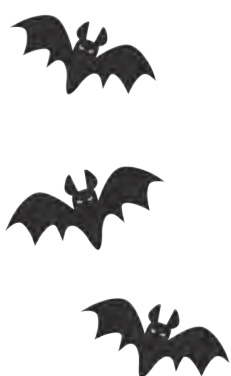
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Ripton school

(Continued from Page 1A)

learning that the likely alternative would be transferring some of the town's youngest children to other schools.

RES is the smallest of the ASCSD's seven elementary schools. It currently serves 39 total students in grades K-5, with a forecast for as few as 28 next fall. The school's current enrollment includes some children from the Granville/Hancock/Rochester area.

Baker announced her proposed RES leadership changes to the Ripton community in an Oct. 9 email. The ACSD board is slated to formally consider Baker's plan at its Oct. 14 meeting. Both Greene and Sears were to meet the Ripton community at an RES Open House on Tuesday, Oct. 15.

In her email to the RES community, Baker said she'd received six applications for the half-time position of RES principal.

Following candidate interviews, Baker met with RES staff to "discuss an interim administrative support model that considered the needs of Ripton students and staff, candidate strengths, and existing ACSD resources."

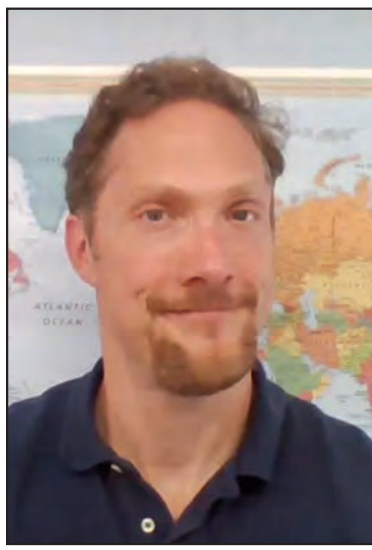
What emerged from that discussion was a model for the duration of the 2024-2025 school year calling for an onsite associate principal (0.5 FTE), supervised by an acting principal holding other ACSD responsibilities, according to Baker.

"In this model, the associate principal will take care of daily responsibilities in the building and report to the acting principal who will provide educational leadership toward the district's strategic plan and address any complex decisions or issues," she said. "For Vermont Agency of Education reporting purposes, the acting principal will be the principal of record for RES."

Baker found Greene to be the best match for the associate principal post.

"Roxanne comes to us with experience as a behavior interventionist and she is also a licensed special educator, which allows us to assign her to RES for the remaining 0.5 of her contracted time. This means Roxanne would be located at Ripton on a daily basis and Bjarki would remain primarily at Salisbury."

This will be the second time



PRINCIPAL BJARKI SEARS

that Sears has stepped up to help another ACSD elementary school fill an administrative breach. Last December, he provided leadership for Cornwall's Bingham Elementary School when Principal Heather Raabe stepped away for health reasons. That school is now led by Nadya Bech-Conger.

Asked what prompted his offer to help a second time — this time at RES — Sears replied through

an email: "I knew that Ripton had been through a lot of instability, and thought that I could bring some stability in the form of an administrator who has experience leading rural ACSD schools, and who has been in the position of stepping in to help out another school mid-year."

He and Baker said they're confident the Salisbury school won't suffer from having Sears's attention divided among two towns.

"Whatever plan we devised, it was essential to me that Salisbury still have the support they need from a fulltime administrator. This is why I am very excited that Roxanne will be in Ripton as an associate principal and interventionist, and I am looking forward to supporting the community and Roxanne along the way, and spending plenty of time in Ripton," he said.

"Continuing to serve as the principal for both buildings without an onsite administrator at RES would not be feasible for Principal Sears; however, the role of acting principal is manageable for (him), given his responsibilities in Salisbury," Baker said.



Colorful surprise

GRASSHOPPERS MOVE SO quickly it's difficult to get a really good look. This one, resting on a car windshield, exhibits colors to rival the foliage.

Photo by Dottie Nelson

Opera house

(Continued from Page 1A)

theater group money during the construction phase, according to FVOH and city officials.

The \$500,000 award is the largest single grant the FVOH has received for the roughly \$1.9 million All Access Project.

The project includes the construction of an elevator tower on the west side of city hall, transforming the alleyway that leads to the tower into an attractive courtyard, and creating ADA access for the theater's stage and dressing room areas via a smaller internal elevator. The base of the tower will also provide ground-level access to city offices.

Gerianne Smart, president of the FVOH, said the organization appreciates U.S. Sen. Bernie Sanders and his staff's work on the grant.

"Sen. Sanders's support in championing this project for a Congressionally Directed Spending grant has provided an extraordinary lift to this important project," said Smart. "This funding, along with many other grants and private funds, are keeping us on target to break ground in February."

Major funding for the All Access Project thus far has also come from the Northern Borders Regional Commission, a Vermont

Department of Economic Development Community Recovery and Revitalization Grant, the Department of Housing and Community Development Accessibility Modification Grant, the Vermont Arts Council, the Preservation Trust of Vermont, and the Walter Cerf Foundation.

The FVOH continues to solicit funds from local citizens and businesses, an effort that Smart said is critical in the private matching requirements for many of the grants received to date.

The group is selling naming rights for paving bricks to be installed in the alley between city hall and the neighboring church to the south, and Smart told the council that all proceeds from opera house shows this winter are being put toward the project, with a goal of closing the roughly \$300,000 funding gap by the end of the year.

"We'd really like to end the calendar year with every dollar being accounted for," Smart told the council last week.

FVOH hopes to complete the project in October 2025 in time for the theater's 2025-2026 season.

The agreement in principle FVOH reached with the council on Oct. 8 will help with that gap.

Smart explained to the council that FVOH needs a line of credit

to order materials and begin construction because although it has raised the money, the group does not have the cash in hand. Rather, it has to send invoices to the grantors once the project is underway; thus, FVOH needs the temporary source of funding to break ground.

"There's a delay in getting reimbursed from the grantors. That's where the line of credit comes in," Smart said.

In talks with the National Bank of Middlebury, she said, bank official Chris Lapierre suggested that because the project involved a city-owned building that if

Vergennes held the note FVOH could get a more favorable rate, even if FVOH paid off the loan — he cited an interest rate of 4.5% rather than 8%.

"Municipalities can borrow money cheaper than any business or person sitting at this table," Lapierre told the council.

Councilors had a couple questions about the proposed document, and suggested a memorandum of understanding about the loan repayment be added to loan documents. Plans call for both documents to be ready for signing by the council's next meeting.

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ADDISON COUNTY

Agriculture News

Farm funding workshop to be held Oct. 28

MIDDLEBURY — Farmers will have a chance — in Middlebury — to find out specifically how to get grant money for their dairy operations. Several funding opportunities are available to Vermont dairy producers to improve infrastructure, purchase equipment and make on-farm improvements for long-term farm viability and climate and economic resilience.

To help producers learn about grants and other types of funding, the University of Vermont Extension Dairy Team will sponsor free workshops at two locations. On Oct. 28, a workshop will take place

at the Peoples Trust Company, 59 Franklin Park West, St. Albans. It will be repeated at the UVM Extension office, 23 Pond Ln., Ste. 300, in Middlebury, Oct. 30.

They will provide guidance for participants to help them develop an effective mission and purpose statement for their business for use on any application.

Both workshops will run from 11 a.m. to 1:30 p.m. with lunch included. At the Middlebury site, lunch is courtesy of the Champlain Valley Farmer Coalition.

Each workshop will begin with an overview of grants and funding opportunities available through Vermont agencies, the U.S. Department of Agriculture and the New England Dairy Business Innovation Center. Presenters will review the different

avenues to apply for funding, the 2024-2025 schedule and the types of projects eligible for funding with a special focus on climate-smart agriculture.

They also will share tips for navigating the application process, recommend resources for technical assistance and discuss how to collect supporting data and documentation for projects. In addition, they will provide guidance for participants to help them develop an effective mission and purpose statement for their business for use on any application.

Registration is required by October 27 at go.uvm.edu/dairy-funding. To request a disability-related accommodation, farmers should contact Amber Machia at (802) 656-7615 or amber.machia@uvm.edu by October 14.



A NEW FUND will provide grants and other resources to farms, milk processing plants and other programs in Vermont and the Northeast to help grow the dairy workforce, including people like this woman milking a cow.

Photo courtesy of Vermont Agency of Agriculture

New fund available to dairy workforce

MONTPELIER — The Northeast Dairy Business Innovation Center, known as NE-DBIC, last week launched of the Dairy Workforce Impact Fund, a new initiative designed to address critical workforce challenges in the region's dairy industry. With \$1.215 million in funding, the initiative aims to strengthen the workforce pipeline, improve career advancement opportunities, increase worker retention, and reduce barriers to participation in the dairy sector across 11 Northeast states.

NE-DBIC will pilot the fund for two years, beginning this fall. Designed to spark, grow, share and invest in workforce solutions, the fund will provide grants and resources to support both farm and processing businesses across the Northeast. This initiative addresses critical challenges, including a shortage of entry-level workers and limited career pathways in the dairy sector.

The Dairy Workforce Impact Fund focuses on four key priorities:

- **Strengthening the Pipeline:** Expanding the number of new workers entering the dairy industry.
- **Building Skills and Career Opportunities:** Elevating training programs that increase career advancement.
- **Increasing Worker Retention:** Fostering workplace cultures that improve employee satisfaction.
- **Reducing Barriers:** Removing obstacles for employees and new industry entrants, especially through training and development.

This investment will be dispersed in one round of directed funds and two rounds of competitive grants. Directed funds will go to programs focused on strengthening Registered Apprenticeship programming, increasing access to supervisor skill-building opportunities, and growing the pipeline of new workers across the Northeast

region. These programs are:

- Center for Dairy Excellence's Dairy Herd Manager Apprenticeship.
- Cornell's Agricultural Supervisory Leadership (ASL) Program.
- Pilot Anne Saxelby Legacy Fund (ASLF) Immersive Alumni Apprenticeship Program.

The first competitive round of funding is expected to open in early 2025. Grants will be open to applicants in Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont.

The NE-DBIC and its consulting partner KK&P have strategically developed this initiative to enhance the workforce ecosystem for long-term growth and sustainability. For more information on the Dairy Workforce Impact Fund, visit nedairyinnovation.com/resources/dairy-workforce-program.

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Clearing the fields

A HARVESTER CLEARS a cornfield, loading up a truck sitting deep among the corn stalks. Before you know it winter is drawing closer and the hazy summer days in the beautiful Vermont countryside will soon be just a distant memory.

Independent photo/Steve James



ALEXIS FREEGARD, BRISTOL (left), and Sophie Welch, Bridport, show fairgoers at Eastern States Exposition how to felt alpaca fiber. The girls were part of a Vermont delegation that presented stage acts, talks and action exhibits on September 15 and 16 at the expo in West Springfield, Mass.

Photos by Amy Muller, UVM Extension

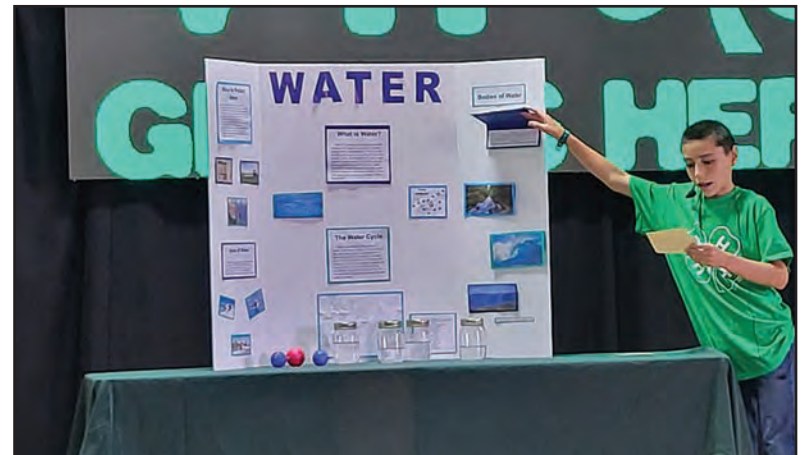
Vt. 4-H'ers show at Eastern States

ADDISON COUNTY—Visitors to the New England Center at the 2024 Eastern States Exposition on Sept. 15 and 16 were treated to a wide range of Vermont 4-H activities and exhibits.

More than three dozen Vermont 4-H'ers, all blue-ribbon winners at the annual 4-H State Day in May, shared their project work through their action exhibits, illustrated talks, stage performances and smart shopper outfits, among other activities. In addition to the in-person presentations, several photographs and posters by 4-H'ers were on display throughout the 17-day run of the fair, held annually in West Springfield, Mass.

Addison County 4-Hers representing the state included Better Days 4-H Club of Bridport, (Alexis Freegard, Bristol; Chase Petrin, Addison; Sophie Welch, Bridport) for their action exhibit, "Felting Alpaca Fiber;," Chase Petrin of Addison, for his illustrated talk "Water;," Torrey Hanna of Addison for her photograph "Nosy Neighbor;," Hailey Chase of Bristol for her poster "The Beautiful Bettas;," and Isabelle of Guevin, Brandon for her recitation of "Jabberwocky" and Brandon's Olivia Guevin for her magic show.

Several other 4-H'ers were eligible to present at the "Big E" but were unable to attend due to school and other commitments.



ADDISON 4-H'ER CHASE Petrin refers to his notes as he gives an illustrated talk on water as a member of the Vermont 4-H delegation that educated and entertained visitors in the New England Center at Eastern States Exposition on September 15 and 16.



OLIVIA GUEVIN OF Brandon performs a magic trick for a volunteer from the audience as part of her performance at Eastern States Exposition, September 15 and 16.



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Score BOARD

HIGH SCHOOL SPORTS

Football	
10/12 MUHS vs Essex	28-23
10/12 MAV vs Milton	55-8
Field Hockey	
10/10 Burlington vs MUHS	1-0
10/10 S Burlington vs Mt Abe	4-0
10/12 OV vs Woodstock	2-1
10/16 MUHS at Rice	Late
10/16 Mt Abe at Mt. Mansfield	Late
Girls' Soccer	
10/9 VUHS vs MUHS	2-1
10/9 Fair Haven at OV	4-2
10/9 Mt Abe vs Rice	2-0
10/12 OV vs Woodstock	3-1
10/15 OV vs Stratton	5-2
10/15 Milton vs Mt Abe	4-0
10/15 MUHS vs Rice	2-0
Boys' Soccer	
10/11 Mt Abe vs MUHS	2-1
10/12 VUHS vs Milton	2-1
10/14 Mt Abe vs GMVS	3-1
10/16 Mt Abe at Milton	Late
10/16 VUHS at Missisquoi	Late
10/16 Rice at MUHS	Late
Volleyball	
10/10 MUHS vs Colchester	3-1
10/15 MUHS vs Missisquoi	3-0
COLLEGE SPORTS	
Men's Soccer	
10/12 Midd vs Colby	1-0
10/13 Midd vs Babson	3-1
Field Hockey	
10/12 Midd vs Colby	9-0
10/13 Midd vs Endicott	7-1
Women's Soccer	
10/9 Midd vs Plymouth	6-1
10/12 Colby vs Midd	0-0
10/13 Babson vs Midd	0-0
Football	
10/12 Midd vs Williams	32-29 (OT)



THE OTTER VALLEY golf team on Thursday won the program's third Division II golf championship in the past four years. From left are Jacob Warrell, Jackson Howe, Head Coach Greg Hughes, Assistant Coach Thomas Kingsley, Lucas Politano, Jacob Tripp and Connor Denis.

Photo courtesy of Otter Valley

Otter Valley, Politano win golf state titles — again

By ANDY KIRKALDY
BURLINGTON — The Otter Valley golf team came away with both the Division II individual and team hardware on Thursday in the high school championship

tournament held at the Burlington Country Club.

Senior Lucas Politano earned D-II medalist honors for the third straight season, and joined Jackson Howe, Connor Denis,

Jacob Tripp and Jacob Warrell in winning the D-II team title for OV the third time in the past four years.

Politano's three-over par 74 led the D-II field by a wide

margin — Stowe's Rowan Turner was second with an 80. Politano earned his 74 by recording 13 pars and one birdie on the same course he won the Vermont Amateur (See *Golf champs*, Page 2B)

Otter field hockey wins; others fall short

By ANDY KIRKALDY
ADDISON COUNTY — In recent local high school field hockey action, Otter Valley earned a vital road win, while Middlebury and Mount Abraham came up short again against Metro Conference opponents.

Teams will be playing their final regular season games over the next few days, and playoffs will open on this coming Tuesday and Wednesday. OV is in the running for a home playoff game, while MUHS and Mount Abe look to be headed for road play-in games, where they have found success in recent seasons.

OTTERS

On Saturday the Otters picked up a key 2-1 victory at Woodstock. Not only did the 7-4-2 Otters sweep the season series with the Wasps, but they also improved their Division-II playoff positioning with one regular season game to go, a Thursday home date with D-I Rutland.

The Wasps struck first on Saturday with a Grace Perrault goal midway through the opening period. **Breanna Bovey** equalized for OV late in the second quarter with a solo effort, and

(See *Field hockey*, Page 3B)

Tigers nip Essex with key plays

By ANDY KIRKALDY
MIDDLEBURY — Big plays and discipline win football games, and ultimately on Saturday night host Middlebury made more big plays — a key pass here, a long run there, and a kickoff return for a touchdown. And MUHS made fewer mistakes than Essex, which committed eight penalties to the Tigers' four and turned the ball over three times to the Tigers' none.

The result was a pivotal 28-23 victory for MUHS, which improved to 5-2 in Division I and moved up from fifth place to third. Meanwhile, Essex dropped to 4-3 and fell from second place to fourth.

Champlain Valley (7-0) and Rutland (5-1) stand in first and second place, respectively, heading into the final weekend of the regular season. The Tigers can lock down a home playoff quarterfinal with a win at ninth-place Burr & Burton (1-6) on Friday.

After a one-sided loss the Saturday before at CVU — on the morning before MUHS math teacher and hockey coach Derek Bartlett's afternoon memorial service — this past Saturday's

game was vital for the Tigers' psyche as well as position in the standings, according to Coach Jed Malcolm.

"Last week was really hard. It was hard to keep football normal. And we struggled with it. We tried Saturday (vs. CVU) to focus, and personally I had a hard time before the game," Malcolm said.

"I credit our kids for setting some perspective on the way home on the bus. They were all like, 'Let's go home. It was only a football game.' So we got to come home and honor Coach Bartlett, which was good. But it was really nice to come in with that sort of behind us, and kind of reset. The difference of this week was major, and we focused right in."

Tiger senior running back and safety Avery Carl — who along with his blockers set the tone by scoring touchdowns the first time the Tigers touched the ball in each half — agreed the Tigers wanted to bounce back emotionally, and that Saturday was not just another game.

"We wanted to get hopefully another game on Doc Collins," Carl said. "So it's a good win for us. We've got to take care of

Burr and Burton. They're also a good football team. But I think we'll be ready."

The game opened with the Hornets going three and out, and the Tigers taking over at the Essex 49 after the punt. One play later and a Tucker Morton point-after kick it was 7-0 1:20 after the opening kickoff. Carl found a hole off-tackle right, broke into the secondary, stiff-armed the last tackler, and bolted to paydirt.

The Hornets fumbled the ball away on their 45 on their next possession, but twice stuffed the Tigers on the Hornet 15 to stop the MUHS drive. Essex back Griffin Randall two plays later broke a 20-yard run, but fumbled again, and this time the Tigers recovered on the Hornet 43.

And this time they converted, thanks largely to a perfect 30-yard catch-and-throw from QB Luce Nuceder to back Alex Sperry down the right sideline on third-and-five from the 37. It took a few plays to pound the ball in from there, but Carl eventually waltzed in over the right side, and it was 14-0 with a few seconds left on the first- (See *Key plays*, Page 4B)



EAGLE FORWARD RILEY Coffey celebrates after scoring an early goal during his team's win over Middlebury in a Friday soccer game at Mount Abraham. It put the Eagles on top, 1-0.

Photo by Mark Bouvier

Eagle soccer defeats Tiger boys, 2-1

Mount Abe boys jump to early lead and hold off last-minute Tiger rally

By ANDY KIRKALDY

BRISTOL — In a Friday high school boys' soccer game not decided until the Eagles blocked a barrage of Tiger shots on goal line as the final seconds ticked off, host Mount Abraham defeated visiting Middlebury, 2-1.

The Eagles bolted to an early lead on goals by seniors Aricyn Griffin and Riley Coffey, both were set up by junior midfielder Liam Lazare. Mount Abe controlled the first half despite a counter-strike by Tiger senior midfielder Ollie Choudhury with a long-ball assist from junior Theo Fallis.

The Tigers then more than held their own with a spirited second-half effort that ultimately came up just short when the Eagle defense held its ground with all 11 Tigers, including goalie Jonathan Kafumbe,

in the Mount Abe box following a corner kick taken with about 15 seconds to go.

For the Eagles the result meant they improved to 7-4 with their fifth win in seven outings. The Tigers dropped to 5-8, with five of those losses by either one or two goals, including two to the Eagles.

With the playoffs looming and three games left this week to nail down a first-round home contest, Eagle first-year coach Chris Coffey had a feeling about Friday's outing. His team opened with two quality goals, but he felt the Eagles relaxed too much after the fast start.

"We came out and got the two goals early, and then really went flat. We weren't working at the rate that we have been," Coffey said. "We're definitely going to have to show better in the next few matches."

But he's happy overall with the way the Eagles have been playing. He noted after an unfortunate opener in early September, the Eagles have not allowed a foe to score more than two goals, while the offense has been steadily improving.

"At this point of the season, we've got our shape on defense dialed in," Coffey said. "And our offense is coming to life."

Tigers first-year coach Max Ratti-Bicknell praised his team for battling back from the early Eagle goals, and also praised the Eagles for ultimately doing what they had to do to protect their lead.

"They (the Tigers) worked very, very hard. They just couldn't get the chances to fall," he said. "And you saw the last minute there. We were throwing everything at them." (See *Early lead*, Page 2B)



MUHS SENIOR ALEX Sperry runs wide right and prepares to stiff-arm an Essex tackler during the Tiger football team's home win over Essex on Saturday night.

Independent photo/John S. McCright

Tigers win two volleyball contests

MUHS squad carries 9-4 record into final match of the season

By ANDY KIRKALDY

MIDDLEBURY — The Middlebury Union High School girls' volleyball team won a pair of matches in the past week and carries a 9-4 record into its final regular season match, a home date at 6:30 p.m. this Thursday vs. Enosburg (6-7).

Volleyball teams are playing their final regular season games over the next few days, and playoffs will open this coming Tuesday. The Tigers are in a tight race for a postseason home date, and it is possible they might need a victory on Thursday over Enosburg to host a playoff game for the second straight season.

On Oct. 10 the Tigers claimed a tough, four-set victory over visiting Colchester, 3-1. The individual set scores were 25-17, 16-25, 25-20, 26-24.

On Tuesday the Tigers prevailed at Missisquoi, 3-0, for their ninth win. Set scores were not immediately available.

Early lead

(Continued from Page 1B)

We threw the whole kitchen sink and everything in the refrigerator at them. Mount Abe did a great job of limiting it. They're a great team with a good coach."

The first Eagle goal came in the fourth minute. Lazare carried to the top of the Eagle box and threaded a pass between two defenders to Coffey, cutting in from the right. The ball was struck so that neither Kafumbe in goal nor either defender could beat Coffey to it. Coffey, from about 10 yards out, deposited a low shot inside the left post.

The second Eagle goal came in the eighth minute. Griffin, near the center dot, sent the ball forward to Lazare, who bolted down the right side past several Tigers to near the end line, eluded the final defender, and laced a hard serve across the goal front.

Meanwhile Griffin had raced down the middle of the field and was in position to left-foot a point-blank shot into the open left side of the goal. Kafumbe had no chance.

A minute later Choudhury made a bid to equalize, bending a 25-yard free kick around the Eagle defensive wall toward the right side, but Eagle junior goalie Evan Audy slid across to handle the shot cleanly for one of his two saves.

Five minutes later Choudhury made it 2-1. Fallis sent a long ball toward the left side of the Eagle box. Choudhury won the ball, got position on the defense, broke in toward the left post, and laced a low 15-yard shot inside the far post.



MOUNT ABE CENTER back Evan Corrigan, right, tries to block Tiger center mid Ollie Choudhury's pass during Friday's boys' soccer game at Mount Abraham.

Photo by Mark Bouvier

The Eagles had the better chances in the rest of the half, notably in a wild scramble in front of the Tiger goal in the 24th minute in which Tiger defenders Ian Sinclair and Callan McDowell both made goal-line saves. Sophomore middle Abe Ready also missed just wide on a Lazare feed in the 36th minute. Kafumbe also was alert on serves into the box and defused chances by coming off his line.

Early in the second half the Eagles

appeared to dodge a penalty-kick bullet when senior Tiger forward Josh Kafumbe went down in the box after contact; Kafumbe also made a couple of other threatening runs. Audy also did well to go high to snare a Tiger corner kick as MUHS came out strong in the first few minutes.

The speedy Griffin continued to threaten at the other end, and Sinclair broke up a dangerous run in the second half's ninth minute, and Griffin drilled a one-timer high later in the half on a nice feed from sophomore Lincoln Painter.

Jonathan Kafumbe made the best of his four saves midway through the half, getting his left hand on a Ready breakaway bid and knocking the ball wide to the right.

The Tigers continued to press, but had difficulty finishing. No one got on the end of a Fallis free kick with nine minutes left, and after a huge Kafumbe punt with eight minutes to go Choudhury outmaneuvered the Eagle backs to win the ball and get a clean look, but fired wide left.

In the final minutes the Tigers called upon the ability of Jake Mitchell to launch long-distance throw-ins to challenge the Eagle defense, and finally one resulted in a corner kick with 25 seconds to go.

Jonathan Kafumbe raced to join the fray, and 21 players — all except junior Oscar Drake, who struck an excellent corner — went after the ball. The Tigers had three or four cracks at goal, but could not penetrate the maroon wall on the goal line before the final horn sounded.

The Mount Abe starting defense of Jake Prouty at right back, Rowan Clark and Zealand Jackson in the middle, and Evan Corrigan at left back had plenty of help from the rest of the Eagles in staving off that final Tiger assault.

Ratti-Bicknell said there have been moments like that in the Tigers' other close losses, while also crediting the Eagles for holding the fort.

"We've definitely gotten unlucky in a couple stretches. We let in a couple goals, and we can get one or two back, and at the end of the day we don't get that last one," he said. "We did a good job of re-setting after that second goal. We got one back in about 10 minutes. That was pretty positive. But Mount Abe did a great job of just shutting us down."

Ratti-Bicknell said the Tigers have kept working, and their play has gotten better.

"Their attitude has been really great," he said. "When we played Mount Abe the last time, I was watching the game (video) before today to share some notes with these guys today, and our level of play has just gone up so much. That's them just keeping improving. And who knows, maybe by the time the playoffs come all the bad luck is just going to go away."

The Eagles have also been dealing with adversity. In the few days leading up to Friday's game the Eagles suffered season-ending injuries to two key players, senior midfielder Nick Fox and all-state junior midfielder James Graziadei.

In their absence on Friday, Lazare played well for 80 minutes and others, including Coffey, juniors Maverick Livingston and Johnny Stanley, and sophomores Lincoln Painter and Ready rotated through the midfield as overall the Eagles maintained a territorial edge.

"We're figuring out how to play without them right now, and they're doing a great job," Coach Coffey said.

The Eagles have three games left, Green Mountain Valley at home Monday, at Milton on Wednesday, and Vergennes at home on Saturday. Three wins, and maybe just two, should give the Eagles a home playoff game.

"We've got three winnable matches, and we need to show up for each one," Coffey said. "It would be awesome to host a playoff game and head into the tournament with some momentum."

Tiger runners take first

Girls and boys dominate at NVAC meet

MISSISSQUOI — The Middlebury Union High School girls' and boys' cross country teams both earned first place among small school teams at the Northern Vermont Athletic Conference Championships late last week.

On a cold and blustery Thursday afternoon, Oct. 10, at Missisquoi Valley Union High School, the flat course yielded many fast times.

The MUHS girls dominated the competition, finishing in first (Mary Harrington in 20:10.0), second (Beth McIntosh) and third (Louisa Orten) places. Neither

Mount Abe, which fielded three runners, and Vergennes, which ran four with their top run unavailable, scored as a team.

The Tiger boys barely won out over a strong BFA-Fairfax team, 40-45. Vergennes was third with 80 points. Mount Abe did not field enough runners to score.

The local finishers in the girls' race were:

1. Mary Harrington, MUHS;
2. Beth McIntosh, MUHS;
3. Louisa Orten, MUHS;
8. Annika Bruning, MUHS;
10. Cameron Vose, Mt. (See NVAC, Page 3B)



OTTER VALLEY SENIOR Lucas Politano, seen playing in the 2023 state championship at Basin Harbor, won his third Division II medalist title at Burlington Country Club on Thursday. He led an OV quartet that capture the D-II team title, as well.

Independent file photo/Steve James

Golf champs

(Continued from Page 1B)

Championship this summer.

D-I medalist Sebastian Pell of Rutland fired a 73 for the best overall score among all D-I and D-II competitors, but Champlain Valley edged his RHS team by a single stroke for the D-I title.

OV's four scoring golfers collectively shot 68 over par, good for a 15-stroke margin over second-place Hartford at 83 over par. Harwood finished third at 84 over par.

After Politano, Howe was next with an 81, Denis shot a 95, and Tripp carded a 102 to round out the scorers on the chilly day on a damp course. Warrell missed scoring for OV with a 110. Howe's 81 was good for third in D-II, one stroke better than Mill River's Mattie Serafin in fourth.

CVU shot 51-over in winning D-I, with Rutland at 52-over and Essex in third at 61-over.

Politano's day on the course marked the end of a Politano golf dynasty at OV, although he and Howe were among 13 golfers who qualified as individuals to compete in the upcoming New England championship tournament based on Thursday's results.

Lucas's older sister Mia, who plays at Middlebury College, won two D-II individual titles and teamed up with younger sister Elena to do well in team competitions. She has also won the Vermont Women's Amateur title. Thomas Politano, a recent OV graduate, helped OV win its first two D-II titles.

Schedule

HIGH SCHOOL SPORTS

Football
 10/18 MAV at North Country 7 PM
 10/18 MUHS at Burr & Burton 7 PM
 10/19 OV at Mill River 1 PM
 10/25&26 Playoffs Open

Field Hockey
 10/17 Rutland at OV 4 PM
 10/18 MUHS at Essex 4 PM
 10/18 Mt Abe at Rice 4 PM
 10/20 Playoff Pairings Set

Girls' Soccer
 10/17 OV at Hartford 4 PM
 10/18 VUHS at Mt Abe 4 PM
 10/20 Playoff Pairings Set

Boys' Soccer
 10/19 MUHS at Missisquoi 10 AM
 10/19 VUHS at Mt Abe 10 AM
 10/20 Playoff Pairings Set

Volleyball
 10/17 Enosburg at MUHS 6 PM
 10/20 Playoff Pairings Set

Cross Country
 10/26 State Meet at Thetford

COLLEGE SPORTS

Men's Soccer
 10/19 Midd at Tufts Noon
 10/26 Midd at Bates 2 PM
 10/29 Williams at Midd 2:30 PM

Field Hockey
 10/19 Midd at Tufts 11 AM
 10/26 Midd at Bates Noon
 10/29 Williams at Midd 6:30 PM

Women's Soccer
 10/19 Midd at Tufts 2:30 PM
 10/26 Midd at Bates 11 AM
 10/29 Williams at Midd 3 PM

Football
 10/19 Trinity at Midd 1 PM
 10/26 Midd at Bates 1 PM
 11/2 Hamilton at Midd 12:30 PM



EAGLE COLE PUTNAM defends against Tiger striker Joshua Kafumbe during Friday's boys' soccer game at Mount Abraham.

Photo by Mark Bouvier



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ADDISON COUNTY INDEPENDENT

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MAV football overwhelms D2 rival Milton

By ANDY KIRKALDY
BRISTOL — The Mount Abraham-Vergennes cooperative football team ran over visiting Division II rival Milton on this past Saturday afternoon, 55-8, to improve to 5-2.

Despite the impressive win-loss record and Saturday's victory, MAV remained in sixth place in D-II because of lack of quality points. That relatively low ranking is due

to the Eagles' strength of schedule (which has included several D-III teams) compared to the teams ahead of them in the standings.

MAV plays at eighth-place North Country on Friday night, an unlikely source of quality points, and might need help to move up in the standings. As it stands entering the final weekend of the regular season, the Eagles would visit third-place Fair Haven the weekend

after next for the first round of the D-II playoffs.

Against Milton this past Saturday, Cole Gagnon sparked the Eagles by rushing for 157 yards and five touchdowns on 27 carries.

Quarterback Tyler White completed 10 of 17 passes for 77 yards and two touchdowns, both to Ryan Wright. White also ran seven times for another 25 yards in the Eagles' big win.

Field hockey

(Continued from Page 1B)

Marissa Dick netted the game-winner late in the third period. Woodstock goalie Paige Stone stopped Dick's initial bid, but Dick poked the rebound home.

The Otters earned slight statistical edges, with seven penalty corners to Woodstock's five. Stone made five saves for the 6-4-2 Wasps, and Otter goaltender **Alexis Beaulieu** blocked three shots. **Mariterese Pearson**s also had a defensive save for OV.

TIGERS

On Oct. 10 the Tigers took a 1-0 loss at Burlington when Seahorse goalie Adia Platt was credited with 16 saves. Josephine Neary scored the game's only goal.

Heaven Ross and **Kayla Charbonneau** combined for 10

saves as the Tigers dropped to 1-11-1 heading into a Wednesday game at D-I's top team, Rice, played after deadline for this issue.

EAGLES

On Oct. 10 visiting South Burlington blanked the Eagles, 4-0,

as Rosa DiGiulian led the Wolves with two goals and goalie Amber Rousseau made one save.

Reagan Lafreniere was credited with 15 saves for the Eagles, who took a 2-11 record into a Wednesday game at Mount Mansfield.

Area girls' soccer teams fare well

Squads all win at least once during the final days of regular season play

By ANDY KIRKALDY
ADDISON COUNTY — With the season's finish line in sight, the Vergennes, Mount Abraham, Middlebury and Otter Valley high school girls' soccer teams all won at least once between Oct. 9 and 15.

MUHS has completed its regular season, while the other teams will be playing their final scheduled games over the next few days. The Division II playoffs, including all four squads, will open on this coming Tuesday and Wednesday.

TIGERS

On this past Friday the Tigers rallied in the second half to tie host Fair Haven, 2-2. **Maddy Perry** scored both of the goals for the Slaters, each coming in the first half. Her first was a 25-yard free kick, and the second was assisted by **Leigha Kretzer**.

Jazmyn Hurley put MUHS on the scoreboard early in the second half, and **Solstice Binder** netted a penalty kick late in the half to create the final score. The Tigers had an edge in shots, as **Kate Hadwen** parried 11 shots for the 10-2-1 Slaters, while Brown made four saves for the Tigers.

insurance goal in the 76th minute. The Tigers forced Rice goalie Borick to make seven saves.

OTTERS

On Oct. 9 visiting Fair Haven doubled up the Otters, 4-2, as Perry and Kretzer each tallied two goals and an assist. Slater goalie Hadwen made eight saves.

Mallee Richardson scored for OV and set up **Tegan Boynton's** goal, while Otter goalie **Ady Humiston** stopped eight shots.

NVAC

(Continued from Page 2B)

Abe; 11. Lauren Hill, VUHS; 16. Meredith Carr-Perlow, MUHS; 18. Selma Citarella, MUHS; 19. Torrey Hanna, VUHS; 21. Madeleine Stroup, VUHS; 22. Georgia Kunkel, VUHS; 26. Sadie Chance, MUHS; 31. Merissa Gordon, Mt. Abe; and 35. Eloise Newman, Mt. Abe.

The local finishers in the boys' race were:

3. Baker Nelson, MUHS; 4. Kaden Hammond, MUHS; 5. Grey Fearon, VUHS; 12. Jorgen Pirrung, MUHS; 13. Ethan Spritzer, MUHS; 14. Matthew Berg, MUHS; 15. Keil Broderson, MUHS; 16. Aaron Carr-Perlow; 19. Carter McGuire, VUHS; 22. Chance Koenig, VUHS; 23. Caleb Hatch, VUHS; 31. Elliot Senecal, Mt. Abe; 37. Brody McGuire, VUHS; 39. Oliver Zelonis, Mt. Abe; 40. Bennett Eberhardy, Mt. Abe; 45. James Mount, Mt. Abe. 48. Emerson Morrill, VUHS; and 49. Sawyer Garthaffner, VUHS.

The cross country teams will head to Thetford on Oct. 26 for the state championship meet.

MUHS at VUHS

On Oct. 9 the Commodores rallied to upset the Tigers, 2-1, in overtime. **Ava Francis** scored both VUHS goals, including the overtime game-winner on a penalty kick. The other came with an assist from **Sophia James** with 11 minutes in regulation and tied the game. Commodore freshman goalie **Addie Smith** backstopped the victory with 17 saves.

Lily Dame scored earlier in the second half to give the Tigers the lead, and goalie **Kassidy Brown** made four saves.

The Commodores will carry a 5-8 record into their season finale at Mount Abe on Friday.

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EAGLES

Also on Oct. 9, Mount Abe blanked host Rice, 2-0. **Safoura Camara** and **Louisa Painter** scored for the Eagles, both with assists from **Hazel Guilmette**, while goalie **Rosemary Behounek** worked a nine-save shutout. Peyton Borick made five saves for Rice.

On Tuesday host Milton, D-II's top team, dealt the Eagles a 4-0 setback. Dasie May Gabree paced the Yellowjackets with two goals and an assist, and Milton goalie Lila Martin made seven saves.

Behounek made 12 saves for

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TIGER SENIOR TUCKER Morter brings down a Hornet ball-carrier as sophomore safety Brady Lloyd closes in on the play during the MUHS football team's home win over Essex on Saturday night.

Independent photo/John S. McCright



THE SIDE JUDGE and the Tigers agree: MUHS quarterback Luke Nuceder reached the end zone with this third-quarter sneak in the Tigers' win over visiting Essex on Saturday night.

Independent photo/John S. McCright

Key plays

(Continued from Page 1B)

quarter clock. Essex got traction in the second quarter, marching 57 yards to make it 14-7. A 15-yard penalty helped, but Essex QB Sam Bent broke loose for 34 yards on four carries on the drive, including the four-yard touchdown run that capped it at 8:12.

A Tiger penalty and a short punt after a three-and-out put Essex back in business on the Tiger 37, and on fourth-and-four Bent hit Aiden Iverson on a crossing route for a 31-yard TD at 4:04 to tie the game.

The complexion of the game changed again as the second half opened. The Tigers ask the deep men on their kickoff return team to hand off and follow the blockers, but Malcolm said the MUHS coaches felt the Hornets were reading the play and overcommitting. He told the returner, which proved to be Carl, to fake the handoff and run against the grain.

"They were doing a good job of reading our kickoffs, and they

were flying based on our front line. So we ran a naked reverse, basically. Our return guys ran it basically the opposite of everyone else on our team, and we fooled them," Malcolm said.

Avery headed right after catching the ball on the 13, while almost everyone else headed left. He cut inside one tackler at about the 25, and then saw a couple more pursuers closing in. Carl had to decide whether to take a chance on a big gain by cutting back against the grain, or put his head down and grind out a few more yards. He chose wisely.

"I saw two guys coming this way. I was like, do I stuff it in and get what I can get, or do I cut back and hope for the best?" Carl said. "I just cut back. Props to all the guys blocking for me."

Seventeen seconds into the second half, the Tigers led, 21-14, and they would not be caught, thanks largely to another big play on their next possession. After an Essex punt MUHS took over on its own 25. Two Tassilo Luksch runs produced a first down, and then Logan McNulty broke through the left side for 46 yards to the Hornet 14. Four plays later, Nuceder snuck over from the one, and it was 28-14 with 5:26 left in the third period.

Essex didn't quit, marching behind the running of Bent and Randall to the Tiger 14. There the drive stalled, but Cadel Hoffman drilled a 37-yard field goal to make it 28-17 in the quarter's final seconds.

The Tigers opened the fourth by punting, and the Hornets took over on their 35 with 10:29 to go. They kept the drive alive with a five-yard Bent run on third and three, and then a 22-yard Randall burst up the middle on fourth-and-four from the Tiger 47. Two plays later Randall ran 20 yards to the Tiger six, and Bent bulled into the end zone from there. A penalty hurt the Hornets' chances for a two-point conversion, and it was 28-23 with 5:34 to go.

A touchback on the kickoff put the Tigers on the 20. They earned a first down when McNulty went wide for 15 on third and two, but McNulty then was a yard short of

another first down at the Essex 49. On fourth down, Malcolm played it safe and called for Tucker Morter to punt, and he hit a line drive that bounced and rolled to a stop on the Essex 5 with 1:42 remaining.

Despite two more penalties the Hornets reached the 39 with 39 seconds left, but faced first-and-25. Then Sperry came up with his second great catch of the day, sealing the win by intercepting a Bent pass on the sideline and keeping his feet inbounds just before rolling into a knot of happy teammates on the Tiger bench.

With the late drives the Hornets outgained the Tigers, 372 yards to 254. Randall ran 26 times for 158 yards, and Bent 13 times for 93 yards. Bent completed seven of 14 passes for 95 yards.

Carl gained 85 yards on 19 carries, and McNulty led with 92 yards on nine carries. Luksch added 31 yards on six carries, and Cam Whitlock ran twice for 17 yards. Nuceder completed two of five passes for 31 yards, but also lost yardage on a bad snap exchange that resulted in a sack.

Carl, Luksch, Whitlock, Nuceder, Sperry, Morter, Angus Blackwell, tight end/safety George Devlin, and two-way linemen Tanner Burns, Kyle Stearns, Callan Boulanger, Greyson Dennison and Aiden Pellerin were all honored as seniors playing their last regular-season game on Doc Collins Field.

"This is a big win. When you're doing it on a senior night, and you're trying to tell your seniors you don't want this one to be the last one on a special field that we all love to play here, and they're (Essex) fighting for the same thing, yeah, this was about as perfectly tuned up battle (as possible) in terms of record and the stakes that were on the line," Malcolm said.

"And they knew that, and it went about exactly as we thought, in terms of it being a one-score game one way or the other. We just had to make a big play at the right moment."

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Vergennes and Mt. Abe pick up victories

Boys' soccer playoffs become clearer as regular season winds down

By ANDY KIRKALDY
ADDISON COUNTY — In recent local high school boys' soccer action, Vergennes and Mount Abraham both picked up home victories.

Middlebury visited the Eagles on this past Friday in the Tigers' only outing before the *Independent's* Wednesday deadline; see story on Page 1B. The Tigers (4-8) were also set to host Rice on Wednesday after deadline, when also the Eagles and Commodores were scheduled to see action.

Teams are playing their final regular season games over the next few days, and playoffs will open this coming Tuesday and Wednesday.

COMMODORES

On this past Saturday the Commodores edged visiting Milton, 2-1, as **Ethan Croke**

found the back of the net twice. Croke's first goal in the 28th minute gave VUHS the lead, but Yellowjacket Josh Rhoades equalized seven minutes later.

Croke netted the game-winner with 11 minutes left in regulation, with an assist from **Gabe Scribner**. Commodore keeper **Colton Reed** backstopped the win with three saves, and two Milton goalies combined for seven saves.

VUHS (4-7-1) was set to visit Missisquoi on Wednesday and will head to Mount Abe on Saturday morning.

The Commodores are likely to open the Division III playoffs on the road.

EAGLES

On Monday the Eagles avenged an earlier road loss to Green Mountain Valley with a 3-1 home victory. The game was tied at 1-1

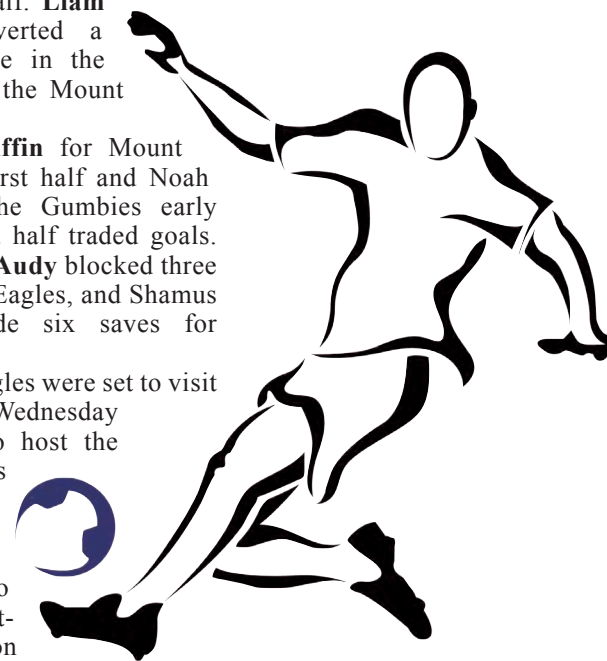
when **Aidin Hodzic** netted the Eagles' go-ahead goal early in the second half. **Liam Lazare** converted a free kick late in the game to pad the Mount Abe lead.

Aricin Griffin for Mount Abe in the first half and Noah Byette for the Gumbies early in the second half traded goals. Goalie **Evan Audy** blocked three shots for the Eagles, and Shamus O'Brien made six saves for GMVS.

The 8-4 Eagles were set to visit Milton on Wednesday and will also host the Commodores on Saturday at 10 a.m.

They are in position to host a first-round Division

II contest assuming good results in one or both of those games.



The 2024 Addy Indy Garden Game

It's the penultimate week of this year's Addy Indy Garden Game, and we've seen some impressive—and quirky—entries! Six giant contenders have emerged, along with a few fun surprises.

Dotty McCarty submitted the first fennel of the season, measuring an impressive 25" L and 15" C. She also wowed us with giant okra (7" L and 4.25" C) that look like they came straight out of a witchy Halloween display!

Michelle Black's kohlrabi has taken the lead in its category, with a whopping 12.5" circumference.

The first pumpkin in this year's game, a vibrant 37.5" C x 36.25" C gourd grown by **Lisa Valley** takes the top spot.

Peter Halpin brought in a variety of contenders. His 31" C x 8" C eggplant, 17" L x 12" C summer squash, and 10.25" C x 15.5" C are just shy of claiming the lead in their respective categories but with their quirky shapes, they're still a sight to behold!

✱ With frost on the horizon, the 2024 Garden Game will wrap up after next week's edition, so be sure to submit your entries by Tuesday, October 22nd!

Play the Garden Game!

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

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

CATEGORIES & FRONT-RUNNERS:

- Asparagus (length x circumference) - Laura Asermily, 37" x 1"
- Beet (circumference) - Carol Krawczyk, 19.5"
- Broccoli (diameter)
- Cabbage (circumference) - Carol Krawczyk, 28"
- Cantaloupe (circumference) - Ted Foster, 20"
- Carrot (length x circumference) - Gary Miller, 40" x 7.25"
- Cauliflower (diameter) - Carol Krawczyk, 30"
- Corn (length x circumference) - Carol Krawczyk, 8.5" x 8"
- Cucumber (length x circumference) - Genevieve Cammack, 16" x 17.5"
- Edible Leafy Greens (length x width - leaf only) - Sue Galipo, 21" x 12"
- Eggplant (circumference x circumference) - Barbara Pelton, 17.5" x 23"
- Fennel (length x circumference) - Dotty McCarty, 25" x 15"
- Green Bean (length) - Gary Miller, 41.25"
- Kohlrabi (circumference) - Michelle Black, 12.5"
- Leek (length x circumference)
- Melon (circumference) - Donna Bezanson, 34.5"
- Onion (circumference) - Carol Krawczyk, 17.25"
- Parsnip (circumference)
- Pepper (circumference x circumference) - Bob Poirier, 15.25" x 15"
- Potato (length x circumference) - Sue Galipo, 15" x 14"
- Pumpkin (circumference x circumference) - Lisa Valley, 37.5" x 36.25"
- Radish (circumference) - Roger Scarborough, 9"
- Rhubarb (length) - Barbara Rodgers, 30"
- Rutabaga (circumference) - Sue Galipo, 26"
- Summer Squash (length x circumference) - Stan Bigelow, 20" x 17"
- Sunflower (diameter) - Ed Blechner, 11.25"
- Tomato (circumference) - David Quenneville, 19"
- Turnip (circumference) - Joel & Sawyer Schwartz, 17.5"
- Winter Squash (length x circumference) - Peter & Kathy Hubbard, 26" x 36.5"
- Zucchini (length x circumference) - Julie Lonergan, 27" x 17"



ADDISON COUNTY INDEPENDENT
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community calendar

THURSDAY

Composting workshop in Starksboro. Thursday, Oct. 17, 5-6 p.m., Starksboro Public Library, 2826 Route 116. This workshop will cover compost bin options, how to set up and manage a pile, the benefits and uses of compost, troubleshooting tips, how to prevent wildlife visits, and other options available to keep food scraps out of the trash. Free. To register visit www.addisoncountyrecycles.org or call the district at 802-388-2333.

“Three of Bristol’s Past Residents and Their Brushes with the Law” in Bristol. Thursday, Oct. 17, 7 p.m., Howden Hall, 19 West St. At the monthly meeting of the Bristol Historical Society, Reg Dearborn will present a program about John Ring (1871), Dr. Don Bisbee (1914) and Joseph Choquet (1931). Following the program there will be a short business meeting and all society members are welcome to attend. More info contact 802-453-3526 or dear4@gmavt.net.

FRIDAY

Matthew Dickinson on the upcoming elections in Middlebury. Friday, Oct. 18, 3 p.m., The Residence at Otter Creek, Lodge Rd. Come hear Middlebury College Political Science professor Matthew Dickinson discuss the 2024 elections and their significance. Free and open to the public.

Fall Ball in Lincoln. Friday, Oct. 18, 6-10 p.m., Burnham Hall, 52 E. River Rd. Featuring All Night Boogie Band, Brass Balagan Brass Band, DJ Lee.J, Beaucoup Decor, bar by Radio Bean and other delights. Get dressed up and come on down (or up). We’re going to deck the Hall all the way out for what we hope will be become an annual tradition. Donations greatly appreciated. Proceeds from any purchases go to support Burnham Hall.

Bixby Family Movie Night in Vergennes. Friday, Oct. 18, 6:30 p.m., Bixby Memorial Library, 258 Main St. We’ll be showing a Halloween favorite about a group of monsters who take a break from their hotel and go on a cruise. Join us for movie and popcorn in the library’s community room. Learn more at www.bixbylibrary.org.

SATURDAY

A morning mini-retreat with Wes Vander Lugt in Middlebury. Saturday, Oct. 19, 9 a.m.-12:30 p.m., Memorial Baptist Church, 97 South Pleasant St. Two talks, “Why Beauty Matters for Everyone” and “Reimagining the Beauty of Creation and Our Role Within It,” by Wes Vander Lugt, a pastor-theologian, teacher, writer, nonprofit leader, and arts advocate. There will also be a poetry reading with Abigail Carroll, and music with Matthew Dickerson. Coffee and refreshments starting at 8:30 a.m., Free and open to the public.

Craft fair and raffle in Vergennes. Saturday, Oct. 19, 9 a.m.-3 p.m., St. Peter’s Parish Hall, 85 S. Maple St. Come to St Peter’s for shopping, food and fun with crafts, a raffle a bake sale and a luncheon. Crafters will sell a variety of items — jams and jellies, hats and items, Sweaters, soaps and candles, jewelry, ornaments, wooden toys and more. Bake sale will have appetizers, pies, breads and a variety of treats. All proceeds support the St. Peter’s Cemetery Association.

Craftastic Saturday in Starksboro. Saturday, Oct. 19, 9 a.m.-2 p.m., Starksboro Public Library, 2827 Route 116. Make and take-home harvest placemats anytime between 9 a.m. and 2 p.m.

Craft and vendor sale in Bridport. Saturday, Oct. 19, 10 a.m.-2 p.m., Bridport Central School, 3442 Route 22A. Bridport School is hosting a craft and vendor sale to help pay for buses and activities for the students. There will be many vendors, a bake sale, 50/50 raffle and lunch for sale.

“Share the Warmth: A Winter Outerwear Giveaway” in Bristol. Saturday, Oct. 19, 10 a.m.-1 p.m., town green. The 5 Town Partnership invites everyone to come take whatever they need for clothing for the upcoming winter season. All items are free. For those looking to donate items for this event, stay tuned for more details about when and where donations will be accepted.

Sara Grey and Kieron Means in Middlebury. Saturday, Oct. 19, 1-3 p.m., Ilsley Public Library, 75 Main St. Grey and Means will present a unique look at songs in the oral tradition of people who migrated and took them into the Panhandle, the Great Plains and the Western States. This is not just a random collection of well-known western songs. It is a unique and rare collection of old songs and ballads from many sources.

Spaghetti dinner fundraiser in Shoreham. Saturday, Oct. 19, 5-7:30 p.m., Shoreham Congregational Church, School Rd. Menu includes spaghetti with both meat and vegetarian sauces, tossed salad, bread, beverages and

dessert. Cost \$12 adults and children 12 and over/\$6 children under 12. Raffle tickets also offered for a donated cord of firewood. Proceeds will be split between Shoreham Congregational Church and the Bridport Grange.

Jessica Ip, Carillonneur, in Middlebury. Saturday, Oct. 19, 5 p.m., Middlebury Chapel. The Middlebury College campus and surrounding neighborhoods will ring with the sound of carillon bells at the new fall festival. Free and open to the public.

“Phantom of the Opera” on screen in Brandon. Saturday, Oct. 19, 7 p.m., Brandon Town Hall, 1 Conant Sq. Long before Andrew Lloyd Webber created the hit stage musical, this silent film adaptation starring Lon Chaney put “Phantom” firmly in the pantheon of both horror and romance. Just in time for Halloween. Free.

SUNDAY

Stone Off Roader Fest and trunk or treat in Middlebury. Sunday, Oct. 20, 11 a.m.-2 p.m., Stone CDJR, 2149 Route 7 South. Bring family and friends rain or shine for fun treats. Vote for your favorite trunk. Take a ride on the obstacle course. Costumes are encouraged. Food from Shady Joe’s BBQ will be available for purchase.

Polio walk in Middlebury. Sunday, Oct. 20, 1 p.m., Triangle Park, Merchants Row. The Middlebury Rotary Club will be hosting a 2-mile walk around Middlebury towards the eradication of polio. We’re close to eradicating the disease, but we’re not done yet. We still need funds to continue immunization and surveillance efforts. Your gift will get us closer to the finish line. We need your voice to help us end polio now. Registration beginning at 12:30 p.m. Adults \$20/ students \$10/under 12 free. All proceeds benefit the “End Polio Now” campaign.

“Around the Kitchen Table” storytelling in Monkton. Sunday, Oct. 20, 2 p.m., East Monkton Church, 405 Church Rd. Come hear from folks who attended one-room schoolhouses in Monkton, before Monkton Central School was built in 1960. Did you know there were nine separate school districts in town? Listen to people who lived it talk about what life was like in these community centers of yore.

TUESDAY

American Red Cross blood donation in Middlebury. Tuesday, Oct. 22, 9 a.m.-1:30 p.m., Vermont Hard Cider, 1321 Exchange St. Help alleviate the ongoing critical need for blood and platelets to keep the blood supply stable as fall begins. Donors of all blood types, especially those with type O blood, those giving platelets and those who have never given before, are needed now. Make an appointment to give now by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

American Red Cross blood donation in Vergennes. Tuesday, Oct. 22, 10 a.m.-2:30 p.m., Victory Baptist Church, 862 Route 7. Donors needed to help those affected by Hurricane Helene. Bring hope to those in need by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

“America the Violent: How Group Terror has Shaped the Nation’s Life” discussion in Middlebury. Tuesday, Oct. 22, noon, Ilsley Public Library, 75 Main Street. Through a combination of both fiction and non-fiction, this series explores the connection between mob violence and American culture, historically spurred often by racism. Suzanne Brown will lead the discussion of “Cloudsplitter,” by Russell Banks.

“Packrafting in Gates of the Arctic National Park” in Middlebury. Tuesday, Oct. 22, 7 p.m., Champlain Valley Unitarian Universalist Society, 2 Duane Ct. Tim Upton and Beth Eliason will share photos and highlights of their July 2024 trip to Alaska and the northernmost extension of the Rocky Mountains.

WEDNESDAY

Composting workshop in Middlebury. Wednesday, Oct. 23, 5-6 p.m., Ilsley Public Library, 75 Main St. This workshop will cover compost bin options, how to set up and manage a pile, the benefits and uses of compost, troubleshooting tips, how to prevent wildlife visits, and other options available to keep food scraps out of the trash. Free. To register visit www.addisoncountyrecycles.org or call the district at 802-388-2333.

Starting Strong with Kidpower: Sexual Abuse Prevention Training for Early Childhood Educators in Monkton. Wednesday, Oct. 23,

6 p.m., Russell Memorial Library, 92 Monkton Ridge. A 2-hour Professional Development training will explore safety strategies to protect young children from harm and teach them social-emotional skills to help them learn and grow in ways that are age-appropriate and fun. Participants can receive professional development credit through Northern Lights. Free. Register at tinyurl.com/KPVT-PD-reg. More info contact laura@kidpower.org.

THURSDAY

Winter Health Medicine Cabinet workshop in Monkton. Thursday, Oct. 24, 5:30-8 p.m., Russell Memorial Library, 92 Monkton Ridge. The last class in herbalist Julie Mitchell’s Plant Medicine Series will include hands-on herbal preparation to support the immune system through the winter months. (Cough syrup, fire cider, decongestant teas) Registration is required and class size is limited to 12 participants. Cost \$30 Email or drop by the library to sign up.

Veterans’ town hall in Bristol. Thursday, Oct. 24, 7 p.m., Holley Hall, 1 South St. Veterans are invited to speak about what their service means to them. Non-veterans are encouraged to attend and listen. This event is non-political, and all perspectives are valued. There will be no debate on American foreign policy. All are welcome. RSVP (optional, but encouraged) at vtvetstownhall.org/event/vets-town-hall-bristol-2024. Snacks will be available.

FRIDAY

“Death Journaling: Planning, Preparing and Processing” in Middlebury. Friday, Oct. 25, 11:30 a.m.-2 p.m., Marquis Theater Café, 65 Main St. Join community doula and educator Francesca Lynn Arnoldy for an introduction to “Death Journaling.” During this interactive workshop, participants will be invited to reflect back, turn inward, and plan ahead with intention and insight, focusing first on introspection and then extending care to others. More info contact Louella Richer at Irlicher@portermmedical.org.

Spookville in Brandon. Friday, Oct. 25, 5-6:30 p.m., Estabrook Park, Grove St. Brandon’s amazing Trunk or Treat. Loads of fun to be had at Estabrook with kids, music, candy, snacks and who knows what else! You don’t want to miss this chance to have a great time.

Explore Girl Scouts in Middlebury. Thursday, Oct. 24, 6-7 p.m. at Mary Hogan School, 201 Mary Hogan Drive. Girls in grades K-3 and a caregiver are invited to learn about opportunities to get involved in your community. With programs in the outdoors; entrepreneurship; science, technology, engineering, and math (STEM); and life skills, girls have the space and support they need to grow so they can see themselves how we’ve always seen them. Bright. Perceptive. Powerful. Open to all in the area. Walk-ins are welcome. See more at bit.ly/4eT8RgF. RSVP to 888-474-9686 or customer-care@girlscoutsgwm.org, just drop in.

Halloween dance in Vergennes. Friday, Oct. 25, 6:30 p.m., Addison County Eagles Club, 67 New Haven Dr. A 21+ party with door prizes, costume contest, 50/50 raffle and music by Toast. Open to members and the public. Tickets \$10.

Stargazing in Middlebury. Friday, Oct. 25, 8 p.m., Mittelman Observatory, Bicentennial Hall. View the stars from the top of Bicentennial Hall through telescopes provided by the observatory. Open to the general public. Attendance is limited and registration is required at tinyurl.com/stargazing-biHall. Register for only one 45-minute slot. Tickets are available on a first-come-first-serve basis. Free, and subject to clear skies.

SATURDAY

Craft supply sale and soup-to-go in Vergennes. Saturday, Oct. 26, 9 a.m.-noon, Vergennes Congregational Church, 30 S. Water St. Assorted craft supplies — fabric, yarn, embroidery, scrapbooking, notions, etc. including unfinished projects. Donations accepted Oct. 20-24 at the church. Call/text 802-349-7754 to arrange drop-off. Purchase by donation (cash/check). Soup-to-go, set price for qt. All proceeds go to the work of the Vergennes Congregational Church.

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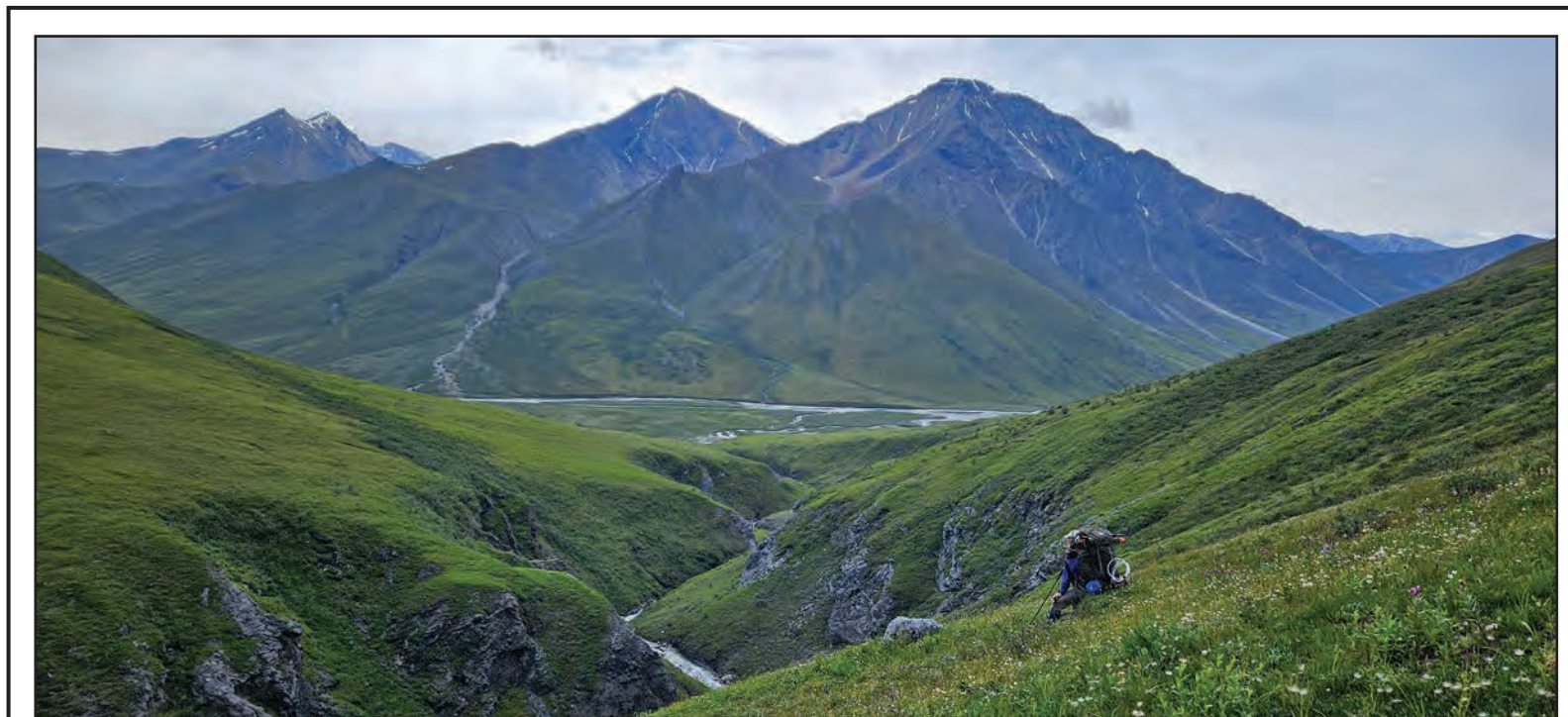
Here’s what one reader has to say about us!

A subscriber from Middlebury writes:

“I enjoy the up to date personal stories.”

Quotes are taken from reader comments submitted with subscription renewals.

ADDISON COUNTY INDEPENDENT



Alaskan wilds

LEARN ABOUT PACKRAFTING in the Gates of the Arctic National Park when Tim Upton and Beth Eliason share photos and highlights of their July 2024 trip with the Green Mountain Club Breadloaf section, Tuesday, Oct. 22, at Champlain Valley Unitarian Universalist, 2 Duane Court in Middlebury.

Photo: Jeannette Armell

THT staff shares a meal with crew

MIDDLEBURY — Town Hall Theater is building a new wing, but thanks to an inspired gift, it's also building new relationships.

THT supporter Gale Hurd stopped by the office last year. "She had an idea that she wanted to share with us," says THT Executive Director Lisa Mitchell. "She felt that the theater staff and the construction workers were really partners, and it was important that we get to know each other and appreciate the different skills we all bring to the project."

So began a regular series of lunches, underwritten by Hurd, in which the construction workers and the theater people sit down and eat together.

"It really is a wonderful idea," says Mitchell. "We learn so



TOWN HALL THEATER staff and workers from the new THT addition project sit down together for lunches on a regular basis thanks to THT supporter Gale Hurd.

much about these hard-working people, their craft and even their life stories. They in return get a much better sense of the project and what it will mean to the

community."

The meals have catered to up to 40 people and will continue through to the completion of the building.



CONSTRUCTION TEAM MEMBERS working on the new wing at Town Hall Theater line up for the regular lunch offered by THT supporter Gale Hurd. The meals are a time when workers and THT staff can sit down and get to know each other.

Photos courtesy of Town Hall Theater

5 Town food drive to be held October 19

BRISTOL — The Bristol Fire Department invites the community to come fill the fire house! October 19 will be the 17th annual food drive. Please drop by the Bristol Fire Department or Bristol Shaw's parking lot between 8 a.m. and 12:30 p.m. to drop off non-perishable items or cash donations made out

to Have a Heart Food Shelf. The New Haven, Lincoln, Monkton and Starksboro fire departments will be collecting at their fire houses at the same time.

With the holidays approaching this can be a difficult time for many. The food shelf serves approximately 300 people per month. Each year

the five fire departments will gather between 4,000 and 5,000 pounds of food and a generous amount of cash donations that only last two or three months.

From all of us, the first responders, we want to thank the community for all of their amazing support.



Camouflage at work

CAN YOU FIND both bees? The first is easy, the second is a little like finding Waldo... not that hard, but...

Photo by Angelo S. Lynn

Monkton

Have a news tip?
Contact Liz Pecor at rascal0406@gmavt.net

NEWS

MONKTON — Join others at the East Monkton Church, 405 Church Road, on Sunday, Oct. 20 for another session of Around the Kitchen Table, where all the best stories are told! Starting at 2 p.m. you can hear stories from people (or tell your own) who attended one-room schools in Monkton before Monkton Central School was built in 1960. Did you know that there were nine separate school districts in town at that time? Learn about them all! Hear what life in Monkton was like at that time. Learning, hardships, fun and everyday living.

Contact Candace Polzella at 802-453-7575 if you have questions. This event is free. There is a port-o-let at the church. The church does not yet have a ramp but anyone needing assistance getting into the building can always find help if they ask.

The Russell Memorial Library continues to be a busy place of activities. On Oct. 24 from 5:30 to 8 p.m. join in this last class of 'Winter health Medicine Cabinet'

for the Plant Medicine series with Julie Mitchell. Julie is a registered Herbalist AHG. You will do hands-on preparation of cough syrup, fire cider and decongestant teas to support the immune system through the winter months. This class is limited to 12 people so register soon to attend. The cost is \$30, cash or check made out to Julie Mitchell. Email the library at russellmemlibrary@gmail.com or stop by the library during open hours to sign up. The library is open on Tuesday and Thursday from 3 to 7 p.m. and Friday and Saturday from 9 a.m. to 1 p.m.

On Oct. 25, from 9:30 to 11:30 a.m., the 802 Homeschool Group Meet Up will continue. Meet with local home school families, share resources and stories, play games while visiting the library. Also mark your calendar for the annual Trunk or Treat on Oct. 27 in the Town Hall parking lot, and the Nov. 22 home school meeting for a presentation from Project Microscope. Pass the word to neighbors and friends. More information with times will

follow next week.

Also watch for more information on upcoming events at the library in November: a harvest wreath workshop on Nov. 7, local author Jackson Ellis on Nov. 9, and a yoga class with Chris Koliander on Nov. 23. More info to follow as these events near the date. You can always stop in or call the library for any information at 802-453-4471.

Willowell is now looking for a person to work one-on-one with a child in the community. The job will run from mid-October until late June for 22 hours a week at the rate of \$25 per hour with two weeks paid sick/personal leave time. You must have experience working with children, be a team player and willing to face challenges with a positive, strength-based approach. Go to the Willowell website at <https://www.willowell.org/jobs> for complete information.

Willowell is still accepting applications for New Roots, Pond Brook and The Walden Year. Check the website above for more information.

STUDENTS OF THE WEEK FROM AREA HIGH SCHOOLS

Mount Abraham Union High School

Lauren Cousino

Lauren Cousino is Mount Abraham Union High School's Student of the Week. Lauren lives in Starksboro with her parents, Greg and Koran, along with her siblings Reed and Jillian. She also shares her home with a dog named Bruce and two cats, Dolly and Juan.

Lauren's school accolades are multiple — academic highest honors every semester, representing Mt. Abe at the HOBY leadership conference, and the VSADA Athletic Leadership Conference during her junior year. Passionate about history and geography, Lauren completed a school project on the humanitarian crisis in North Korea and how it could be addressed. Her favorite classes at Mt. Abe are AP English Literature and AP European History, taught by two of her favorite teachers, Ms. Grzyb and Ms. Little. Why are they favorites? "Because of their constant support and dedication to making learning fun," Lauren says. She also enjoys her dual enrollment course, Peace and Turmoil in the Modern World.

Beyond the classroom, Lauren plays varsity soccer and basketball and is involved in futsal and club soccer for Addison United. She holds multiple leadership roles, including Vice President of her class, a member of the Eagle Leadership Society, clerk of Mt. Abe's governing body Community Council, and a member of Scholars' Bowl. She is also a co-founder of our Model United Nations club. Last summer she traveled to Oxford University to attend a pre-college academic program, where she studied International Relations and World History.

Lauren gives back to her community in many ways — math tutor, Starksboro Conservation Commission member and youth soccer coach. She also volunteers at the Starksboro Food Shelf. She started a program to make pet food available at the food shelf and the Little Free Pantries around town. During the summer, she works part-time at her parents' business, Hillside Precision. In her free time, Lauren likes to travel, play sports, hike, read and spend time with friends and family.

"The most important lesson I have learned while at school is to put yourself out there and find something that you're passionate about or try something new," she says. "Being an active member of your community allows you to gain new perspectives, discover new interests, make a difference, and feel connected with your surroundings."

After high school, Lauren plans to attend college in Boston or Washington, D.C., to study International Relations. The Mt. Abraham community wishes Lauren all the best in her future endeavors!



Lauren Cousino MAUHS

Otter Valley Union High School

Sara Loyzelle

Sara Loyzelle is Otter Valley Union High School's Student of the Week. Sara is an excellent student, receiving awards for excellence in a number of her classes and regularly appearing on Otter Valley's honor roll. Last year she was inducted into the National Honor Society. She was hoping for a relaxed senior year but says she has embraced her packed schedule. She particularly likes AP Biology, which she finds pretty challenging. Sara says she appreciates all of her teachers, and mentions Ms. Rider in particular because she takes the time out of her day to check in and have a conversation with Sara, which is extremely important. She also singles out Mr. Hughes and Mrs. Blow as influential and inspirational to her.

Since freshman year Sara has been part of Otter Valley's cross country and basketball teams and continues these commitments this year. She says cross country is definitely her favorite activity, and she really gets a lot out of the positive team atmosphere.

Outside of school Sara babysat for one of her teachers at OV and thoroughly enjoyed her time this summer doing so. She said she loves being able to help kids with new skills and be active with them by doing different activities. When she has spare time she enjoys going on vacation with her family (mom and dad and older sister). More regularly she like to run and play basketball, and also likes to take time out to relax and spend time with her friends.

A big lesson Sara has learned while at Otter Valley is not to be afraid to take a risk or make a change if you are unhappy with something. She unexpectedly changed sports her freshman year and says, "It opened many new windows for me and made me much happier. I was able to find a new activity that I enjoyed a lot more than my previous one."

Sara plans to attend college next year and get a degree in Exercise Science. While not yet sure where she will end up, she is doing the work to find a school that is right for her.

We at Otter Valley look forward to finishing out the year with Sara and wish her a very bright future.



Sara Loyzelle OVUHS

Students of the Week from all area high schools are entered into a raffle to win a \$100 gift card to The Vermont Book Shop. The winner will be chosen at the end of the school year. Students of the Week are chosen by school teachers and administration.

Best of luck to all Addison County students!

If you are interested in advertising in Student of the Week contact advertising@addisonindependent.com

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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 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).

Public Meetings

OVEREATERS ANONYMOUS is a 12 step program offering recovery from compulsive eating and food behaviors. For meeting times and general information please visit www.oavermont.org or call (802)863.2655.

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.

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

Public Meetings

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

Services

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

Help Wanted

Vermont Economic Development Authority
Agricultural Loan Officer



Visit www.veda.org or find our ad in A-section to learn more!

Help Wanted

Help Wanted

Road Foreman
Town of Cornwall, VT

The Town of Cornwall is seeking qualified applicants for a full-time Working Road Foreman position. This position operates under the general supervision of the Road Commissioner on behalf of the Select Board. The appropriate candidate will be self-motivated and willing to do seasonal tasks in an efficient and timely manner. Past management experience is required.

This position involves the day-to-day supervision and performance of road maintenance operations year-round. This person must be available to work, with a reasonable commute time, nights, weekends, and holidays through the winter or any other emergency.

The Foreman will be responsible for managing the Highway budget and purchasing parts and materials under the Town's purchasing policy, keeping updated road and cart inventories, submitting grant applications, and attending ongoing training

REQUIREMENTS:

- Clean driving record
- Ability to pass pre-hire and random drug testing
- Class B CDL with air brake endorsement
- High School diploma or equivalent
- Basic computer skills e.g., email, word processing, and spreadsheets
- Class A CDL and/or tank endorsement is a plus
- Experience with municipal snowplow trucks and equipment, road grader, loader and other road maintenance equipment is preferred

The Town of Cornwall offers competitive wages and excellent benefits which include health insurance and retirement.

Applications and job description are available at the Cornwall Town Clerk's Office or on the Town's website at cornwallvt.com. Submit a cover letter and resume of past work history with the application to the Town Clerk by 4 pm on Friday, November 1, 2024.

Help Wanted

Help Wanted

Help Wanted

Help Wanted

EARLY HEAD START TODDLER TEACHER
OTTER CREEK CHILD CENTER - MIDDLEBURY


Head Start is a federally-funded, national child and family development program which provides comprehensive services for pregnant people, children from birth to age five, and their families. Services for children promote school readiness, and include early education, health, nutrition, mental health, and services for children with special needs. Services for parents promote family engagement, and include parent leadership and social service supports.

As an Early Head Start Toddler Teacher, you will serve as co-teacher in an outcomes-oriented, team environment, and provide safe, healthy, friendly, and developmentally appropriate environments and experiences for infants and toddlers. Motivated Head Start teachers improve the trajectory of children's lives, including children's learning outcomes, living standards, and later academic and professional success. If you want to make a difference in the lives of young children and their families, consider joining the Head Start community.

REQUIREMENTS: Bachelor's degree in Early Childhood Education or related education field; Infant toddler specific education and experience that meets or exceeds the requirements for an Infant Toddler CDA Credential; knowledge and experience in developmentally appropriate early childhood practice, child outcome assessment, child behavior management, and curriculum planning, development and implementation; a commitment to social justice and to working with families with limited financial resources; excellent verbal and written communication (bilingual abilities a plus!); documentation, and record-keeping skills; valid driver's license, clean driving record and access to reliable transportation; physical ability to carry out required tasks.

This position is 32 hours/week, 52 weeks/year. Starting wage upon completion of 60-working day period: \$24.07 - \$28.75/hour, depending on qualifications. Health plan and excellent benefits.

To apply, please visit www.cvceo.org/careers and submit your cover letter, resume and three work references. No phone calls please.



THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER.

WE'RE HIRING!

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Do you enjoy meeting new people, problem solving and working as a team? Are you self-motivated, curious and eager to help others?

If so, we have the perfect opportunity for you!

The Addison Independent is seeking a top-notch advertising account representative to develop new and grow established sales accounts in the greater Middlebury and Vergennes areas, plus Chittenden County. Candidate must have strong written and verbal communication skills and be an eager and self-motivated worker.

Full or part-time position available, 20 to 40 hours weekly, depending on your situation. Flexible work schedule and a great work culture. Excellent opportunity for motivated sales person with a desire to succeed!



To apply, please send resume and cover letter to:

Christy Lynn, Advertising Manager
 58 Maple Street | Middlebury, VT 05753
christy@addisonindependent.com


ADDISON COUNTY INDEPENDENT
 Serving Addison County, Vt., Since 1946

Help Wanted

Help Wanted

Help Wanted

Addison County
 REGIONAL PLANNING COMMISSION



Staff and Energy Planners

The Addison County Regional Planning Commission (ACRPC) located in downtown Middlebury, Vermont seeks to fill two full-time positions, a Staff Planner and Energy Planner. The Planners will help to build stronger communities in Addison County by implementing the projects and programs of ACRPC. Areas of responsibility will include:

Staff Planner
 Regional Planning, specifically outreach and writing of sections of the Addison County Regional Plan;

1. Municipal planning, helping ACRPC's member municipalities draft plans and policies;
2. Marketing and outreach via the commission's events, newsletter and website;
3. Specified watershed and natural resources-based work; and
4. Other special projects.

Energy Planner

1. Updating the regional and local energy plans, solar siting, gathering local energy/carbon data.
2. Work with municipalities or other local energy organizations to implement local energy projects. Specific activities may include preparing requests for qualifications and proposals, contract review, vendor management for projects that may consist of energy audits of public buildings, installation of electric efficiency measures, electric vehicles, and associated charging equipment.
3. Grant writing, grant administration, and project management to support energy projects identified above.
4. Education/Promotion – Research and recommendations to municipal and regional officials on key energy implementation measures necessary to reduce energy use, increase use of renewable energy, and decrease fossil fuels use in the heating, transportation, and electricity sectors.

Additional information and full position descriptions can be found at <https://acrpc.org/job-opportunities/>

Please send a resume to Adam Lougee, Executive Director, Addison County Regional Planning Commission, 14 Seminary Street Middlebury, VT 05753 or alougee@acrpc.org. Open until filled. EOE.

Opportunities

Opportunities

Opportunities

Opportunities

Opportunities

Opportunities

Vermont Adaptive Volunteers



Winter is approaching and Vermont Adaptive seeks energetic, dedicated individuals who have a passion for sports, working with athletes with disabilities, and non-profit management and who want to learn while sharing their passions with others. Internships are for people ages 18+ and are specifically designed to fit college and professional program requirements while being flexible around class and work schedules.

To learn more please reach out to advancement@vermontadaptive.org



Addison Independent
CLASSIFIED ORDER FORM

ADDISON INDEPENDENT
 58 Maple Street, Middlebury, VT 05753
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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

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
 - Notices Work Wanted Att. Farmers
 - Card of Thanks Help Wanted Motorcycles
 - Personals For Sale Cars
 - Services Public Meetings** Trucks
 - Free** For Rent SUVs
 - Lost 'N Found** Want to Rent Snowmobiles
 - Garage Sales Wood Heat Boats
 - Lawn & Garden Real Estate Wanted
 - Opportunities Animals Real Estate Wanted
 - Adoption Vacation Rentals
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PLEASE PRINT YOUR AD...

Number of words: _____
 Cost: _____
 # of runs: _____
 Spotlight Charge: _____
 Internet Listing: **\$2.00**
 TOTAL: _____

The Independent assumes no financial responsibility for errors in ads, but will rerun classified ad in which the error occurred. No refunds will be possible. Advertiser will please notify us of any errors which may occur after first publication.

Addison Independent CLASSIFIEDS

Services

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.

OIL UNDERCOATING SERVICE Protect Your Vehicle From Salt & Brine. Call 802-417-8877 to schedule now.

Services

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

Free

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

Garage Sales

SATURDAY YARD SALE Proceeds to Benefit National Brain Tumor Society. Vintage and contemporary items! Saturday, October 19th 8:30 AM - 4:00 PM 2020 Route 74, Cornwall

YARD SALE, ANTIQUES, carpenter and mechanic tools, guns and numerous household items. October 19 and 20, 8am-4pm. 415 River Road, Bristol, Vermont.

Help Wanted

AMERICAN FLATBREAD MIDDLEBURY Hearth is seeking a part time Bartender to work both independently and alongside our talented Head Bartender. We are looking for a mature, energetic individual who enjoys the excitement of a busy restaurant, loves wholesome food & creative beverages, a warm fire and interesting conversation. Must be available nights and weekends, have a positive attitude, and enthusiasm for learning new things. Prior bartending experience is preferred. We are an inclusive environment and encourage applicants from all legally working age groups, races, and gender identities. Stop in for an application or send resume to joe@american-flatbread.com.

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.

For Rent

5,000 SQUARE FEET available. Exchange Street, Middlebury, VT. 802-349-8544.

Help Wanted

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.

For Rent

BRISTOL APARTMENTS. Studios, 1 & 2 br apartments in beautiful wooded setting. Pictures, Availability, & Applications can be found at www.woodlandapartmentsvt.com 802-578-4779.

COMMERCIAL/OFFICE SPACE - 3000 sq ft - Middlebury. Loading dock. Tall ceilings. \$2,500.00 p/month. 802-558-6092.

LAKE DUNMORE, 2 bedroom house, winter rental. Efficiency unit. Hooker Road. 802-349-8544.

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.

For Rent

MIDDLEBURY, OFF CAMPUS HOUSING available. 802-388-4831. AJ Neri Property Rentals.

VERGENNES WILLOW APARTMENTS is currently taking waitlist applications for 1 and 2 bedroom apartments. No smoking/no pets. Income limits apply- Rent rate based on income. Equal Housing Opportunity 802-247-0165 TTY: 800-253-0191. www.SummitPMG.com.

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.

Wood Heat

DRY OR GREEN firewood for sale. Delivery available. 802-349-4212.

Att. Farmers

WHITNEY'S CUSTOM FARM WORK Pond agitating, liquid manure hauling, drag line aerating. Call for price. 462-2755, John Whitney.

SUVs

2020 EV NISSAN LEAF S PLUS added 1" lifters, new windshield, recent brakes + pad, studded tires now on, fresh undercoating, great shape, with EV summer tires. \$17,500. Call/text 802-349-3970

For Sale



Cub Cadet GT2544 lawn tractor with mower deck and snowblower. Runs well, hyd drive, wheel weights, and chains. Snowblower needs some work.



1952 Farmall Cub with side mount mower, has wheel weights and chains, starts and runs but does not charge.

Contact cabessette@juno.com **\$2500 each**

For Sale

FOR SALE **WOODEN** **TRUCK** **TRAILER** **FOR** **SALE** **CALL** **HUD** **AT** **426-3500.**



MARKET REPORT ADDISON COUNTY COMMISSION SALES

RT. 125 • EAST MIDDLEBURY, VT
Sales for 10/10/24 & 10/14/24

		COST		
BEEF	LBS.	/LB	\$	
J. Fifield	1305	1.24	\$1618.20	
A. Brisson	1655	1.22	\$2019.10	
Correia	1910	1.20	\$2292.00	
P. Livingston	1520	1.20	\$1824.00	
Woodnotch	1715	1.18	\$2023.70	
Westminster	1765	1.17	\$2065.05	
Blue Spruce	1765	1.15	\$2029.75	
CALVES	LBS.	/LB	\$	
Barnes Bros.	79	9.00	\$711.00	
R. Scholten	86	8.50	\$731.00	
U. Pease	100	8.05	\$805.00	
Bailey Farm	104	8.00	\$832.00	
Conants	92	8.00	\$736.00	
Sunderland	100	7.50	\$750.00	
Total Beef - 140		Total Calves - 226		

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 10B, and 11B**

- Bridport (1)
- Bristol (1)
- Ethan Allen Highway Storage (1)
- Ferrisburgh (1)
- Lincoln (1)
- Middlebury (3)
- New Haven (1)
- State of Vermont (1)
- Waltham (1)

ETHAN ALLEN HIGHWAY STORAGE NOTICE OF SALE

Jeffery O'Reilly of Vergennes, VT - Unit 122, 10' x 20'. To be sold at public auction on October 26th @ 10:00 AM to the highest cash bidder. All sales are final. Unit must be broom cleaned.

TOWN OF BRIDPORT PUBLIC HEARING NOTICE

The Bridport Planning Commission will hold a public hearing on Tuesday, November 12, 2024, at 6:30 in the Town Office at 82 Crown Point Road, on each and to consider each of the following application:

At 6:30 PM on Application (#24-31) by Joe Gleason for a 2-lot subdivision of parcel ID# 12-020. The property is located at 682 Hemenway Road, Bridport, Vermont 05734

Plans and additional information regarding any such application may be viewed at said Town Office or by calling (802) 758-2483, Ext. 2. Participation in the Planning Commission's proceeding is a prerequisite to the right to take any subsequent appeal on any decision of it on an application.

Adam Broughton, Planning Commission Chair
Renée Brodeur, Planning Commission Secretary
Michael Wojciechowski, Zoning Administrator

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).

Administrative Rules for Peer Support Provider Certification and Peer Recovery Support Specialist Certification.
Vermont Proposed Rule: 24P043
AGENCY: Secretary of State, Office of Professional Regulation
CONCISE SUMMARY: These rules create the structure and qualifications for the newly-regulated professions of Certified Peer Support Providers and Certified Peer Recovery Support Specialists.
FOR FURTHER INFORMATION, CONTACT: Jennifer Colin, Esq., Office of Professional Regulation, 89 Main Street, 3rd Floor, Montpelier, VT 05602 Tel: 802-828-1505 Email: Jennifer.Colin@vermont.gov URL: <https://sos.vermont.gov/peer-support-provider-and-peer-recovery-support-specialists/statuses-resources/>
FOR COPIES: Gina Hruban, Office of Professional Regulation, 89 Main Street, 3rd Floor, Montpelier, VT 05602 Tel: 802-828-1505 Email: Gina.Hruban@vermont.gov.

TOWN OF WALTHAM NOTICE OF PUBLIC HEARING PROPOSED WALTHAM TOWN PLAN

The Waltham Selectboard will hold a public hearing on Monday, November 4, 2024, at the Waltham Town Office at 6:00 p.m. to consider the adoption of the Proposed Town Plan. This hearing will be held pursuant to 24 V.S.A. §4384. This notice is issued pursuant to 24 V.S.A. §4444(b). This Proposed Town Plan (the "Plan") sets forth a vision for the future planning of Waltham. The document looks at historical data and statistics as well as describing current conditions, character, and challenges. Based on this content, the plan establishes goals, objectives and actions intended to implement the planning vision. This Plan will serve as a comprehensive reference for Waltham residents and local officials, guiding public policy and future community planning decisions. The Plan is consistent with the requirements of 24 V.S.A. §4382 for municipal development plans and the municipal planning requirements for 24V.S.A. §4302.

- The Plan addresses the following areas:
1. Introduction
 2. Vision for Waltham
 3. Waltham Today
 4. Population
 5. Housing
 6. Making a Living
 7. Schools and Childcare
 8. Transportation
 9. Public Facilities
 10. Energy
 11. Natural Resources
 12. Flood resilience
 13. Land Use
 14. Compatibility
 15. Implementation Plan

Copies of the Proposed Town Plan may be obtained or viewed at the Waltham Town Clerk's Office on Maple Street in Waltham or online www.walthamvt.org or <https://www.walthamvt.org/resources/developmentreviewboard-planningcommission-zoning> (Scroll to Waltham 2024 Town Plan). For further information please call the Town Clerk's Office at (802)877-3641. Office hours are 9:00 a.m. - 3:00 p.m. Tuesdays and Thursdays.

Email your Public Notices to legals@addisonindependent.com and Jenna makes sure it gets in the paper

TOWN OF BRISTOL WARNING SPECIAL TOWN MEETING BRISTOL, VT

The legal voters of the Town of Bristol are hereby WARNED and NOTIFIED to meet at Holley Hall in said Bristol, on Tuesday, November 5, 2024, between the hours of 7:00 a.m., at which time the polls will open, and 7:00 p.m., at which time the polls will close, to vote by Australian ballot on the following article of business:

ARTICLE 1: Will the voters of the Town of Bristol adopt the proposed amendments to the Bristol Unified Development Regulations (UDR) as proposed by the Bristol Planning Commission and approved by the Selectboard to enable the creation of more housing in the Village Planning Area, traditionally the village and some outlying areas, consistent with the Town Plan using aspects detailed in "Enabling Better Places: A Zoning Guide for Vermont Neighborhoods" published by the Vermont Agency of Commerce & Community Development and to implement reforms required by S.100 (Act 47) known as the "Housing Opportunities Made for Everyone (HOPE)

The following list highlights the Articles and other topics substantially amended in the proposed document. Other minor changes are also proposed.

- (1) Article II: adjustments to the Dimensional Standards to provide greater flexibility for residential use/housing in Village Business (VB) and Village Mixed (VM); a portion of Village Residential (VR) was moved to High Density Residential (HDR).
- (2) Article IV: added parameters identifying "clearly subordinate" with regard to an Accessory Dwelling Unit (ADU).
- (3) Article X: definitions, including but not limited to Business Yard, Hotel, and Inn/Guest Facility.

A summary of the proposed amendments can be found in the Planning Commission's October 17, 2023 report at <https://bit.ly/4exXVVT>. Copies of the proposed Bristol Unified Development Regulations and PC report are available on Bristol's Web site at www.bristolvt.org and can be viewed or obtained at the Bristol Town Office.

ARTICLE 2: Shall general obligation bonds or notes of the Town of Bristol in an amount not to exceed Three Million Nine Hundred Fifty Thousand Dollars and Zero Cents (\$3,950,000.00), subject to reduction by available grants-in-aid or other funding sources, be issued to finance the cost of replacing circa 1905 water lines located west of North Street (Bristol West)?

Informational Meetings: The legal voters of the Town of Bristol are further notified that informational meetings will be held in person at Holley Hall and via Zoom on Monday, October 28, 2024 during a regular Selectboard meeting and on Monday, November 4, 2024 during a special Selectboard meeting, both of which will commence at 7:00 p.m., for the purpose of discussing the proposed Articles.

Monday, October 28, 2024, 7:00 p.m. <https://us02web.zoom.us/j/87912810018>
Meeting ID: 879 1281 0018
Passcode: 619003
Phone in: 1 (646) 558-8656

Monday, November 4, 2024, 7:00 p.m. <https://us02web.zoom.us/j/87912810018>
Meeting ID: 879 1281 0018
Passcode: 619003
Phone in: 1 (646) 558-8656

Adopted and approved at a meeting of the Selectboard of the Town of Bristol duly called, noticed and held on September 23, 2024. Received for record and recorded in the records of the Town of Bristol on September 24, 2024.

Bristol Selectboard:
Joel Bouvier, Chair
Michelle Perlee, Vice Chair
Ian Albinson
John Heffernan
Jessica Teets

ATTEST:
Sharon Lucia, Town Clerk

Marion's Place
A Unique Resale Store Supporting HOPE's Poverty Relief Programs

Marion's Place, the resale store at HOPE, is looking for some new team members.

Warehouse positions entail helping people donating goods for resale and customer services, as well as "back of house" work preparing items for sale, keeping the warehouse clean and orderly, and more.

Store associate positions entail " front of house" work including greeting shoppers, keeping the store clean and stocked, operating the cash register and more. Operating hours are Tuesday thru Saturday, part-time or full-time. Excellent compensation including platinum medical coverage, life and dental insurance, matched retirement savings, paid time off, staff discount, and more.

To apply, send resume and note of interest to receptionist@hope-vt.org, or drop off at the store (334 Boardman Street, Middlebury,) or at HOPE's office (282 Boardman Street.)

Come join a welcoming team that works hard every day to make a difference in our community.

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 d Bailey@addisoncountypcc.org

Canada lynx makes its way to the county

MONTPELIER — After a rare Canada lynx was confirmed in Vermont last August for the first time in years, biologists with the Vermont Fish and Wildlife Department have continued to receive verifiable photos and videos of what they believe is the same individual wild cat.



A CANADA LYNX was photographed in late September 2024, in Addison County. Lynx can be distinguished from the much more common bobcat by their shape and coloration. Lynx have a distinctive posture that slopes down from their elevated hind quarters and a drabber overall color compared to bobcats' spotted coat. Lynx also have completely black tail tips and light-colored heels. Bobcats in contrast have white- and black-banded tail tips and black heels.

Photo courtesy of VTF&W

Reports indicate that the lynx has moved about 60 miles north of where it was first sighted in Rutland County into Addison County, traveling around a dozen miles at a time and then staying in the same general area for several days before moving on. Juvenile lynx will often travel long distances searching for new territory, a behavior called "dispersal" by biologists.

"We've had 15 confirmed lynx sightings since August and signs point to these all being the same dispersing juvenile male," said Brehan Furfey, furbearer biologist with the department. "The lynx has moved steadily north from Rutland County into Addison County. That's a conservation success in its own right because Vermont's network of protected lands is what makes this journey possible. We're rooting for this lynx to keep heading north, where it will find more young forest habitat and plenty of snowshoe hares to eat."

Because Canada lynx are a federally threatened species, the

department says it is important for anyone who sees a lynx to give the cat a respectful amount of space. The individual lynx currently being seen by Vermonters appears

skinny but healthy and is not a threat to people. However, it is probably stressed by being in unfamiliar habitat and needs to be allowed to continue its dispersal

without disturbance.

"The rule of thumb is always to keep a respectful distance from any wildlife you're observing. If they are changing their behavior in response to you, then you're too close," said Furfey. "Keeping a respectful distance is especially important for threatened or endangered species like Canada lynx which are protected by state and federal law. That said, we do want your photos or videos if you think you have crossed paths with a lynx and are able to get a clear view on your phone or camera without disturbing it."

Vermonters who think they have a photo or video of a lynx are encouraged to take two steps. First, learn how to tell Canada lynx from the closely related bobcat, which is much more common in Vermont. Second, if confident your photo or video is a lynx, email it to the department at fwinformation@vermont.gov.

"The chance to use citizen science observations to follow this juvenile lynx on its search for new territory is really unusual and really exciting," said Furfey. "Vermonters can be proud that decades of land protection and management for connected habitats have allowed this rare wild cat to make its way through our state. It's a sign that conservation is working."



IN "PACKRAFTING IN Gates of the Arctic National Park," Tim Upton and Beth Eliason will share photos and highlights of their July 2024 trip to Alaska and the northernmost extension of the Rocky Mountains. Green Mountain Club Bread Loaf Section hosts the talk for its fall speaker program on Tuesday, Oct. 22, at Champlain Valley Unitarian Universalist Society, 2 Duane Court in Middlebury.

Packrafting in Arctic National Park talk set Oct. 22

MIDDLEBURY — The Green Mountain Club Bread Loaf Section will hold its annual fall speaker program on Tuesday, Oct. 22, at the Champlain Valley Unitarian Universalist Society, 2 Duane Court

In "Packrafting in Gates of the Arctic National Park," Tim Upton and Beth Eliason will share photos and highlights of their July 2024 trip to Gates of the Arctic National Park. Lying north of the

Arctic Circle in Alaska, Gates of the Arctic is situated in the central Brooks Range — the northernmost extension of the Rocky Mountains. It is the second-largest and least-visited national park in the United States, containing over 7 million acres of untouched wilderness with no roads or trails.

Highlights of the trip included rafting the Alatna and Noatak Rivers and backpacking over the

Continental Divide.

All are welcome. Doors open 6:30 p.m. and the talk begins at 7

p.m. Parking is available across the street in the Middlebury Union High School parking lot.

ADVERTISEMENT FOR BIDS TOWN OF MIDDLEBURY MIDDLEBURY, VERMONT

MIDDLE ROAD NORTH ROAD REHABILITATION AND CULVERT REPLACEMENT

General Notice

Town of Middlebury (Owner) is requesting Bids for the construction of the following Project:

Middle Road North Road Rehabilitation and Culvert Replacement

Bids for the construction of the Project will be received at the **Middlebury Department of Public Works** located at 1020 Route 7 South, Middlebury, VT 05753 until 2:30 P.M. local time on Thursday, October 31, 2024. At that time the Bids received will be publicly opened and read.

The Project includes the following Work:

The project involves approximately 2,650 feet of road reclamation and reconstruction along Middle Road North, beginning at the intersection with US Route 7 and ending near the intersection with Lodge Road. In addition to full depth reclamation and paving, the project involves full depth excavation and roadway widening associated with a dedicated turning lane and new parking. The project also involves culvert replacement, culvert lining, and approximately 1,000 linear feet of new concrete sidewalk.

Bids are requested for the following Contract: **Middle Road North Road Rehabilitation and Culvert Replacement**

The Issuing Office for the Bidding Documents is: **Otter Creek Engineering, Inc. located at 404 East Main Street, East Middlebury, VT 05740**

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. Please call the Issuing Office to make an appointment. Bidders may obtain copies of the Bidding Documents from the Issuing Office as described below. Bidding Documents also may be examined at Otter Creek Engineering, Inc., 110 Merchants Row, 4th Floor, Suite 15, by appointment only; contact the Issuing Office to schedule a viewing. Electronic copies of the Bidding Documents may be obtained from the issuing office by paying \$100.00. Printed copies of the Bidding Documents may be obtained from the Issuing Office upon request by paying \$150 for each set by mail. Make checks for Bidding Documents payable to "Otter Creek Engineering, Inc." mailing address: P.O. Box 712, East Middlebury, VT 05740.

Bidding Documents may be purchased from the Issuing Office during the hours indicated above. 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.**

Pre-bid Conference

A pre-bid conference for the Project will be held on **Thursday, October 17, 2024 at 10:30 A.M. Local time at the Middlebury Department of Public Works** located at 1020 US Route 7 South, Middlebury, VT 05753. Attendance at the pre-bid conference is encouraged but not required.

Instructions to Bidders.

For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents.

This Advertisement is issued by:

**Owner: Town of Middlebury
By: Kathleen Ramsay
Title: Town Manager
Date: October 8, 2024**

Public Notices

can be found on **Pages 10B and 8B.**

ADVERTISEMENT FOR BIDS

Town of Middlebury Seminary Street Extension Pipe Lining Middlebury, Vermont

General Notice

Town of Middlebury (Owner) is requesting Bids for the construction of the following Project:

Seminary Street Extension Pipe Lining

Bids for the construction of the Project will be received at the **Middlebury Department of Public Works** located at 1020 Route 7 South, Middlebury, VT 05753 until 2:00 P.M. local time on Thursday, October 31, 2024. At that time the Bids received will be publicly opened and read.

The Project includes the following Work:

Cleaning, inspecting and lining approximately 1350 feet of 8-inch gravity sewer main, including 8 wastewater manholes and appurtenances off of Seminary Street Extension.

Bids are requested for the following Contract: **Seminary Street Extension Pipe Lining**

The Issuing Office for the Bidding Documents is: **Otter Creek Engineering, Inc. located at 404 East Main Street, East Middlebury, VT 05740**

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. Please call the Issuing Office to make an appointment.

Bidders may obtain copies of the Bidding Documents from the Issuing Office as described below. Bidding Documents also may be examined at Otter Creek Engineering, Inc., 110 Merchants Row, 4th

Floor, Suite 15, by appointment only; contact the Issuing Office to schedule a viewing. **Electronic and print copies of the Bidding Documents may be obtained from the issuing office by paying \$75.00.** Make checks for Bidding Documents payable to "Otter Creek Engineering, Inc." mailing address: P.O. Box 712, East Middlebury, VT 05740.

Bidding Documents may be purchased from the Issuing Office during the hours indicated above. 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.**

Pre-bid Conference

A pre-bid conference for the Project will be held on **Thursday, October 17, 2024 at 11:30 A.M. Local time at the Middlebury Department of Public Works** located at 1020 US Route 7 South, Middlebury, VT 05753. Attendance at the pre-bid conference is encouraged but not required.

TOWN OF FERRISBURGH

NOTICE OF HEARING

ZONING BOARD OF ADJUSTMENT

The Zoning Board of Adjustment will hold the following public hearings to be held November 6th, 2024, at the Town Hall at 7 PM.

Application Number 24-095: Accessory Use Structure; Shoreland District; Applicant(s): Greg & Robyn Hill; Property ID #03/01/04;1472 Fort Cassin Road; Shoreland (SD-2) District; Conditional Use

Application Number 24-096: Revised application 23-011; provide updated site plans; Revise hours of operation to include Sat (6am – 6pm) and Sun (8am – 5pm); Applicant(s): White Falcon, LLC; Property ID #15/01/64; Lot 1, Tupper's Crossing; Industrial (IND-2) District; Conditional Use

The above files are available for inspection at the Town Clerk's Office.

Pursuant to 24 V.S.A 4464(a)(1)(C) and 4471(a), participation in this local proceeding is prerequisite to the right to take any subsequent appeal.

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, November 4, 2024, at 7:00 p.m. to consider the following:

1. Application #2024-DRB-21-SD: Applicant Jay Jipner and landowner Shannon Jipner are requesting Final Plat approval for a minor subdivision of a 9.4+-acre parcel located at 1451 Hallock Road in the RA-2 zoning district 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=U0pFdDQ2a1ZRZzVCRkN4ZGcyYUJf3dz09>

Meeting ID: 981 4211 9190

Passcode: 4jYbTA

Electronic copies of the applications may be obtained by emailing the zoning administrator at: 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 MIDDLEBURY SELECTBOARD MEETING

ROOM 116 – LARGE CONFERENCE ROOM

TOWN OFFICES – 77 MAIN STREET

TUESDAY, OCTOBER 22, 2024 - 7:00 P.M.

Also available via Zoom:

<https://us02web.zoom.us/j/87391447577>

By Phone: +1 646-558-8656 (not toll-free)

Webinar ID: 873 9144 7577

For those wishing to watch but not participate:

Selectboard meetings are livestreamed to MCTV's YouTube Channel:

<https://www.youtube.com/user/MCTV Vermont>

and also broadcast live on Comcast Channel 1071

AGENDA

- | | |
|------|--|
| 7:00 | 1. **Call to Order |
| | 2. *Approval of Agenda |
| | 3. *Approval of Consent Agenda |
| | 3a. Approval of the Minutes of the October 8, 2024 Regular Selectboard Meeting |
| | 3b. Acceptance of Selectboard Subcommittee Meeting Minutes |
| | 3c. Approval of Renewal Applications for 1 st , 2 nd , & 3 rd Class Liquor Licenses, Outside Consumption Permits, and Entertainment Permits |
| | 3d. Consent Agenda Placeholder |
| | 3e. Consent Agenda Placeholder |
| | 3f. Consent Agenda Placeholder |
| | 3g. Town Manager's Report |
| | 4. *Citizen Comments (Opportunity to raise or address issues not otherwise included on this agenda) |
| 7:05 | 5. *Agenda Placeholder |
| 7:10 | 6. *Public Works - Infrastructure Committee - Updates |
| | 6a. Bid Award - Utility Relocation to Chipman Hill |
| | 6b. EWP Funding - New Town Signatory Authorization |
| 7:25 | 7. *Draft Town Policy - Policy Review Committee - Easement Consideration |
| 7:35 | 8. *Community Decarbonization Partners Proposal - Thermal Energy Networks - Energy Committee Proposal (if available) |
| 7:40 | 9. *Middlebury DEI Work Group - Selectboard Discussion - Group Goals/Objectives |
| | 10. **Agenda Placeholder |
| | 11. **Agenda Placeholder |
| | 12. **Agenda Placeholder |
| | 13. **Agenda Placeholder |
| 7:55 | 14. *Approval of Check Warrants |
| 8:00 | 15. **Board Member Concerns |
| 8:05 | 16. *Executive Session - Anticipated - Personnel |
| 8:15 | 17. **Action on Matters Discussed in Executive Session |
| 8:20 | 18. *Adjourn |
| | * Decision Item ** Possible Decision |

TOWN OF LINCOLN

PUBLIC NOTICE

Wednesday, November 6, 2024, beginning at 7:00 pm at the Town Office (62 Quaker Street, Lincoln, VT) and virtually using Zoom

The Lincoln Development Review Board will hold a public hearing for:

• Waiver Application #24-062 as requested by James Dumont and Karen Lueders.

Project Location: 1972 West Hill Road, Lincoln, VT, 05443

Parcel ID # 25-10-01-28.000

Project Description: Increase size of existing nonconforming parcel for family members. Parcel size to remain nonconforming.

Participation in the local proceedings is a prerequisite to the right to take any subsequent appeals. Please contact the Zoning Administrator at (802) 453-2980 to arrange a time to view the complete applications.

The Zoom link will be included in the agenda which can be found on the Town's website the week prior to the hearing: <https://lincolnvermont.org/agendas-minutes>

Nicole Lee, Lincoln DRB Chair

STATE OF VERMONT SUPERIOR COURT

PROBATE DIVISION ADDISON UNIT

DOCKET NO.: 24-PR-06171

IN RE ESTATE OF: JEFFREY P. DEBES

NOTICE TO CREDITORS

To the Creditors of: Jeffrey P. Debes, late of Ferrisburgh, 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: 10/08/24

Krista D. Glow, Fiduciary c/o David E. Peterson, Esq.
Gravel & Shea PC
P.O. Box 369, Burlington, VT 05402
dpeterson@gravelsheshea.com
(802) 658-0220

Publication: Addison Independent

Publication Date: 10/17/24

Name of Probate Court: Vermont Superior Court, Addison Unit, Probate Division
Address of Probate Court: 7 Mahady Court, Middlebury, VT 05753



SEVEN VERMONT 4-H'ERS and their chaperones recently participated in the 2024 National 4-H Dairy Conference, held from Sept. 29-Oct. 2 in Madison, Wisc. They were: Front row (left to right): Hailee Allen, New Haven; Torrey Hanna, Addison; Jackie Chase (chaperone) and Hailey Chase, both from Bristol; and Cindy Kayhart, New Haven (chaperone). Back row: Brian Kayhart, New Haven (chaperone); Amy Vaughan, South Ryegate; Ruby Hubbell, Shoreham; Mackenzie Chase, Bristol; and Elizabeth Waterman, Thetford Center.

County youth attend National 4-H conference

BURLINGTON — For the seven 4-H teens selected to attend the 2024 National 4-H Dairy Conference in Madison, Wisc., it was a whirlwind four days of dairy-focused activities and opportunities to connect with like-minded peers from 20 states and three Canadian provinces.

The Vermont delegates who took part in the event Sept. 29 to Oct. 2 included Hailee Allen, New Haven; Hailey and Mackenzie Chase, Bristol; Torrey Hanna, Addison;

Ruby Hubbell, Shoreham; Amy Vaughan, South Ryegate; and Elizabeth Waterman, Thetford Center. They were accompanied by adult volunteers Cindy and Brian Kayhart, New Haven, and Jackie Chase, Bristol.

The conference was held in conjunction with the World Dairy Exposition and gave participants aged 15 to 18 an opportunity to learn about the dairy industry and explore career pathways through tours of agricultural

businesses and dairy operations, motivational speakers, a career fair and interactive seminars taught by dairy specialists, biotechnology leaders and professors. Conference delegates also spent time at the dairy expo to watch the dairy show competitions and visit the trade show.

Delegates also took part in fun activities, including team challenges, a dairy skill-a-thon and a farm tour, a tailgate party and evening barn dance, and field trips

to dairy-related businesses and museums.

Selection for this national opportunity was based on a number of criteria, including overall 4-H achievements, 4-H dairy project record books and participation in county and state dairy shows, judging contests, quiz bowls and other 4-H dairy events. Applicants also had to meet the age requirement and be enrolled in the 4-H dairy project for three or more years.

Vt. State Police Log

ADDISON COUNTY — Vermont State Police stopped a Shoreham man twice this past weekend for being somewhere he wasn't supposed to be.

On Saturday, Oct. 12, troopers responded around 5:30 a.m. to a report that a man was refusing to leave a Main Street home in Shoreham. Police looked into it and decided that Rodrigo Cardosodelima, 44, of Shoreham was in violation of an abuse prevention order by coming within 300 feet of the residence. So they arrested Cardosodelima, took him to the New Haven barracks and cited him for violation of an abuse prevention order. He was due to answer the charge in court on the next business day.

However, before he could make his plea to a judge, troopers were called to a Main Street, Shoreham, home on Sunday, Oct. 13, at a little before 3:30 a.m. and found Cardosodelima there again. Police arrested him again, cited him for the same crime again and jailed him at the Marble Valley Regional Correctional Facility with bail set at \$500.

Meanwhile, troopers at the local state police barracks helped out at a bad traffic accident that sent two people to the hospital and blocked Route 7 traffic for a couple hours this past Friday afternoon.

On Oct. 11 at 2:18 p.m. police responded to a two-vehicle crash in New Haven on Route 7 near River Road and in the vicinity of the Sugar House Motel. Police report that Janette Lattrell, 64, of Middlebury was driving a 2012 Ford Fusion when she turned left out of a parking lot onto Route 7 and failed to yield a northbound 2018 Ram 2500 pickup driven by Dwight Mazor, 53, of Charlotte. The Ram struck the front, driver side door of the Ford, causing it to spin and come to a rest in the northbound lane. The pickup came to a controlled stop in the center of the highway.

Lattrell's injuries were suspected to be serious, and she was rushed to UVM Medical Center for care. Her 59-year-old passenger, Margaret Pouliot of New Haven,

was taken to Porter Medical Center for suspected minor injuries.

Mazor and his juvenile passenger were reported to be uninjured.

This area of Route 7 was closed for approximately 2 hours as a result of this incident. Vermont State Police was assisted on scene by the Middlebury police, Middlebury Regional EMS, and firefighters from New Haven and Middlebury.

Anyone with information regarding the crash is asked to contact Trooper Anthony at the Vermont State Police New Haven barracks at 802-388-4919.

Separately, for the second time this month, state police cited Michael Kenyon, 46, of Vergennes for home improvement fraud. In this case, a Ferrisburgh resident reached out to state police on Oct. 8 to report their complaint. Police report that Kenyon was hired through Valley Pool and Spa Service LLC to provide pool servicing. Kenyon received an upfront payment for the pool servicing and weekly maintenance for several months, however police allege that he never completed the work. Attempts were made by the victim over several months to contact Kenyon to have the work completed and requested the funds be returned for the work that was not completed between March and October.

Ultimately, police said, Kenyon failed to follow a contract between him and the victim. Kenyon failed to complete the work in which he received funds for or provide a refund for the services not rendered.

State police cited Kenyon to appear in Addison County Superior Court, criminal division, on Dec. 30 to answer to the charge of home improvement fraud.

In other recent activity, state police on Oct. 10 at 6:42 p.m. stopped a vehicle in the Jiffy Mart parking lot at New Haven Junction. They cited the driver, identified as John A. Cunningham, 50, of Panton, for driving with a criminally suspended license and two counts of violation court ordered conditions of release.

Lincoln

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

NEWS

LINCOLN — Burnham Presents welcomes Maya de Vitry to the stage on Saturday, Nov. 2, at 7:30 p.m. at Burnham Hall as part of her album release tour for "The Only Moment." de Vitry is a singer, songwriter, multi-instrumentalist, and producer based in Nashville, Tenn. She first traveled and performed as a fiddling street musician, and then in bars, theaters, and on festival stages as a founding member of The Stray Birds. Since

the band parted ways in 2018, Maya has been devotedly creating a powerful new body of work — one that consistently blurs genre while showcasing her delight in storytelling and her extraordinarily dynamic singing. She'll be joined by Joel Timmons on guitar and vocals.

Doors open at 7 p.m. Tickets are \$20 general admission and \$25 generous admission. Homemade refreshments will be available

during the break.

FROM THE TOWN

Send us your best photos of the scenery around town for a chance to have them included in the 2024 Town Report, which will be mailed to every Lincoln residence in February 2025. Photos can be emailed to sbassistant@lincolnvermont.org. Enjoy the season!

Please be advised that the Lincoln Gap Road is now closed. This is a coordinated effort between Lincoln

and Warren highway departments. There will be space to turn around and park on the Lincoln side for those who want to hike up.

REMINDER

Fill the Firehouse Food Drive to benefit Have-A-Heart Food Shelf will be held on Saturday, Oct. 19, from 9 a.m. to noon at the Lincoln Firehouse.

Until next time ... Believe In Your Ability To Overcome Obstacles. Allow Your Light To Shine Brightly. Great Things Await.

INDEPENDENT DIGITAL marketing

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802.388.4944

ARTS & LEISURE

The Addison Independent

October 17, 2024



MACO PRESENTS
'THE CHERRY ORCHARD'
A PLAY ABOUT
LIFE

SEE STORY
PAGE 3

Leading actor Jena Necrason stars in Middlebury Acting Company's production of "The Cherry Orchard." Performances will run Oct. 18-20 and Oct. 25-27 at Town Hall Theater in Middlebury.

PHOTO / DAVID DEVINE

Middlebury honors life, loss and storytelling

This year marks the third annual offering of Stories from the Heart, which will take place on Oct. 26, from 6:30-8 p.m. This is a Moth-style storytelling event where five community members will stand up and tell their stories of grief or loss. The event (which has expanded to include a whole weekend of events) is organized by the Palliative Care Department at Porter Medical Center.

"I see this event as the coming together of two of the oldest and most universal experiences know to human beings; storytelling and the experience of loss," said Louella Richer, Manager of Palliative Support Services. "Through storytelling, we receive the powerful sense of being heard and understood by others. And also through storytelling, healing can be found in the process of remembering details, expressing emotions, choosing what is important to say, and making sense of all that has happened. We are made of stories as they allow us to make meaning out of their lives by organizing our memories into stories.

"We all experience many types of loss," Richer continued. "We do hard things as humans. Life is full of challenges. We are all doing hard things everyday — sometimes just getting out of bed is hard but we also do things like managing households, caring for family and friends, battling illness, addiction, loneliness, struggling with our housing, our marriages, our jobs, setting personal boundaries and losing people we love while also making time to find purpose, joy and peace... Stories from the Heart is not just an event; it's part of a movement towards embracing the full spectrum of human emotion, particularly the ones we often turn away from."

The events this year will span Friday, Saturday and Sunday; there will be luminaries in storefronts down Middlebury's Main Street, a community altar on the porch of the Sheldon Museum, Death Journaling at the Middlebury Marquis, showing of the movie

Blackbird at MREMS, luminary decorating at the Ilsley Library and a Service of Remembrance at Champlain Valley Unitarian Universalist Society. See full details below.

WEDNESDAY, OCT. 23

Community Ancestor Altar set up on the front porch of Sheldon Museum. This altar is open to public and will be up until Nov. 3

FRIDAY, OCT. 25

11:30 a.m.-2 p.m.

Workshop: Introduction to Death Journaling with Francesca Arnoldy at the Marquis Café, 65 Main Street, Middlebury.

6:30-9 p.m.

"Blackbird" — movie showing followed by small group conversation at Middlebury Regional EMS, 55 Collins Drive, Middlebury

SATURDAY, OCT. 26

1-4 p.m.

Luminary decorating at the Ilsley Library, 75 Main Street, Middlebury

6:30-8 p.m.

Stories from the Heart at St Stephens Episcopal Church, 3 Main Street, Middlebury. A Moth-style storytelling event, when five community members stand up to be witnessed, telling their unique story of grief and loss.

8-9 p.m.

Luminary path walk — from St Stephens Episcopal Church and ending at the Sheldon Museum, 1 Park Street, Middlebury.

8-9 p.m.

Sheldon Museum — harp music with Matthew Von Behrens

SUNDAY, OCT. 27

2-4 p.m.

Service of Remembrance for the community at CVUUS, 2 Duanne Court, Middlebury

For any additional information, contact Louella Richer at lricher@portermedical.org.



Learn to dance for the camera


A Movement Matters workshop is coming to the Mahaney Arts Center Dance Theater on Wednesday, Oct. 30, at 4:30 p.m. Join Jillian Meyers for a lesson on dancing and choreographing for the camera.

Meyers is an Emmy Nominated Los Angeles-based choreographer who has been an assistant to Brian Friedman, Tovarish Wilson, Mia Michaels, Wade Robson, Gil Duldulao and Mandy Moore. She worked with Moore on the award winning film "La La Land" and both herself and Moore earned Emmy nominations for their work on the hit series "Zoey's Extraordinary Playlist." Myers has been fortunate to work with leading musical acts such as The Lumineers, Vance Joy, Hozier, Janet Jackson, and more. Ultimately, Meyers loves to dance and is excited by any experience related to her passion.

Wear comfortable clothing suitable for movement. Bring layers to adjust for temperature changes. Bare feet are preferred; soft-soled indoor shoes are acceptable. No street shoes.

Free and open to the public.

Fall Follies:
Pride Edition
 An evening of drag and burlesque
October 19th, 7-10PM
 Vergennes Opera House
 18+ Showcase



Middlebury Dance Centre

Class registration is now open for adult and teenage students!

For more information please contact Barbara Elias at (802) 388-8253

14 Seminary Street | Middlebury



Loving life more than the meaning of life

MIDDLEBURY ACTING CO PRESENTS *THE CHERRY ORCHARD*

Russian author Anton Chekhov in his short life (1860-1904) wrote a thousand stories and 14 plays. His last play was "The Cherry Orchard," first produced in Moscow by Konstantin Stanislavsky. As a young graduate student, Middlebury Acting Company Artistic Director

Melissa Lourie acted the role of Anya in the play and has wanted to direct it ever since.

by her tiny Chihuahua, Mishka. Former tutor and eternal student Peter Trofimov, though in love with Anya, puts himself above such trivial matters as mere human love, speaking only of an idealistic, utopian socialist future.

And what does the play mean? Everyone agrees that, when it comes to Chekhov, that is the wrong question. His biographer Ernest Simmons, put it simply: "Chekhov loved life more than the meaning of life."



theater preview

BY DAVID WEINSTOCK

"The play is about life," Lourie said.

"Ostensibly it's about a family in the decline of the Russian aristocracy who can't figure out how to hold on to their property, a cherry orchard, because they are hopelessly out of touch with the necessities of making money and living. But that's just a framework for telling a story about how human beings cope with difficulties. How they try to feel good despite threatening circumstances. How people try to connect, and often fail to connect. How people love what's unattainable. And how people get lost in dreams and fantasies rather than facing hard truths. Chekhov has this genius of mixing tragedy and comedy and absurdity. It's the comedy of human life."

The play opens as the Gayev family along with its servants and staff reassemble in its mansion. After years in Paris, Lyubov Andreevna hopes to rescue the estate from financial ruin, marry off her two daughters, and reclaim her heritage.

But this is not to be. Michael Katz, emeritus professor of Russian at Middlebury College, puts the Gayevs' crisis in its historical context.

"The play is about the decline of the Russian aristocracy at the end of the 19th century and the rise of the former serf class," Katz explained. "The serfs are getting rich and becoming middle class in their values. The estate of Lyubov Andreevna is an example of the beauty of the natural landscape, which is being destroyed by this peasant class, who don't really worry about either the tradition or the beauty."

Despite all of this, Chekhov found humor in the situation, Katz added. "He was very upset that Stanislavsky was treating the play as a tragedy. Chekhov himself said it's a comedy. He insisted that the comic touches be emphasized."

And there are many. Lyubova's brother turns every conversation into a random remark about billiards. The governess Charlotta, raised in a circus family, performs card tricks, accompanied

DETAILS

THE CHERRY ORCHARD

By Anton Chekhov
Translated by Jean-Claude van Itallie
Directed by Melissa Lourie.

OCT. 18-20 & 25-27
TOWN HALL THEATER,
MIDDLEBURY

All Middlebury Acting Company's productions are wheelchair accessible. Town Hall Theater is equipped with hearing assistance system too. For more information visit townhalltheater.org.



October 25 ▪ 7:30 PM
CAROLINE SHAW and SŌ PERCUSSION featuring RINGDOWN
\$25/20/10/5



October 24 ▪ 7:30 PM
NEW ENGLAND REVIEW
OUT LOUDER



November 2 ▪ 7:30 PM
JERUSALEM STRING
QUARTET



ARTS AT MIDDLEBURY
Tickets on sale now ▪ go.middlebury.edu/arts

ART ON EXHIBIT

Farmer-artists' works on display at Jackson Gallery

The Jackson Gallery at Town Hall Theater presents "Cultivating our Art: Farmer Artists' Reflections on the Farm as Muse." This exhibit features artwork in several media by individuals who make their living as both artists and farmers. Hannah Sessions organized the group of exhibitors. She makes paintings of what she describes as "everyday scenes." She and her husband Greg Bernhardt, who is also a painter, operate Blue Ledge Farm, a goat dairy and cheese-making operation in Leicester. Both studied studio art

at Bates College.

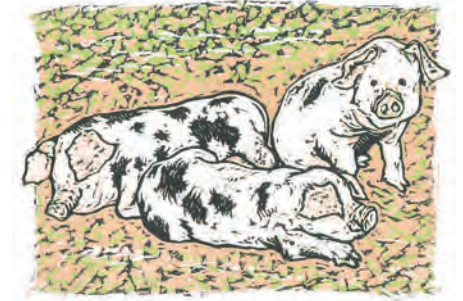
Hannah states that "farming and art have woven themselves together for quite some time, as people have been drawn to expressing their reverence and gratitude through images. We get a glimpse into prehistoric life via cave paintings, and up to today when farmers such as Wendell Berry write about his farm and connection to nature so eloquently as to move generations. Farming is not for the faint of heart: it's messy, it's constant, it's

physically and emotionally draining, but it allows one to experience the holy in every day. Birth, death, sunrises, sunsets, foliage, companionship, sustenance, cooperation, light and love, these are all things that exist on a farm and because of that I feel it attracts artists who are in search of the rawness and the authenticity of life."

Potter Jen Roberts grew up on a dairy farm in Cornwall, helping with chores, showing Brown Swiss cows in the local fair and exploring

the land. "I feel that growing up on a farm has inspired my art by being drawn to practical beauty. A piece needs to function in everyday use and be beautiful."

Laurie Brooks of Toad in the Hole Studio is a retired dairy farmer and life-long artist. She had returned to school as a full-time art major at Hartwick College in Oneonta, N.Y., where she earned her degree with concentrations in printmaking and drawing. "As an artist I'm still catching up,



"The Piggery" block print by Laurie Brooks

still learning, still figuring things out, and still making sense of the chaos and noise this world never seems to be in short supply of, by making art."

Louisa Conrad and Lucas Farrell of Townshend operate Big Picture Farm, a small hillside goat dairy and farmstead confectionery and creamery. Louisa is an artist

who specializes in photography and drawing. She received a Master of Fine Arts from the California Institute of the Arts. Lucas is an award-winning poet. His



Ceramic plate by Jen Roberts

book the blue-collar sun was the winner of the 2020 Sundog Poetry Book Award for a first or second manuscript by a Vermont-based poet. Books will be on display.

The exhibit runs from Oct. 18-Jan. 4, at the Jackson Gallery in the lower level of Town Hall Theater on Merchants Row in downtown Middlebury. All are invited to a reception for the artist on Friday, Oct. 18, from 5-7 p.m. Gallery hours are Monday through Friday 12-5 p.m., and when performances are taking place. Entrance is through the front doors of the theater.

THE CHERRY ORCHARD
A COMEDY BY ANTON CHEKHOV DIRECTED BY MELISSA LOURIE

OCTOBER 18-20 & 25-27
FRIDAYS & SATURDAYS AT 7:30PM
SUNDAYS AT 2PM

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OR TOWNHALLTHEATER.ORG

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MIDDLEBURY
ACTING
COMPANY



"Walking the Cows Out" oil painting by Hannah Sessions

ART ON EXHIBIT

ART ON MAIN

"Two Masters Reflect On the Seasons" featuring pottery by Robert Compton and photography by Paul Forlenza. On view Oct. 4-Nov. 16.

BIXBY MEMORIAL FREE LIBRARY

258 Main Street, Vergennes

For more info visit bixbylibrary.org or call 802-877-2211.

"Building St Peters" celebrates the 150th anniversary of St. Peter's Church in Vergennes. Learn about the community effort to construct the local catholic church through antique photographs, newspaper clippings, handmade maps, and artifacts including a brick from the Ferrisburgh Brickyard and an antique organ pipe. This exhibit, found in the Half-round Room, connects with our ongoing display in the Bixby Hall about Josephine Meneely, whose husband, William Meneely, President of the Meneely Bell Foundry of Troy, N.Y., gave two bells to the church. The exhibit is on view during the library's open hours, Tuesday-Saturday through the fall.

EDGEWATER AT THE FALLS

1 Mill Street, Middlebury

For more info visit edgewatergallery.com, call

802-458-0098 or email info@edgewatergallery-vt.com.

"Falling Into It." featuring two beautiful new collections from Scott Addis and Kay Flierl. Saturday, Oct. 19, from 11a.m.-4 p.m., Addis will be in the gallery doing a painting demo. Visitors can view the show, meet the artist, watch him paint and learn about his process. This event is free and open to all. The full exhibit will be on view through Nov. 17.

EDGEWATER ON THE GREEN

6 Merchants Row, Middlebury

For more info visit edgewatergallery.com, call

802-989-7419 or email info@edgewatergallery-vt.com.

"Domestic Alchemy." Contemporary realist painters Kate Gridley and William B. Hoyt interpret the theme, conveying the connections created, and the warmth and familiarity of the kitchen. On view Sept. 13-Oct. 20.

JACKSON GALLERY

68 S Pleasant St, Middlebury

For more info visit townhalltheater.org/jackson-gallery

or call 802-382-9222.

"Cultivating our Art: Farmer/Artists' Reflections on Farming as Muse." This exhibit features artwork by individuals who make their living as both artists and farmers, including Hannah Sessions, Jen Roberts, Laurie Brooks, Louisa Conrad and Lucas Farrell. An opening reception will be held on Friday, Oct. 18, from 5-7 p.m. On view through Jan. 4, 2025.

SEE EXHIBITS ON PAGE 15

Cosmic Forecast

ARIES: March 21/April 20. Aries, you might find it challenging to assess a situation this week. Always stick to what your instincts are telling you as they are rarely wrong. Try not to get sidetracked by small details.

TAURUS: April 21/May 21. You may find a need to be more assertive at work, Taurus. Your ideas are sound, so don't hesitate to share them with colleagues. Others will appreciate your insight.

GEMINI: May 22/June 21. Communication may be the key for you this week, Gemini. It is an excellent time to network and share your ideas. Be concise in your interactions to avoid misunderstandings.

CANCER: June 22/July 22. Cancer, consider new habits that promote well-being and balance. It is important to focus on your health and tailor routines to that end. Find time to reflect on your goals and ambitions.

LEO: July 23/Aug. 23. It's a great time to express yourself through art, hobbies, or social activities, Leo. Romance also could be in the cards, so make space for some fun and connection in your personal life.

VIRGO: Aug. 24/Sept. 22. This week could be focused on family matters and your home life, Virgo. It's an excellent time to organize your space and strengthen family bonds. You also can work on personal goals.

LIBRA: Sept. 23/Oct. 23. Social interactions this week are bound to be lively and stimulating, Libra. It can be easy to get carried away, so balance your social life with some quiet time to recharge.

SCORPIO: Oct. 24/Nov. 22. Financial matters might be in focus this week, Scorpio. Make a plan to review your budget and figure out how to save more. You may want to consider new investments.

SAGITTARIUS: Nov. 23/Dec. 21. You might experience a boost in energy and optimism this week, Sagittarius. It's always a good idea to focus on personal goals and any ambitions that you might have.

CAPRICORN: Dec. 22/Jan. 20. Capricorn, an exercise in reflection and introspection might be a good idea this week. It is time for some personal growth, including figuring out ways to be more receptive to feedback.

AQUARIUS: Jan. 21/Feb. 18. Aquarius, your innovative ideas may receive some positive attention, so don't be afraid to share with others. Social interactions rev up, but be sure to balance social life with downtime.

PISCES: Feb. 19/March 20. This is a good week to reassess your professional aspirations and take practical steps toward achieving them, Pisces. Put out some feelers to your employment network.

Registrations for our
November and December
classes are now live!

Wed-Thurs 11am-5pm
Fri 11-7pm, Sat 10am-5pm
Sun 12-4pm
Closed Mon-Tues



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WE'RE HIRING
We're holding a Hiring Extravaganza!
October 24th 4-6pm
We're looking for creative, outgoing,
passionate people to join our team!

QUILTERS' CORNER
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802-388-3559 www.middleburysewnvac.com
OPEN: M-F 10-5 and Saturday 9:30-4

FAMOUS BIRTHDAYS

OCT. 18 — Wynton Marsalis, trumpeter (63)
OCT. 19 — John Lithgow, actor (79)
OCT. 20 — Kamala Harris, Vice President (60)

OCT. 21 — Celia Cruz, singer (d)
OCT. 22 — Gabriel Fauré, composer (d)
OCT. 23 — Pelé, soccer player (d)
OCT. 24 — Kevin Kline, actor (77)

CALENDAR

OCT. 17-26
2024



THURSDAY, OCT. 17

ARTIST'S RECEPTION IN MIDDLEBURY.

Thursday, Oct. 17, 4:30 p.m., Johnson Memorial Building, 78 Chateau Rd. An opening for "Against Wings: Works by Rebecca Kinkead and Ben Humphries." Paintings by Kinkead and poetry by Humphries explore, through image and word, human impacts on natural habitats and the climate. Humorous, poignant and also subtle dialogues between the artist's works. Free and open to the public.

BLUES WITHOUT BORDERS IN BRISTOL.

Thursday, Oct. 17, 7 p.m., South Mountain Tavern, 31 Main St.

FRIDAY, OCT. 18

ART PLAY FOR ADULTS IN BRISTOL.

Friday, Oct. 18, 10 a.m., Lawrence Memorial Library, 40 North St. Art Play for Adults is a space for you to play with art and enjoy stress-free creativity and camaraderie. Workshop will begin with a simple prompt, with art supplies provided (although you're welcome to bring your own). Fun for all levels. Four sessions available — come to any or all. More info at lawrencelibraryvt.org.

BLOODROOT GAP IN MIDDLEBURY.

Friday, Oct. 18, 3-6 p.m., Happy Valley Orchard, 217 Quarry Rd. Listen to great music for free at Happy Valley's Mountain Mac Music Series. Pies, donuts, and Mountain Mac Hard Cider available for purchase. Bring chairs, blankets, picnics. No outside alcohol. Leashed dogs are welcome.

ART OPENING IN MIDDLEBURY.

Friday, Oct. 18, 5-7 p.m., Jackson Gallery, Town Hall Theater, 68 S. Pleasant St. An opening reception for "Cultivating our Art: Farmer Artists' Reflections on the Farm as Muse." Entrance is through the front doors of the theater.

THE MORNING DUDES IN BRISTOL.

Friday, Oct. 18, 6-8 p.m., BCC Botanicals, 140 North St.

FALL BALL IN LINCOLN.

Friday, Oct. 18, 6-10 p.m., Burnham Hall, 52 E. River Rd. Featuring All Night Boogie Band, Brass Balagan Brass Band, DJ LeeJ, Beaucoup Decor, bar by Radio Bean and other delights. Get dressed up and come on down (or up). We're going to deck The Hall all the way out for what we hope will be become an annual tradition. Donations greatly appreciated. Proceeds from any purchases go to support Burnham Hall.

"HOTEL TRANSYLVANIA 3" ON SCREEN IN VERGENNES.

Friday, Oct. 18, 6:30 p.m., Bixby Memorial Library, 258 Main St. It's Family Movie Night at the Bixby. "Hotel Transylvania 3" is the story of the Dracula family's vacation on a luxury cruise ship. Have lots of fun in celebrating the spookiness of the Halloween season with a free movie, popcorn and comfy seating.

WENDA CURTIS IN BRANDON.

Friday, Oct. 18 7-8:30 p.m., Brandon Artists Guild, 7 Center St. Meet Wenda Curtis, who creates sculpture of silver, gold and other precious minerals from the earth. Her imagery reflects the collaboration with ancient discoveries and the vision of the future beholder. Refreshments served.

"THE CHERRY ORCHARD" IN

MIDDLEBURY. Friday, Oct. 18, 7:30 p.m., Town Hall Theater, 68 S. Pleasant St. Middlebury Acting Company presents Anton Chekhov's delightful tragi-comedy. The Gayev family is torn by powerful forces, forces rooted deep in history, and in the society around them. Their estate is hopelessly in debt; urged to cut down their beautiful cherry orchard and sell the land for holiday cottages, they struggle to act decisively. Tickets available at townhalltheater.org.

SATURDAY, OCT. 19

GREEN MOUNTAIN CLUB HIKE IN

HANCOCK. Saturday, Oct. 19, Philadelphia Peak. A hike to the 3,199-foot summit from Route 125 in Hancock. Difficult, no marked trail. Approximately 6 miles. Contact Beth Eliason for more information at betheliason@gmail.com.

COFFEE AND CONVERSATION WITH JACQUELYN TUXILL IN BRISTOL.

Saturday, Oct. 19, 10 a.m., Art on Main, 25 Main St. Tuxkill, a local author, will read from and discuss her award-winning book "Whispers from the Valley of the Yak: A Memoir of Coming Full Circle," which recounts a profound midlife journey about the power of forgiveness, the importance of being true to oneself, and the joy that comes from creating an authentic life. Come prepared for compelling storytelling, adventurous "armchair" travel, and discussion on what constitutes an authentic life.

SARA GREY AND KIERON MEANS IN

MIDDLEBURY. Saturday, Oct. 19, 1-3 p.m.,

Ilsley Public Library, 75 Main St. Grey and Means will present a unique look at songs in the oral tradition of people who migrated and took them into the Panhandle, the Great Plains and the Western States. This is not just a random collection of well-known western songs. It is a unique and rare collection of old songs and ballads from many sources.

UNCLE BABY IN BRANDON.

Saturday, Oct. 19, 4-6 p.m., Red Clover Ale, 43 Center St.

JESSICA IP, CARILLONNEUR, IN

MIDDLEBURY. Saturday, Oct. 19, 5 p.m., Middlebury Chapel. The Middlebury College campus and surrounding neighborhoods will ring with the sound of carillon bells at the new fall festival. Free and open to the public.

"PHANTOM OF THE OPERA" ON SCREEN IN BRANDON.

Saturday, Oct. 19, 7 p.m., Brandon Town Hall, 1 Conant Sq. Long before Andrew Lloyd Webber created the hit stage musical, this silent film adaptation starring Lon Chaney put "Phantom" firmly in the pantheon of both horror and romance. Just in time for Halloween. Free.

BARBACOA IN BRISTOL.

Saturday, Oct. 19, 7 p.m., South Mountain Tavern, 31 Main St.

"THE CHERRY ORCHARD" IN

MIDDLEBURY. Saturday, Oct. 19, 7:30 p.m., Town Hall Theater, 68 S. Pleasant St. See Oct. 18 listing.

HALLOWEEN COSTUME BALL IN

CONTINUED ON NEXT PAGE

MCTV SCHEDULE Channels 1071 & 1091		MIDDLEBURY COMMUNITY TELEVISION: P.O. Box 785, Middlebury, Vt. 05753		Please see the MCTV website, www.middleburycommunitytv.org, for changes in the schedule; MCTV events, classes and news; and to view many programs online. Submit listings to the above address, or call 388-3062.	
Channel 1071	7 p.m. Catholic Mass	8 a.m. Congregational Services	9:04 a.m. Six Pete Seeger Songs	6 a.m. Chair Yoga	
Friday, October 18	7:30 p.m. Energy Week	12 p.m. Selectboard, Public Affairs	9:27 a.m. Healthy Brain and Body	7 a.m. Tai Chi	
Through the Night: Candidates	8:30 p.m. Candidates	8:30 p.m. Energy Week	10 a.m. School Board Meeting/s	7:25 a.m. Word Time	
7:30 a.m. Congregational Church	Monday, October 21	9:30 p.m. Eckankar	5 p.m. All Things LGBTQ	9 a.m. School Board Meeting/s	
10 a.m. Selectboard, Public Affairs	Through the Night: Candidates	10 p.m. Gov. Scott	6 p.m. Golden Ball Tai Chi	5 p.m. Robert Frost Poems	
4 p.m. Memorial Baptist Church	5:30 a.m. Eckankar	Channel 1091	7:25 p.m. Ilsley 100th Birthday	5:56 p.m. Ilsley 100th Birthday	
5:30 p.m. Energy Week	6 a.m. Press Conf., Candidates	Friday, October 18	8:30 p.m. The Artful Word	7 p.m. How To Weed Your Attic	
6:30 p.m. Candidates	9 a.m. Energy Week	5 a.m. Mama Tried at the Round Church	Sunday, October 20	8:23 p.m. Healthy Brain and Body	
Saturday, October 19	10 a.m. Selectboard, Public Affairs	6:38 a.m. Yoga	5:30 a.m. Cindy Hill: Mosaic Poems	9 p.m. Robert Frost Poems	
Through the Night: State House, Public Affairs	7 p.m. Candidates	7 a.m. Golden Ball Tai Chi	6:30 a.m. Tai Chi	Wednesday, October 23	
5 a.m. Energy Week	Tuesday, October 22	8:22 a.m. The Artful Word - Dave Mitchell	6:55 a.m. Yoga	4:30 a.m. Music In the Morning	
6 a.m. Candidates	Through the Night: Candidates	9:28 a.m. Healthy Living for Your Brain and Body	8 a.m. How To Weed Your Attic.	7 a.m. Chair Yoga	
10 a.m. Selectboard, Public Affairs	9:30 a.m. Eckankar	10:01 a.m. How To Weed Your Attic	9:23 a.m. Six Pete Seeger Songs	8 a.m. Tai Chi	
4 p.m. Memorial Baptist Service	10 a.m. Selectboard, Public Affairs	11:24 a.m. Kelby Clark and Jeremiah M. Carter	10 a.m. Mama Tried	8:25 a.m. Word Time	
5:30 p.m. Eckankar	4 p.m. Congregational Services	12 p.m. School Board Meeting/s	11:39 a.m. Word Time with Miss Markee	9 a.m. Robert Frost Poems	
6 p.m. Energy Week	7 p.m. Selectboard, Public Affairs	6 p.m. Mama Tried	12 p.m. Healthy Brain and Body	12 p.m. School Board Meeting/s	
7 p.m. Catholic Mass	10 p.m. Energy Week	7:38 p.m. How To Weed Your Attic	12:33 p.m. School Board Meeting/s	6 p.m. The Artful Word	
7:30 p.m. Candidates	Wednesday, October 23	9:01 p.m. First Tuesdays, Cindy Hill: Mosaic Poems	5:30 p.m. Miss Markee	7 p.m. Cindy Hill: Mosaic Poems	
Sunday, October 20	Through the Night: Candidates	Saturday, October 19	6:30 p.m. Ilsley 100th Birthday	Thursday, October 24	
Through the Night: Candidates	6:30 a.m. Energy Week	4 a.m. Mama Tried	Monday, October 21	4:30 a.m. Music In the Morning	
8 a.m. Energy Week	7:30 a.m. Memorial Baptist Service	5:38 a.m. Golden Ball Tai Chi	5 a.m. All Things LGBTQ	7:30 a.m. Golden Ball Tai Chi	
9 a.m. Catholic Mass	9:30 a.m. Catholic Mass	7 a.m. Yoga	6 a.m. Chair Yoga	9 a.m. Robert Frost Poems	
11 a.m. Memorial Baptist Service	10 a.m. Selectboard, Public Affairs	8 a.m. Ilsley 100th Birthday	7 a.m. Golden Ball Tai Chi	9:56 a.m. Ilsley 100th Birthday	
12:30 p.m. Candidates	7 p.m. Selectboard, Public Affairs		5:20 p.m. Mama Tried	11 a.m. How To Weed Your Attic	
4 p.m. Congregational Service	11 p.m. Energy Week		7 p.m. School Board Meeting/s	12:23 p.m. Healthy Brain and Body	
6:30 p.m. Eckankar	Thursday, October 24		Tuesday, October 22	1 p.m. School Board Meeting/s	
	Through the Night: Candidates		4:30 a.m. Music In the Morning		

BRANDON. Saturday, Oct. 19, 8-11 p.m., Brandon Inn, 20 Park St. Adults only. Neshobe Pub is open, scary snacks available for purchase. Devilishly decorated, wear your best costume to take home a one-of-a-kind trophy. Tickets \$25, available at brandonvt.myrec.com or at the door.

SUNDAY, OCT. 20

LAKE CHAMPLAIN SHIPWRECKS PRESENTATION IN FERRISBURGH.

Sunday, Oct. 20, 11 a.m.-noon, Lake Champlain Maritime Museum, 4472 Basin Harbor Rd. LCMM Executive Director Chris Sabick will talk about lesser-known canal boat shipwrecks in Lake Champlain and what the museum's Research and Archaeology team has uncovered from these mysterious wrecks. Free. Afterwards, all are invited to visit the other exhibits, on this last day of the museum's 2024 season.

CHAMPLAIN VALLEY FIDDLERS IN BRANDON.

Sunday, Oct. 20, 11 a.m.-4 p.m., American Legion, 55 Franklin St. Come fiddle with us! \$3 cover, 50/50 raffle door prize refreshments available.

STONE OFF ROADER FEST AND TRUNK OR TREAT IN MIDDLEBURY.

Sunday, Oct. 20, 11 a.m.-2 p.m., Stone CDJR, 2149 Route 7 South. Bring family and friends rain or shine for fun treats. Vote for your favorite trunk. Take a ride on the obstacle course. Costumes are encouraged. Food from Shady Joe's BBQ will be available for purchase.

WORLD SINGING DAY IN BRISTOL.

Sunday, Oct. 20, 1 p.m., Holley Hall, 1 South St. Five Town Friends of the Arts is hosting their 2nd annual fun, local, and free music event with some of the area's best musicians. Listen and sing with them on new and familiar songs. Performers include Maiden Vermont, Womensing, Middlebury College Community Chorus, Patrick Fitzsimmons, Richard Ruane and Beth Duquette, Va-

et-Vient, the Vermont Ukelele Society and young singers from Addison County. Food and drink available for purchase by local vendors. All ages are welcome.

"AROUND THE KITCHEN TABLE"

STORYTELLING IN MONKTON. Sunday, Oct. 20, 2 p.m., East Monkton Church, 405 Church Rd. Come hear from folks who attended one-room schoolhouses in Monkton, before Monkton Central School was built in 1960. Did you know there were nine separate school districts in town? Listen to people who lived it talk about what life was like in these community centers of yore.

"THE CHERRY ORCHARD" IN

MIDDLEBURY. Sunday, Oct. 20, 2 p.m., Town Hall Theater, 68 S. Pleasant St. See Oct. 18 listing.

TUESDAY, OCT. 22

"PACKRAFTING IN GATES OF THE ARCTIC NATIONAL PARK" PRESENTATION IN MIDDLEBURY.

Tuesday, Oct. 22, 7 p.m., Champlain Valley Universal Unitarian Society, 2 Duane Ct. As part of the Green Mountain Club Fall Speaker Program, Tim Upton and Beth Eliason will share photos and highlights of their July trip. Doors open 6:30 p.m.

WEDNESDAY, OCT. 23

GREEN MOUNTAIN CLUB HIKE IN

STARKSBORO. Wednesday, Oct. 23, Starksboro Adventure. "Get to the point," where three counties, one gore and three towns literally come to a point in the middle of nowhere with a USGS marker for proof. About 700-foot elevation gain of steady uphill on rough woods roads and a bit of bushwhacking for about 2 miles round trip. Moderate hike with limit of 6. Wear appropriate clothing; bring water, food, poles and your personal gear for a safe hike. Contact Cecilia Elwert at ceciliaelwert@yahoo.com for more info.

"BIG NIGHT" ON SCREEN IN

MIDDLEBURY. Wednesday, Oct. 23, 1 p.m., Community Room, Ilsley Public Library, 75 Main St. the Middlebury Community Classic Film Club's fall series on movies about food continues with this deliciously comic tale about the two Italian-American brothers who own a failing restaurant. Starring: Stanley Tucci, Isabella Rossellini, Tony Shalhoub, Minnie Driver and Ian Holm.

THURSDAY, OCT. 24

"CONSEQUENTIAL: TOWARDS AN ACTIVIST PRACTICE" IN MIDDLEBURY.

Thursday, Oct. 24, 4:30-6 p.m., Johnson Classroom 204, 78 Chateau Road. Professor Reed Hilderbrand will discuss the origins and contemporary implications of an activist practice of landscape architecture, facing head-on the twin crises of our time: climate and justice. Free and open to the public.

WINTER HEALTH MEDICINE CABINET WORKSHOP IN MONKTON.

Thursday, Oct. 24, 5:30-8 p.m., Russell Memorial Library, 92 Monkton Ridge. The last class in Herbalist Julie Mitchell's Plant Medicine Series will include hands-on herbal preparation to support the immune system through the winter months (cough syrup, fire cider, decongestant teas). Registration is required and class size is limited to 12 participants. Cost \$30. Email or drop by the library to sign up.

BRETT HUGHES HONKYTONK IN

BRISTOL. Thursday, Oct. 24, 7 p.m., South Mountain Tavern, 31 Main St.

"BEETLEJUICE" ON SCREEN IN

VERGENNES. Thursday, Oct. 24, 7-9 p.m., Bixby Memorial Library, 258 Main St. The new version of this classic movie is in theaters this fall, but Bixby is taking it back to the place it all started with this 1988 Halloween classic. Snuggle up in the comfy couches of the Community Room with fresh popped popcorn and there will be candy for anyone who comes in costume.

NER OUT LOUDER IN MIDDLEBURY.

Thursday, Oct. 24, 7:30 p.m., Dance Theater, Mahaney Arts Center, 72 Porter Field Rd. Students from Oratory Now read selections from the New England Review, lending their voices to the work on the page, and student writers read their own poetry and prose for an audience of students, faculty, and community members. Everyone is invited to a reception in the lobby after the show. Free, live and streaming. info at go.middlebury.edu.

FRIDAY, OCT. 25

SCARLET ANNIE IN MIDDLEBURY.

Friday, Oct. 25, 3-6 p.m., Happy Valley Orchard, 217 Quarry Rd. Listen to great music for free at Happy Valley's Mountain Mac Music Series. Pies, donuts, and Mountain Mac Hard Cider available for purchase. Bring chairs, blankets, picnics. No outside alcohol. Leashed dogs are welcome.

SPOOKSVILLE IN BRANDON.

Friday, Oct. 25, 5-6:30 p.m., Estabrook Park, Grove St. Brandon's amazing Trunk or Treat. Loads of fun to be had at Estabrook with kids, music, candy, snacks and who knows what else! You don't want to miss this chance to have a great time!

SPIRITS OF ROKEBY IN FERRISBURGH.

Friday, Oct. 25, Rokeby Museum, 4334 Route 7. Gather for a drink and a short talk on Victorian Spiritualism before entering the historic home where actors will guide you through participatory dramatization, creating seances based on actual historic transcripts from Rokeby's archives. Tickets \$20 members/\$25 non-members, available at rokeby.org. Showing organized for timed entry. Limited seating available.

"THE CHERRY ORCHARD" IN

MIDDLEBURY. Friday, Oct. 25, 7:30 p.m., Town Hall Theater, 68 S. Pleasant St. Middlebury Acting Company presents Anton Chekhov's delightful tragi-comedy.

SEE CALENDAR ON PAGE 12



A Morning Mini-Retreat with

Wes Vander Lugt

Saturday, October 19, 9:00am-12:30pm
with coffee and mingle time starting at 8:30am

Memorial Baptist Church / Free and Open to All
97 S. Pleasant St., Middlebury, VT

Talk 1: "Why Beauty Matters for Everyone"
Talk 2: "Reimagining the Beauty of Creation
and Our Role Within It"

Wes Vander Lugt is a pastor-theologian, teacher, writer, nonprofit leader, and arts advocate. He teaches theology and directs the Leighton Ford Initiative in Theology, the Arts, and Gospel Witness at Gordon-Conwell Theological Seminary. Wes is the author of several books, including *Beauty Is Oxygen: Finding a Faith that Breathes*.

Sponsored by Memorial Baptist Church. / 802-388-7284 / MemorialBaptistVT.org / membaptistvt@gmail.com

If we want to be healthy and grow in our journey of faith, hope, and love, beauty is not optional. Beauty is more like oxygen for our souls than like perfume. Dr. Wes Vander Lugt will explore these claims, ways we can breathe in more beauty in our daily lives, and how we can receive and cultivate the beauty of creation.

With a poetry reading by Abigail Carroll, and worship through music with Matthew Dickerson.



MiniBury

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A RELIABLE RESOURCE FOR PARENTS SEEKING FAMILY-FRIENDLY EVENTS, ACTIVITIES, CAMPS AND CLASSES IN AND AROUND MIDDLEBURY

What's on for Halloween?

A Middlebury car dealership is kicking off the area's Halloween-themed events this year. Come on down to Stone CDJR, on Sunday, Oct. 20, for trunk-or-treating and an off-road obstacle course called **Off Roderfest**. Sounds rad!

The beloved **Med47 Haunted Forest** in Bristol is back for its fifth year on Oct. 25-27! Bring your little ones in costume for trick-or-treating through spooky displays in the woods between 4-6 p.m. Braver souls who want to be truly terrified should show up after dark. This year organizers are asking folks to park at nearby Hillside Precision; a shuttle bus will arrive every 15 minutes.

Spooksville Trunk or Treat is back in Brandon's Estabrook Park on Friday, Oct. 25.

And Saturday, Oct. 26 is a very big day for Halloween festivities: Carve **Pumpkins in the Park** on the Bristol Town Green from 11 a.m.-1 p.m. Or head to the Eddy Farm in Middlebury

for the **Halloween Costume Barn** at 1 p.m. Feel like heading north? **Vermont Teddy Bear** and **ECHO** are hosting Halloween celebrations — the former with outdoor activities and food trucks, the latter with hair-raising science experiments — on Saturday, too. The famous **Rutland Halloween Parade** kicks off at 6:30 that night. And a quieter **Luminary Walk** honoring spirits who have left this world will take place in downtown Middlebury at 8:30 p.m.

Join a 2 p.m. parade of families in costume trick-or-treating the Main Street businesses at **Spooktacular** in Middlebury on Sunday, Oct. 27.

Take your teens to experience the Rocky Horror Picture Show at Town Hall Theater on Wednesday, Oct. 30. And on the big night — Thursday, Oct. 31 — walk a **Haunted Forest at the Waybury Inn** starting at 4 p.m.

Through the end of this month, kids can take part in a **spooky scavenger hunt** in Middlebury and East Middlebury. Pick up a scorecard from



Ilseley Library, the Vermont Book Shop or the Waybury Inn, and then look for ghosts hidden in participating stores. When your child has found at least 12 ghosts, they can turn in their scorecard to be entered to win prizes on Oct. 31 at the Waybury Inn's haunted forest.

Coming Up

MUMS COLOR FUN RUN

Saturday, Oct. 19, 9-11 a.m. at Middlebury Union Middle School
The third annual color fun run is on! Games and activities from 9-10 a.m. The run starts at 10 a.m. Get covered in colorful cornstarch as you walk, skip, hop or run your way through a 1.5 mile course. MUMS students run for free; suggested \$5 donation from everyone else.

STARGAZING OPEN HOUSE

Friday, Oct. 25, 8-10 p.m. at Mittelman Observatory at Middlebury College

Check out the night sky from the observation deck of Bicentennial Hall, which is equipped with three small telescopes.

SKI SWAP, GEAR REPAIR & TACO TRUCK

Saturday, Oct. 26, 10 a.m.-3 p.m. at Mary Hogan Elementary School

Frost Mountain Nordic Club hosts this festive ski swap at the elementary school!

HUB SKATE JAM

Saturday, Oct. 26, 2-6 p.m. at the Bristol Skatepark

Bring your wheels to celebrate 25 years of the skatepark with music, food, skating and a raffle.



PHOTO / ERIK KOSKINEN

Calling all kid makers!

Know a kid who wants to sell their homemade wares? Slime, perhaps, or greeting cards, lip balm or baked goods? Simon Says, the toy store in Bristol, is hosting its first ever **Youth Maker Market** on Saturday, Oct. 26, from 10 a.m.-2 p.m. Tables for kid vendors will be set up on the sidewalk in front of the store. Contact Maura Donnelly at 802-453-6945, or info@simonsaysvt.com, to reserve a spot!

See more online

MiniBury.com

THINGS TO DO • MEET PARENTS & FRIENDS
NEWS FOR FAMILIES • TIPS, TRICKS &
TRENDS • CALENDAR

PUZZLES

sponsored by **SPARROW ART SUPPLY**

ACROSS

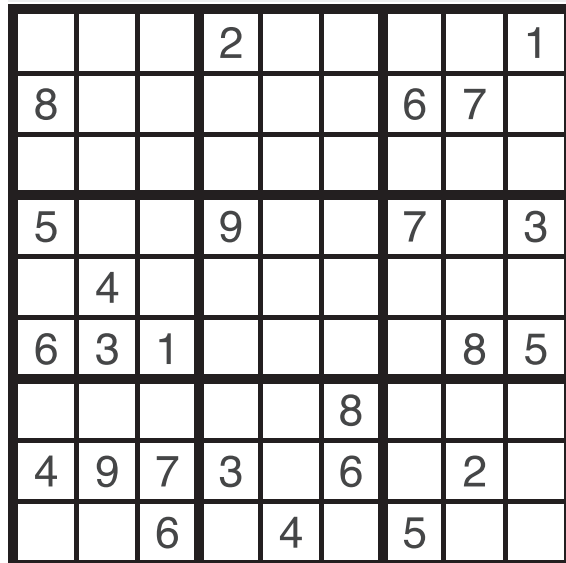
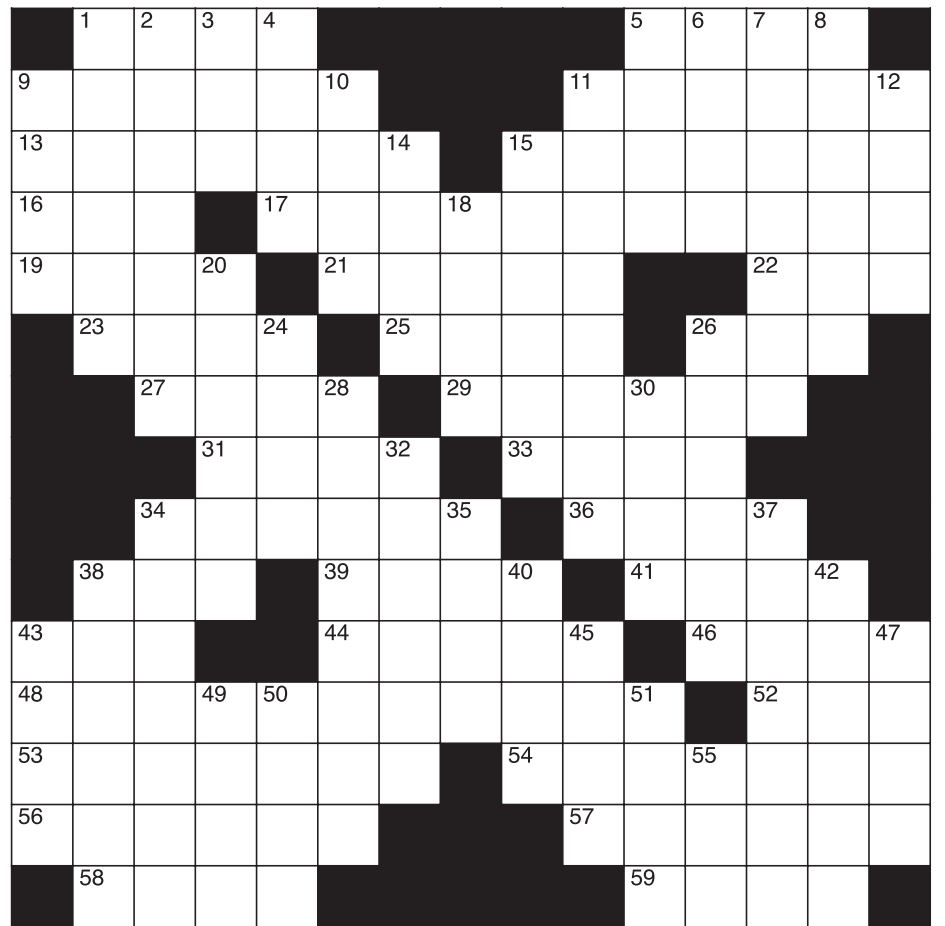
- 1. Tall, upright post on a boat
- 5. Basics
- 9. Used to refer to cited works
- 11. Folds
- 13. Former UK PM May
- 15. Cold region of Russia
- 16. Standard operating procedure
- 17. Separating
- 19. Particles
- 21. A way to map out
- 22. Referee declares
- 23. Beginner
- 25. Water (Spanish)
- 26. Gov't lawyers
- 27. Non-reproductive parts of an organism

- 29. Spanish friends
- 31. A type of tree
- 33. Walk heavily
- 34. About a wood
- 36. Free-swimming marine invertebrate
- 38. Political action committee
- 39. SB19 hit song
- 41. Scorch the surface of
- 43. Moved quickly on foot
- 44. Sacred state for a Muslim
- 46. Growl
- 48. Pearl Jam frontman
- 52. Irritating person
- 53. Something requiring a solution

- 54. Firing
- 56. Hazards
- 57. Taiwan capital
- 58. Impudence
- 59. Rock frontman Durst

DOWN

- 1. One who rides an elephant
- 2. Absence of bacteria
- 3. Soviet Socialist Republic
- 4. Men's fashion accessories
- 5. "Honey" actress Jessica
- 6. Round red root vegetable
- 7. Latin term for "charity"



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

- 8. Doesn't smell good
- 9. Mental health issue
- 10. Millisecond
- 11. Hairstyle
- 12. Edible starch
- 14. Middle Eastern military title
- 15. Protein-rich liquids
- 18. Indian musical pattern
- 20. Cancer and Capricorn
- 24. Country along the Arabian peninsula
- 26. A bend
- 28. Fishes of the herring family
- 30. Antelopes
- 32. Chaos
- 34. Popular music app
- 35. Cooking material
- 37. Musical instrument
- 38. San Diego ballplayers
- 40. Small amounts
- 42. Poured
- 43. Fabric
- 45. Food option
- 47. Finger millet
- 49. The U. of Miami mascot is one
- 50. Alberta, Canada river
- 51. Canadian flyers
- 55. Dry white wine drink

This week's puzzle solutions can be found on Page 13.

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STONEHENGE

UPCOMING MUSIC



Caroline Shaw and Ringdown join Sō Percussion debut at the Mahaney Arts Center, Oct. 25



PHOTO /SHERVIN LAINEZ

The groundbreaking and rule-breaking ensemble Sō Percussion comes to Middlebury on Friday, Oct. 25 for the Middlebury Performing Arts Series. In their Middlebury debut, they'll collaborate with Pulitzer Prize-winning composer Caroline Shaw, featuring songs and highlights from their latest co-composed album "Rectangles and Circumstance."

The program features Shaw's unmistakable melodies and rich harmonies floating on top of the whirling post-minimal complexity of Sō's rhythmic patterns, giving voice to lyrics from authors and poets James Joyce, Emily Dickinson, William Blake, and Emily Brönte, as well as members of Sō and Shaw herself.

The concert will also feature Danni Lee, Shaw's partner in the cinematic pop duo Ringdown, as well as selections from Sō Percussion co-founder Jason Treuting's "Go Placidly with Haste." The concert is sure to surprise and delight adventurous audiences, challenging any preconceived notions of what vocal music and percussion can be.

ABOUT THE ARTISTS

Brooklyn-based **Sō Percussion** was founded

in 1999 at the Yale School of Music and has been transforming the definitions of percussion and chamber music ensembles ever since, through an "exhilarating blend of precision and anarchy, rigor and bedlam" (*New Yorker*). They are lauded for their commitment to education and community — leading workshops around the country, teaching classes at Princeton University, and hosting the renowned Sō Percussion Summer Institute — and for creating opportunities and platforms for music and artists that explore the immense possibility of art in our time.

Caroline Shaw is a Pulitzer Prize and four-time Grammy-award-winning composer and vocalist known for her innovative blend of classical and contemporary music. Her work — spanning from solo to large-scale orchestral pieces — reflects a distinctive and deeply expressive approach, captivating audiences around the world with dynamic and emotive qualities. She has written and produced for iconic artists and ensembles across the musical spectrum including Rosalía, Renée Fleming, Yo-Yo Ma, Tiler Peck, Nas, and the LA and NY Philharmonics.

Shaw's recent TV, film, and stage scoring work includes Ken Burns' "Leonardo Da Vinci," FX/Hulu's "Fleishman is in Trouble," National Theatre's "The Crucible," and many other diverse projects.

Danni Lee is a multi-instrumentalist and singer-songwriter based in Portland, Ore. Her latest album, "Truth Teller" (2021) highlights her efforts on distorted electric tenor ukulele and breaks rules about how instruments are "supposed" to be played. Known for her live performance energy and witty stage banter, Lee's shows have been described as equal parts stand-up comedy and live music. Whether you laugh or cry — or both — her emotionally driven lyrics will be stuck in your head for weeks.

Caroline Shaw and Sō Percussion featuring Ringdown will perform at the Mahaney Arts Center's Olin C. Robison Concert Hall on Friday, Oct. 25, at 7:30 p.m. Tickets are \$25 for the general public, \$20 for Middlebury faculty/staff and alumni, \$10 for youth, and \$5 for Middlebury College students. For tickets or information, call (802) 443-MIDD (6433) or visit middlebury.edu/arts.



Pulitzer- and Grammy-winning composer and vocalist Caroline Shaw will join the groundbreaking ensemble Sō Percussion at the Mahaney Arts Center on Friday, Oct. 25.

PHOTO / MAARIT KYTÖHARJU

ASK A MASTER GARDENER

— GARDENING HELPS YOUR BODY & SOUL —

Research shows that spending time in nature enhances our physical and mental well-being, so it's no surprise that gardening offers similar benefits, including reducing stress, anxiety and negative thoughts. Gardening is an all-around wonderful activity for the body and soul.

BY **NADIE VANZANDT**



Nadie VanZandt is a UVM Extension Master Gardener from Panton.

To garden is to make the world more beautiful, and beauty can be a powerful remedy against anger and stress.

For many years, therapeutic gardens have been incorporated in hospitals, to enhance the environment for patients, visitors and staff. Interestingly, Dr. Benjamin Rush, a physician known as the "Father of American Psychiatry" and a signer of the Declaration of Independence, was the first to record the positive effect of gardening on patients suffering from mental illness.

Since then, many studies have supported the beneficial role of gardening on well-being and general health. A recent Japanese study concluded that "viewing plants altered EEG recordings and reduced stress, fear, anger and sadness, as well as reducing blood pressure, pulse rate and muscle tension." In addition, an Australian study remarked that gardening was more effective than walking in reducing the risk of dementia, mental health problems, cardiovascular disease, diabetes and some cancers.

SEE GARDEN ON PAGE 14

Gardening offers access to sunlight, nature, physical activity and social interaction — each a key contributor to a healthy lifestyle.

Sunlight activates the formation of vitamin D, a vitamin essential for bone health and support of your immune system. At the same time, digging, raking, lifting and walking improve your physical strength and aerobic fitness. In addition, the fresh homegrown fruits and vegetables you harvest offer nutritious, clean food that further supports your overall health.

Gardening is a natural icebreaker, bringing together people from diverse backgrounds and walks of life. By sharing your garden's bounty, whether flowers or vegetables, you connect with others. This act of generosity promotes a sense of purpose and can lift your spirits.

Gardening teaches many life lessons in humility, patience, hard work, appreciation of nature and its life cycle and much more. British horticulturist Gertrude Jekyll said it best, noting that "A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust."

When taking a stroll around your neighborhood, do you stop to admire a well-tended front yard? Can you feel yourself relax?

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Entei

Entei is a unique and affectionate young boy. He was found as a stray and we believe he had an injury to his back leg. Entei is very sweet, playful, and cuddly. He gets along with other cats and seems interested in dogs. Entei is currently on pain medication for his leg and may require as-needed medication in his new home. Due to the injury, he should be an indoor-only cat.



Thackery Binx

Thackery Binx is a sweet and independent, 2.5-year-old boy. He is an excellent mouser and may enjoy being indoor/outdoor. Thackery is nervous around children and other cats but was best friends with the dog in his previous home.



Hopper

Hopper is a super goofy 56-pound, 1-year-old German shorthaired pointer/husky mix. He can be a little cautious with new people but has warmed up quickly with slow introductions. Hopper loves to play with toys and is very happy to be outside. He enjoys long hikes and wants an active lifestyle. He grew up with sled dogs and requires a dog companion in his new home.



Demi and Remi

Hi! We're **Demi and Remi**, a pair of 3-year-old hound/retriever mixes looking for a new home, preferably together. We're sisters from the same litter and have spent most of our lives living in a rural area where we enjoyed outdoor time and family life. It would be good for us to have a fenced-in yard to roam around in, since we're not quite comfortable with leashes.

We're both housebroken and love playtime and other dogs. We'd like to go to a home where we can take our time to warm up to new situations with a family that can be patient with us. We're the sweetest girls looking for a home where we can be loved and have cuddle time with family.



Want to learn more?

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236 Boardman Street | Middlebury, VT

CALENDAR

CONTINUED FROM PAGE 7

The Gayev family is torn by powerful forces, forces rooted deep in history, and in the society around them. Their estate is hopelessly in debt: urged to cut down their beautiful cherry orchard and sell the land for holiday cottages, they struggle to act decisively. Tickets available at townhalltheater.org.

"RADIO SHOWS" IN BRANDON. Friday, Oct. 25, 7 p.m., Brandon Town Hall, 1 Conant Sq. The Brandon Town Players present a staged reading in a Cabaret style setting featuring comedy and sci-fi thrillers. Cash bar and snacks provided. Reservations for tables can be made by calling 802-247-5420 or emailing at denniswwarden@gmail.com.

SŌ PERCUSSION WITH CAROLINE SHAW IN MIDDLEBURY. Friday, Oct. 25, 7:30 p.m., Robison Hall, Mahaney Arts Center, 72 Porter Field Rd. The four-man ensemble is celebrated for their dazzling and surprising live performances as well as their contributions to education and community. Tickets: \$25/20/10/5 info at go.middlebury.edu.

STARGAZING IN MIDDLEBURY. Friday,

Oct. 25, 8 p.m., Mittelman Observatory, Bicentennial Hall. View the stars from the top of Bicentennial Hall through telescopes provided by the observatory. Open to the general public. Attendance is limited and registration is required at tinyurl.com/stargazing-biHall. Register for only one 45-minute slot. Tickets are available on a first-come-first-serve basis. Free, and subject to clear skies.

SATURDAY, OCT. 26

DAY OF THE MORGAN AND RAFFLE DRAWING IN WEYBRIDGE. Saturday, Oct. 26, 10 a.m.-2 p.m., UVM Morgan Horse Farm, Battell Dr. Celebrate all things Morgan horse with guided tours, historical displays, walking trails, activities for kids, and cider and doughnuts. Free. Rain or shine.

FALL FAMILY CRAFT DAY IN MIDDLEBURY. Saturday, Oct. 26, 10 a.m.-2 p.m., Middlebury Studio School, 83 Maple St. Join us at MSS Marble Works for a fun creative morning of fall crafts, creating seasonal decorations and enjoying some art tutorials from MSS instructors. Free. All welcome.

PATRICK FITZSIMMONS IN BRANDON. Saturday, Oct. 26, 4-6 p.m., Red Clover Ale, 43 Center St.

GEORGE MATTHEW JR., carillonneur in Middlebury. Saturday, Oct. 26, 5 p.m., Middlebury Chapel. The Middlebury College campus and surrounding

TOP PICK



TODAY, THURSDAY, OCT. 17, THERE WILL BE AN OPENING RECEPTION FOR "AGAINST WINGS," FROM 5-7 P.M., IN THE JOHNSON MEMORIAL BUILDINGS MEZZANINE AND EXHIBITION GALLERY ON MIDDLEBURY COLLEGE'S CAMPUS. THE EXHIBIT OPENING IS FREE AND OPEN TO ALL — COME EXPLORE THIS NEW GALLERY SPACE AND SEE RECENT WORKS BY LOCAL PAINTER REBECCA KINKEAD AND POEMS BY BEN HUMPHRIES. THE PAIRING OF PAINTINGS AND POEMS REPRESENTS A DIALOGUE BETWEEN THE ARTISTS AND THEIR REFLECTIONS/RESPONSES TO HUMAN IMPACTS ON THE NATURAL HABITATS OF ANIMALS AND THE EARTH'S CLIMATE.

neighborhoods will ring with the sound of carillon bells at the new fall festival. Free and open to the public.

SPIRITS OF ROKEBY IN FERRISBURGH. Saturday, Oct. 26, Rokeby Museum, 4334 Route 7. See Oct. 25 listing.

"STORIES FROM THE HEART" IN MIDDLEBURY. Saturday, Oct. 26, 6:30-8 p.m., St. Stephen's episcopal Church, 3 Main St. Come join us for the Moth-like storytelling event. This year's theme, "Honoring the Spirits of Those Who Have Left This World," highlights stories of loss, grief, and healing while remembering those still loved long after they have left this world. Doors open at 6 p.m. This event will be followed by a luminary walk from St. Stephens church down Main Street to the Sheldon Museum.

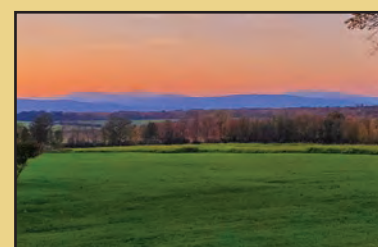
"KING PEDE" CARD PARTY IN FERRISBURGH. Saturday, Oct. 26, 6:30 p.m., Ferrisburgh Town Hall, Route 7. The evening begins with a sandwich supper and then on to the games King Pede involves "trick-taking" such as in Hearts and Spades or Pitch.

OKTOBERFEST IN VERGENNES. Saturday, Oct. 26, 7-10 p.m., American Legion Post 14, 100 Armory Lane. Get out your dirndl and lederhosen and come have a great time. Music by DJ Amanda Rock. Cash bar, food concessions. Admission by donation. Open to the public.

"THE CHERRY ORCHARD" IN MIDDLEBURY. Saturday, Oct. 26, 7:30 p.m., Town Hall Theater, 68 S. Pleasant St. See Oct. 25 listing.

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THE FALL SEASON BRINGS RE OPPORTUNITIES!



2823 Hollow Rd., Monkton, VT 05469

This quintessential Vermont log home is sited on 24 private acres. Enjoy sitting on the large screened-in porch to enjoy the long-range mountain views. The land has a beaver pond and plenty of room for walking trails. This unique property will give you the peace and quiet you crave but with the modern conveniences you deserve. This home offers a flexible floor plan so everyone can have their own space. The outbuilding would make the perfect studio or workshop for all of your projects. The owned solar will take care of your electrical needs. You are only minutes to the center of Monkton and North Ferrisburgh for an easy commute to Chittenden County or Middlebury.

\$719,900

MLS#5017935



Sean Dye,
802-338-0136



Nancy Larrow,
802-989-9653



Susan Burdick
802-989-9058



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Wouldn't you love to jump in your boat and be on Lake Champlain for a day of fun in the sun in less than a half hour? If so you need to take a look at this special lot on Otter Creek. This 6-acre building lot has 600+/- feet of frontage and is just waiting for you to put your dock in and start enjoying fishing, kayaking, and more right from your backyard! This level lot will be easy to develop and is perfect for having animals, or gardens! This is a very affordable option compared to building and living on the lake. Just minutes from the vibrant little city of Vergennes known for its award-winning restaurants. The State and local permits are in hand for the 3-bedroom home of your dreams.

\$285,000

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Cory Foote
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Galina Mencilr
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This newspaper will not knowingly accept any advertisement for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD Toll-free at 1-800-669-9777.

PUZZLE

SOLUTIONS OCT. 17, 2024

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Buy now and plan over the winter! We can direct you to the resources you'll need!

**CORNWALL
ROUTE 74**

MLS #4988325 | \$275,000
4.28 ACRES

Minutes to Middlebury. This lot is surrounded on three sides by land trusted acreage, with a building site poised for fantastic southern exposure. State permitted for a 4-bedroom mound septic system.



**BRIDPORT PRICE REDUCTION!
FORREST ROAD**

MLS #4995061 | NOW \$165,000
2.97 ACRES

Tuck your new home into this beautiful meadow with a backdrop of trees and a stone wall. Build your home toward the mountain views to the west! A State wastewater permit is in place for a 3-bdrm home.



**CORNWALL
NORTH BINGHAM STREET**

MLS #5005260 | \$325,000
19.46 ACRES

Nestle your dream home in an apple orchard! Septic permit allows for a four-bedroom home. Trails for hiking, horseback riding, snowshoeing and nordic skiing could be out your back door! Just 10 mins to Middlebury.



**CORNWALL
VT ROUTE 30**

MLS #5007275 | \$180,000
4.14 ACRES

This parcel offers meadowland with some woods as well as mountain views. Close to the center of Middlebury and less than two miles from Middlebury College. Septic permit in place for a 3-bdrm home.



**WEYBRIDGE PRICE REDUCTION!
3319 QUAKER VILLAGE ROAD**

MLS #5012781 | NOW \$160,000
9.08 ACRES

Views of the Green Mountains and 600 feet of frontage on Otter Creek. Permitted for construction of a 4-bedroom home. Plenty of room to farm or play!

GARDEN

CONTINUED FROM PAGE 11

Not everyone has access to a plot of land, especially those living in apartment buildings or those confined in their homes. However, you are not limited to growing plants outdoors. Indoor

gardening and growing plants in containers offer similar benefits. If you've ever grown an amaryllis for the holidays, you experienced the same exhilaration as watching a plant grow outside.

Fall is a great season to explore the health benefits of gardening. There is still time to plant bulbs, decorate your home with gourds and pumpkins, and plant shrubs, trees and perennials.

If you live alone, consider joining a garden club or community garden to make new friends. In Vermont, you can also visit the Vermont Garden Network at vtgardens.org, where maps will help you locate a community garden near you.

As another option, think about volunteering to help the home-bound who cannot tend to their garden. You will both share a common interest and form a new relationship. The University of Vermont Extension Master Gardener program provides training on gardening for those interested in volunteering in their communities. Learn more at go.uvm.edu/mastergardener.

Gardening is a peaceful, meditative escape that nurtures mind and body while deepening your connection with nature. Why not give it a try?



Spending time in a garden can evoke peaceful feelings that nurture the mind and body and deepen one's connection with nature.

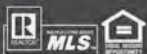
PHOTO / NADIE VANZANDT



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EXHIBITS

CONTINUED FROM PAGE 5

JOHNSON ATRIUM

78 Chateau Road, Middlebury

For more info visit middlebury.edu/events

"Against Wings" featuring paintings by Rebecca Kinkead and poems by Ben Humphries. The pairing of the paintings and poems represents a dialogue between the artists and their reflections/responses to human impacts on the natural habitats of animals and the Earth's climate. An opening reception will be held Oct. 17, from 5-7 p.m. Free and open to all. On view through Dec. 6.

K. GRANT FINE ART

37 Green St, Vergennes

For more info visit kgrantfineart.com.

"Eternal Harvest" features painting and sculpture by New England-based artists Neil Berger, Clark Derbes, and Lydia Jenkins Musco. The exhibit will be on view Oct. 5-Nov. 30.

HENRY SHELDON MUSEUM

1 Park St., Middlebury

For more information visit 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 of local women and the growing Middlebury tailoring scene from the 1800s to the early 20th century. On view through Jan. 4, 2025.

MIDDLEBURY COLLEGE MUSEUM OF ART

72 Porter Field Rd., Middlebury

For more info visit middlebury.edu/museum/exhibitions or call 802-443-5007.

"An Invitation to Awe." This exhibit addresses questions about where and how awe is most readily experienced. Older paintings and

prints are displayed in conversation with contemporary objects, scientific equipment, and interactive work that compels the viewer to think of how awe is experienced through senses other than sight and to expand their own understanding of where awe lives now. On view Sept. 13-Dec. 8.

PHOTOPLACE GALLERY

3 Park Street, Middlebury

For more info visit photoplacegallery.com.

"Light and Shadow" features images that effectively use light and shadow to draw attention to the subject, emphasize dimension, strengthen composition, or simply create beauty by the interplay of the two. Juror Laura Moya selected approximately 35 images for exhibition in the Middlebury gallery, and 40 more for the online gallery. On view Oct. 4-25.

SPARROW ART SUPPLY

44 Main St., Middlebury

For more info visit sparrowartsupply.com

"Inked" an exploration of the versatility, depth, and expressive power of ink as a creative medium. Featuring the work of seven artists: Andrew Clingenpeel, Charon Henning, Elisa Järnefelt, Anna Macijeski, James Merrill, Jeannie Podolak, and Megan Weaver. On view from Aug. 30 - Nov. 2.

Wishing you a beautiful Fall season!


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Stories from the Heart Weekend

WEDNESDAY, OCTOBER 23

Community Ancestor Alter set up on the front porch of Sheldon Museum

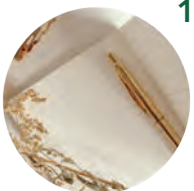


This altar is open to the public and will be up until Nov 3rd

An ancestor's altar is a deeply personal and meaningful way to honor the memories of loved ones who have passed. Rooted in many cultures worldwide, these altars serve as spaces where people can connect with the past, celebrate the lives of those who came before, and offer gratitude and remembrance. At its core, an ancestor's altar is about storytelling, reflection, and the universal human experience of love and loss. All community members are invited to add something of meaning to the altar on the porch at the Sheldon Museum.

FRIDAY, OCTOBER 25

11:30am-2pm | Workshop: Introduction to Death Journaling with Francesca Arnoldy at the Marquis Café, 65 Main Street



Join community doula and educator, Francesca Lynn Arnoldy, for an introduction to "Death Journaling." During this interactive workshop, participants will be invited to reflect back, turn inward, and plan ahead with intention and insight, focusing first on introspection and then extending care to others. Through immersive practices and thought-provoking discussions, participants will contemplate mortality and learn supportive techniques rooted in compassion.

6:30-9pm | *Blackbird* - movie showing followed by small group conversation at Middlebury Regional EMS, 55 Collins Drive



In this dramatic film, a family of three generations gathers over a weekend to say goodbye to its matriarch, Lily, who suffers from an incurable disease. With the help of her husband Paul, Lily has chosen to hasten her death when the weekend is over. But as the end approaches, their mother's decision becomes more and more difficult to handle for her two daughters, and old conflicts resurface.

SATURDAY, OCTOBER 26



1-4pm | Luminary decorating at the Ilsley Library, 75 Main Street

Create a luminary to honor someone you have loved and lost

These luminaries—simple paper lanterns—will serve as personal canvases for participants to create memories and honor the loved ones they have lost, whether it be a friend, a parent, or even a cherished pet. By contributing to this collective display, the community will help transform our town into a glowing tribute of remembrance, adding warmth and reflection to our community spaces, starting at St. Stephen's Church and along Main St to the Sheldon Museum. They will be lit on the evening of Saturday, October 26th.

6:30-8pm | *Stories from the Heart* at St



Stephen's Episcopal Church, 3 Main Street
Join us for this Moth-style storytelling event, when five brave community members stand up to be witnessed, telling their unique story of grief and loss.

8-9pm | Luminary path walk from St.



Stephen's Episcopal Church and ending at the Sheldon Museum, 1 Park Street, where Matthew Von Behrens will be playing harp music.

SUNDAY, OCTOBER 27



2-4pm | Service of Remembrance for the community at CVUUS, 2 Duane Court.

Join us for candle lighting, reflective music, and readings to remember the lives of loved ones held in our hearts. This service is open to the public, please share with friends, neighbors, and family members. Drinks, snacks, and mingling to follow service.

THE
University of Vermont
HEALTH NETWORK
Porter Medical Center

For any additional information, please reach out to Louella Richer at lricher@portermedical.org.

These events are sponsored by the Palliative Care Department at Porter Medical Center and hosted by numerous locations around Middlebury.



A publication of the Addison Independent, October 17, 2024

Senior Lifestyles

In this issue

- Keep building muscle
- Avoid scammers
- Keep minds sharp
- Aging & gratitude



Building and maintaining muscle is essential to longevity

By JOHN FLOWERS

MIDDLEBURY — As one gets older, maintaining muscle is tough enough, let alone building more of it.

Slipping into a more sedentary lifestyle seems to come with age, as one's metabolism slows and the body won't do as much as one asks it to do.

When it comes to muscle, you'll lose it if you don't use it.

But it needn't be that way, according to two experienced Middlebury-area physical therapists (PTs) whose clients include elders.

They routinely guide seniors through basic exercise regimens that can allow them to maintain, and even improve muscle mass to promote mobility and quality of life well into one's golden years.

Jenn Quinn is a physical therapist and clinical director for Addison County Home Health & Hospice (ACHHH). She's been helping folks regain strength and physical vitality for the past 23 years — 20 of them spent at ACHHH.

Her upbeat demeanor and expertise in the field inspire confidence in her clients. Some of them are seeking to rebound from debilitating accidents; others just want to be able to do as much as they can for as long as they can.

"Loss of muscle mass is part of aging. We can't stop that normal process, but

we can slow it down. That loss of muscle mass starts in our 30s — with 3-8% per year. The earlier you start with a program, the better," Quinn said.

She receives most of her patient referrals through primary care physicians and hospitals, once a patient has been discharged.

These are folks who want to reclaim strength and quality of life, in some cases to do things some of us take for granted: Walking, playing golf, skiing, entering and exiting a vehicle, and getting on the floor to play

with grandkids.

"Often times, it's evaluate and treat," Quinn said of her general marching orders. "It's our job to determine what the (patient's) needs are and what the focus of care will be."

Quinn and her ACHHH colleagues have no shortage of work. Each carries a client load of around 20, seeing around five of them each workday.

"We've definitely seen an uptick in PT-only referrals," she said.

So what kind of exercises does Quinn prescribe?

It depends, because everyone's personal situation, limitations and needs are different.

But Quinn said all PT clients can benefit from resistance training.

"Whether that be therabands, free

weights, machines at the gym, body weight exercises, there needs to be some resistance element to see results," she said.

Quinn is also a fan of sit-to-stand exercises and asks her clients to add weights to their repetitions to maximize

the muscle benefits.

"It's a functional exercise that touches multiple muscle groups in one exercise," she said.

Quinn acknowledged some clients (See Muscle, Page 8)

"Loss of muscle mass is part of aging. We can't stop that normal process, but we can slow it down."
— Jenn Quinn



JENN QUINN, A physical therapist at ACHHH, says seniors can do things to stop or reverse muscle loss. She is a fan of sit-to-stand exercises and asks her clients to add weights to their repetitions to maximize the muscle benefits.

Independent photo/John Flowers

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Arthritis

It comes in different forms

Arthritis is a series of conditions that primarily affects joint health. The two main types of arthritis are osteoarthritis and rheumatoid arthritis. The University of Michigan Health says osteoarthritis occurs when the smooth cartilage joint surface wears out, and the condition usually begins in an isolated joint. Rheumatoid arthritis is

an autoimmune disease that causes the body to attack itself. RA targets the joints, but other parts of the body can be affected as well. The Cleveland Clinic says that osteoarthritis is generally diagnosed in adults older than age 50. Rheumatoid arthritis tends to develop in adults between the ages of 30 and 60.
— Metro Creative

You can be in your 100s, working on your muscle strength and muscle power. It has a huge impact on maintaining your function, independence and quality of life.”

— Helana Leatherwood



Keep it moving

Participants in Jeannette Brush's weightlifting class at Middlebury Fitness this past Thursday find their instructor keeps up a high level of energy in the room by counting off the reps and mixing up the music that accompanies the workout.

Independent photo/John S. McCright

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Swimming is a great exercise option for seniors

Exercise provides a number of measurable benefits for people of all ages, including older adults. Swimming is one exercise that may be especially beneficial for seniors.

Many people learn to swim in childhood and sharpen that skill as they get older.

Though swimming devotees may get in the water for fun rather than fitness, this popular, joyful and relaxing pastime may be the ideal exercise for seniors looking to improve their overall health, particularly because it is very low-impact.

Because the water provides buoyancy

while swimming, there is little risk of injury and minimal strain on the body. Water exercises, including swimming, work all the muscle groups, so it can be a complete exercise, says American Senior Communities. Swimming also is a great cardiovascular exercise that can

strengthen the heart muscle and improve lung function and endurance. Because it lowers blood pressure and improves circulation, swimming is a great way to get the heart pumping.

A gentle, 30-minute swim can burn up to 200 calories, which is more than walking. A faster swim can burn calories more quickly than running or cycling. However, since water supports up to 90% of the body's weight, this activity will put less stress on muscles and joints while one is exercising.

Individuals with mobility issues or arthritis pain may find that swimming helps relieve discomfort and improves range of motion. Again, because the water is doing much of the work holding up the body, it will take the stress off of joints, helping a person to feel better while stretching and moving gently in the water.

Even seniors who don't know how to swim can still reap the benefits of water exercise. Walking in shallow water, or using a kickboard to stay above the water can be effective. Using foam dumbbells or even pushing and pulling one's arms through the water can serve as a great resistance exercise that builds strength.

Swimming and additional water activities are great ways for seniors to stay in shape. As always, individuals should speak with their doctors before beginning any exercise regimen to ensure that it is safe.

— Metro Creative



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Scammers often target seniors — know the signs

WASHINGTON, D.C. — As part of continuing efforts to protect the senior community, the Internal Revenue Service recently issued a warning about the rising threat of impersonation scams.

These scams are targeting older adults by pretending to be government officials, aiming to steal sensitive personal information and money. By posing as representatives from agencies such as the IRS, or other government agencies, these fraudsters use fear and deceit to exploit their victims.

“Scammers often target seniors, attempting to steal personal information through phone calls, emails or text messages by pretending to be from the IRS or other agencies or businesses,” said IRS Commissioner Danny Werfel. “Preventing these types of scams requires assistance from many different places. By partnering with other federal agencies and others in the tax community, we can reach more seniors and other taxpayers to help protect them against these terrible scams.”



IRS COMMISSIONER
DANNY WERFEL

The IRS also has been engaged in long-term efforts to protect against scams and other related schemes, including identity theft. This has been an ongoing focus of the Security Summit partnership between the

IRS, state tax agencies and the nation’s tax professional community since 2015.

UNDERSTANDING THE THREATS

The IRS has identified a concerning trend where fraudulent actors are increasingly targeting unsuspecting individuals, particularly senior citizens, by masquerading as IRS agents. Victims are pressured into making immediate payments through unorthodox methods such as gift

cards or wire transfers under the pretense of resolving fictitious tax liabilities or securing false refunds.

These scammers deploy advanced techniques to fabricate a veneer of credibility, including the manipulation of caller IDs to appear legitimate. Here are just a few examples of their schemes:

- Impersonation of known entities: Fraudsters often pose as representatives

from government agencies — including the IRS, Social Security Administration and Medicare — others in the tax community or familiar businesses and charities. By spoofing caller IDs, scammers can deceive victims into believing they are receiving legitimate communications.

- Claims of problems or prizes: Scammers frequently fabricate urgent scenarios, such as outstanding debts or promises of significant prize winnings.

Victims may be falsely informed that they owe the IRS money, are owed a tax refund, need to verify accounts or must pay fees to claim non-existent lottery winnings.

- Pressure for immediate action: These deceitful actors create a sense of urgency, demanding that victims take immediate action without allowing time for reflection. Common tactics include threats of arrest, deportation, license suspension or computer viruses to coerce quick compliance.

- Specified payment methods: To complicate traceability, scammers insist

on unconventional payment methods, including cryptocurrency, wire transfers, payment apps or gift cards, and often require victims to provide sensitive information like gift card numbers.

SCAM PRECAUTIONS AND REPORTING

If an individual receives an unexpected call from someone alleging to be from the IRS, but they have not been notified by mail about any issues with their IRS account, they should hang up immediately. The call is likely from a scammer.

Do not return the call using the number provided by the caller or the one displayed on their caller ID. If taxpayers are uncertain about the legitimacy of IRS communications, they can contact IRS customer service for verification at 800-829-1040, or for the hearing impaired, TTY/TDD 800-829-

“Scammers often target seniors, attempting to steal personal information through phone calls, emails or text messages by pretending to be from the IRS or other agencies or businesses.”

— IRS Commissioner
Danny Werfel

4059.

To view details about an individual’s tax account, they can set up or check their IRS individual online account on IRS.gov.

Electronic scams are also on the rise, (See Scammers, Page 9)



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Take steps to keep your mind and body healthy as you age

The Alzheimer's Foundation of America is offering 10 steps for healthy aging so that older adults can be proactive about their brain health.

AFA encourages individuals to follow the following 10 steps for healthy aging:

- **Eat Well:** Adopt a low-fat diet high on fruits and vegetables such as strawberries, blueberries, and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt, and sugar. In general, foods that are "heart healthy" are also "brain healthy."
- **Stay Active:** Physical activity increases blood flow to the brain and can also help improve mood and general well-being. Brisk walking benefits brain health; aerobic exercise boosts your heart rate; weight training builds strength and flexibility.
- **Learn New Things:** Learning new things exercises and strengthens your brain. Taking a class, trying a new activity, or engaging in any new cognitive pursuit causes your brain to think outside of its normal routine and provides cognitive stimulation. Even something as simple as brushing your teeth with your non-dominant hand stimulates the brain.
- **Get Enough Sleep:** Getting consistent sleep every night is key; at least seven to nine hours is ideal. Having a good sleep environment is also helpful. Make sure you do low-key activities before getting into bed so you are not overstimulated. Avoid

caffeinated drinks close to your bedtime. Insomnia can have serious physical effects and negatively affect memory and thinking.

- **Mind Your Meds:** Medication can affect everyone differently, especially as you age. When getting a new medication or something you have not taken recently, (whether over the counter or prescription), consult with your doctor or local pharmacist.
- **Stop Smoking and Limit Alcohol:** Smoking can increase the risk of other serious illnesses, while too much alcohol can impair judgment and cause accidents, including falls, broken bones, and car crashes.
- **Stay Connected:** Prolonged social isolation and loneliness are detrimental to your health, and can increase the risk of a number of different health conditions, including dementia-related illnesses, heart disease, and stroke, according to the Centers for Disease Control and Prevention. Spending time with loved ones and friends, participating in group activities, and getting involved in local community groups are all ways of connecting with other people, keeping your brain active, and helping you feel more engaged with the world around you.
- **Know Your Blood Pressure:** Blood pressure can affect your cognitive functioning. Visit your physician regularly (See Tips, Page 10C)



Collective

Women in a weight-lifting class at Middlebury Fitness last week find companionship and motivation by doing their exercise with a group of peers.

Independent photo/John S. McCright

Elderly Services, Inc.

Fall 2024 Community Education Series

October 24:

The 10 Warning Signs of Alzheimer's

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor. We also will review local resources that are available to Addison County residents and answer questions you may have.

Presented by Megan Polyte, Policy Director, Alzheimer's Association of Vermont
Thursday, October 24, 4:00 p.m. - 5:30 p.m.

November 7:

Emergency Preparedness for the Elderly

In 2023, the U.S. experienced 28 separate weather and climate disasters. Older adults are more vulnerable during a disaster because they are more likely to have impaired physical mobility, diminished sensory awareness, chronic health conditions, or social and economic limitations. Elders living by themselves might not have a support system and many lack sufficient income or other resources to properly plan. Join us for a presentation and conversation about how to be safe and be prepared.

Presented by Tom Hanley, Retired Chief, Middlebury Police Dept./Emergency Preparedness Coordinator
Thursday, November 7, 4:00 p.m. - 5:30 p.m.

November 12:

You are Not Alone - Navigating Care for your Aging Loved One

Your loved one is getting older, and their abilities and needs are changing. Join us for an educational discussion program presented by Elderly Services staff members Eileen and Joanne and learn what you can do to support your elder loved ones.

Presented by Eileen Lawson and Joanne Corbett, geriatric social workers, Elderly Services, Inc.
Tuesday, November 12, 4:30 p.m. - 6:00 p.m.

All three sessions are free and open to the public and will be held at the Middlebury Congregational Church.

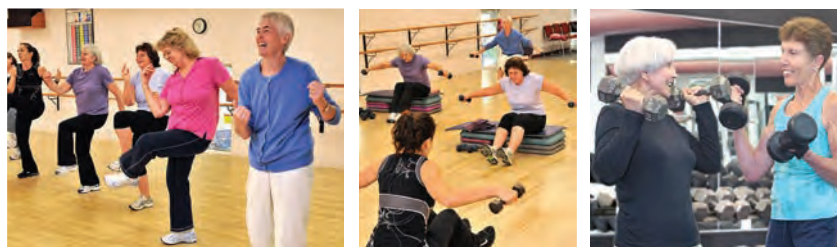


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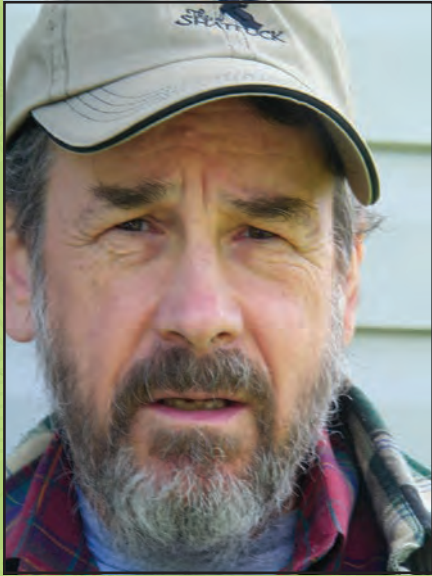


To RSVP or learn more, call Eileen Lawson at Elderly Services:

802-388-3983

www.elderlyservices.org

With age comes gratitude



ROBERT BERNSTEIN

I've made my home in Bristol for 26 years, and prior to that, 26 years in Lincoln, right above here, that is, all my adult life. All those years make me an old man, and, though I might be new at being old, I hope to be old at this and we will see. As to our community, I was once the new guy, I'm now the old guy, and I have to get used to this and, I think I can, and hope I can without losing what was good about the new guy that I once was.

I'm sitting, as I write, in an old chair on my front porch. Years ago I thought to write on Front Porch Forum to express my appreciation of the place I've lived all these years, chosen by me long ago, and the people here, and to express my gratitude to a wide range of people here. I didn't do that, then, but I do that now and say how thankful I am for my place in this, for all the neighbors, acquaintances, and friends I have, have had, and that I wish to have for a good long time.

It has been a good more than half century here, and I thank you all.

Robert Bernstein
Bristol

"Years ago I thought to write on Front Porch Forum to express my appreciation of the place I've lived all these years, chosen by me long ago, and the people here, and to express my gratitude to a wide range of people here. I didn't do that, then, but I do that now."

— Robert Bernstein



Leading by example

Jeannette Brush uses a microphone and visual demonstration to lead a strength training class at Middlebury Fitness this past Thursday.

Independent photo/John S. McCright

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UVMHealth.org/PMC

Muscle

(Continued from Page 2)

can't afford gym memberships and/or workout equipment. And while the gym can be intimidating for some folks, doing PT in a group setting can be helpful and motivational.

On the other hand, sticking to a solo regimen can be tougher.

"There are some people who are starting to socially isolate because of emotional, physical or environmental factors. There are so many things that make (self-directed PT) a hard thing to do," Quinn said.

But she acknowledged some folks are limited to the home setting for health, transportation or other reasons. In such cases, she visits clients, runs them through their PT regimen, and shows them ways to improvise if they're on a budget.

Don't have free weights? Try some hefty soup cans, for example.

"That's one of the reasons I love home health. It forces us to be creative and think outside of the box," she said.

She stressed that exercise must be tethered to the client's strength level. Not everyone can hoist a 5-pound bag of sugar.

That's why it's important to at least have that initial meeting with a PT professional, who can gauge the client's strength and pair them up with the right routine.

People are often surprised by what they can do on their own, without any



HELANA LEATHERWOOD IS an experienced local physical therapist who has been leading seniors through exercises aimed at building muscle mass, which she said is vital in preserving quality of life as one gets older.

Photo courtesy of Porter Medical Center

accoutrements.

"I don't think people realize how much they can do with their body," Quinn said. "They can use gravity and their body position. If you're doing a pushup on a wall, that's a good place to start, and then slowly move toward pushups from a countertop, a chair, and then eventually, from the floor."

Quinn has enjoyed the challenge of helping clients overcome workout obstacles.

"One of the reasons I fell in love with home health is because you see the patient in their environment, so you can tailor their home-exercise program to them, and set them up for success," she said.

Physical therapy programming is only as effective as the patient wants it to be, according to Quinn. And it's not only about the exercise, it's also about the person's diet. Quinn emphasizes lean protein for muscle building, including foods like nuts, peanut butter, cottage cheese and eggs.

"We can set up the best home program in the world, but if you're not going to do it, it won't work," Quinn said. "They have to have buy-in. They're the ones who have to follow through and do the work. Physical therapists can be cheerleaders and encourage as best we can."

On average, ACHHH's PTs work with clients for around 60 days, according to Quinn, and that can stretch to six months in some situations.

Helana Leatherwood is a physical therapist at Helen Porter Rehabilitation & Nursing, where she helps seniors maximize flexibility and movement.

"You can be in your 100s, working on your muscle strength and muscle power. It has a huge impact on maintaining your function, independence and quality of life," Leatherwood said. "There's a misconception of, 'I'm too old for that.' But there's always a way."

It's common to see able-bodied seniors out walking, hiking, jogging and skiing. But Leatherwood would like to see more elders doing strength exercises, which she said are just as important as the aerobic

side of things.

"There's a strong correlation between the loss of muscle strength and muscle power, with your fall risk, your risk for hospitalization, your length of hospital stays, and even mortality," she said.

Like Quinn, Leatherwood is a fan of resistance training and using what a person has available to them if they don't have free weights at home.

"You can get creative," she said, while emphasizing the importance of consulting PT specialists — and your physician — before getting started.

Leatherwood encourages her charges to take on as much weight as they can comfortably hoist.

"You have to *overload* your muscle. You can do a 'one-rep max,' where you try to lift as much as you can a single time. Or you can strength train by lifting as much as you can 10 times."

Doing a bunch of reps at a low weight will build your endurance, but not your muscle mass, Leatherwood explained.

"You should be able to increase the (weight) load as you train," she said. "The key is, you have to overload what your muscle can do now, to build it up stronger."

Have a preexisting condition that you think might preclude you from weight training? Think again.

"With PT, we can help modify just about anything," Leatherwood said. "We can work with any co-morbidity you might have — if you're afraid of pain, or have an arthritic joint. There's always a way to work around it and modify it. Strengthening is vital."

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Scammers

(Continued from Page 5)

with scammers sending malicious emails and texts posing as IRS representatives to steal personal information. The IRS reminds taxpayers that it does not initiate contact via email, text, or social media regarding tax bills or refunds.

Report the call or electronic scam by visiting the Hotline page of the Treasury Inspector General for Tax Administration and using an IRS Impersonation Scam Reporting form or by calling 800-366-4484. Forms to report different types of fraud are available on the Hotline page of Treasury Inspector General for Tax Administration website. Taxpayers can click the appropriate option under “IRS Scams and Fraud” and follow the instructions.

KEY POINTS TO REMEMBER:

Individuals should understand how and when the IRS contacts taxpayers to help them verify whether any communication they receive is genuinely from an IRS employee.

Most IRS communications are initiated through regular mail delivered by the United States Postal Service. However, in certain situations, the IRS may make phone calls or visit homes or businesses. These situations include having an overdue tax bill, an unfiled tax return or missing employment tax deposit.

Additionally, an IRS employee might review assets or inspect a business as

part of a collection investigation, audit or ongoing criminal investigation.

REMEMBER THE FOLLOWING

- The IRS will never demand immediate payment via prepaid debit cards, gift cards or wire transfers. Typically, if taxes are owed, the IRS will send a bill by mail first.

- The IRS will never threaten to involve local police or other law enforcement agencies.

- The IRS will never demand payment without allowing opportunities to dispute or appeal the amount owed.

- The IRS will never request credit, debit or gift card numbers over the phone.

Remaining vigilant and informed about these scams can help protect taxpayers from financial loss and identity theft. The IRS and partnering federal agencies urge everyone to be cautious, especially when dealing with unsolicited communications concerning taxes.

In March 2020, the U.S. Department of Justice introduced the National Elder Fraud Hotline to address fraud targeting elderly Americans and support affected individuals. If an individual has fallen victim to elder fraud, they can contact the National Elder Fraud Hotline at 833-FRAUD-11 (833-372-8311).

The hotline operates Monday through Friday, from 10 a.m. to 6 p.m. Eastern Time, and services are available in English, Spanish, and other languages.

MORE SCAMMER INFORMATION

- **Tax Scams and Consumer Alerts:**
at irs.gov/newsroom/tax-scamsconsumer-alerts
- **Report Phishing and Online Scams:**
irs.gov/privacy-disclosure/report-phishing
- **The IRS Dirty Dozen - Annual list of scams affecting taxpayers:**
irs.gov/newsroom/dirty-dozen
- **Federal Trade Commission- How to avoid a government impersonation scam:**
consumer.ftc.gov/articles/how-avoid-government-impersonation-scam#IRS
- **Security Summit partnership:**
irs.gov/newsroom/security-summit



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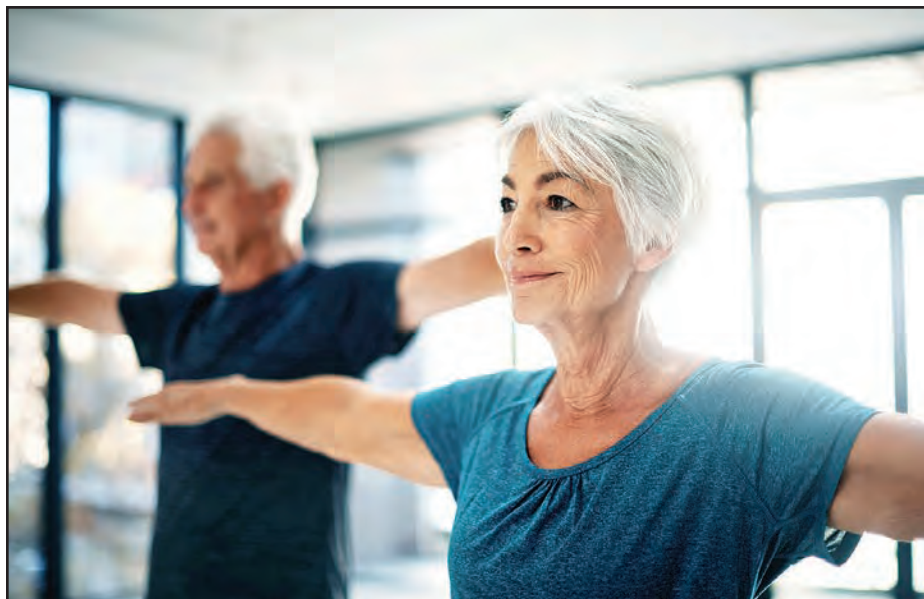
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Tips

(Continued from Page 6)

to check your blood pressure and make sure it is within normal range.

- **See Your Doctor:** Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascular disease, and obesity, all of which can impact brain health. Speak with your physician about any health-related concerns or questions you have.

- **Get a Memory Screening:** Memory impairments are not a normal part of aging; they can be caused by a number of different conditions. Because of this, early detection of memory impairments is essential. Memory screenings are quick,

noninvasive screenings that should be part of everyone's health and wellness routine, even if you're not currently experiencing memory issues. AFA offers free virtual memory screenings every weekday, with no minimum age or insurance prerequisites. Visit www.alzfdn.org or call AFA at 866-232-8484 for more information about getting a free virtual memory screening.

Individuals wishing to learn more about healthy aging and promoting good brain health can contact the Alzheimer's Foundation of America's Helpline at 866-232-8484 or visit AFA's website, www.alzfdn.org. The Helpline is available seven days a week.

How families share caregiving

Family caregivers are unsung heroes. Such individuals typically provide vital services to their loved ones who cannot fully care for themselves, and they often do so without compensation.

Data from the U.S. Bureau of Labor Statistics indicates the prevalence of family caregivers across the country. According to the BLS, 14% of the population, which equates to roughly 37 million people, provide unpaid eldercare across the nation. Unpaid caregivers also provide vital services in Canada, where the Canadian Institute for Health Information reports such individuals provide an average of 17 hours of unpaid care each week (26 hours for those who care for seniors with dementia). Caregiving for a family member can take a toll that affects caregivers' physical and mental health. According to the Centers for Disease Control and Prevention, caregivers are at increased risk for developing multiple chronic diseases since many neglect their own health needs while caring for others. In addition, roughly 15% of caregivers who participated in a CDC survey reported experiencing 14 or more mentally unhealthy days in the past month.

The physical and mental toll of caregiving underscores how important it can be for families to find ways to share caregiving duties. Though each situation is unique, the National Institute on Aging offers the following advice to families as they seek to share the responsibility of caring for a loved one in need.

- Identify the care required. The NIA recommends families discuss caregiving needs as early as possible and ideally before an emergency situation arises. If possible, the person in need can participate in this conversation and help to calmly discuss which services are wanted and needed. If a loved one is diagnosed with a condition in its early stages, such as dementia, families can then work together to identify the level of care required in the immediate future and potentially down the road should the condition worsen.

- Choose a primary caregiver. The primary caregiver will be the individual who accepts the bulk of the daily responsibilities of caregiving. Identifying this person early, ideally before a primary caregiver is even needed, can limit confusion should the day come when the individual needs daily care.

- Determine each caregiver's contribution. The caregiving team can discuss each person's skills and how they can be used to take care of the individual in need. This can be particularly useful when assigning specific tasks. For example, a caregiver who works in the medical field may be most qualified to speak to medical staff about their loved one's condition, while another who works in the financial sector may be tasked with managing a loved one's bank accounts and ensuring bills are paid on time.

- Recognize everyone has limits. A caregiving team is just that: a team. As *(See Caregiving, Page 11)*



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Caregiving

(Continued from Page 10)

noted, caregiving can take both a physical and emotional toll, so it's important that everyone, and particularly the individual chosen as the primary caregiver, receive routine breaks to ensure everyone can take care of themselves. It's important that a caregiving team maintain a degree of flexibility to account for the physical and mental challenges caregivers may encounter as they tend to a loved one in need.

Sharing the responsibility of caregiving can ensure caregivers and their loved ones in need are not overwhelmed by the challenges they might confront each day. More information about caregiving can be found at nia.nih.gov.

— Metro Creative

Can cannabis be helpful for cataracts?

Medical marijuana has long been used to treat glaucoma. Many people wonder if marijuana can have similar benefits for other eye conditions, namely cataracts.

All About Vision says cataracts form on the lenses of the eyes, which are normally transparent structures that work much like the lens of a camera. After age 40, crystallin proteins in the lens of the eye begin to break down into tiny clumps, eventually clouding the natural transparency. This is known as a cataract. Over time, cataracts can produce foggy, blurred vision, especially in older adults.

The American Academy of Ophthalmology says there is currently no evidence to suggest that use of medical marijuana or CBD products can prevent the formation of cataracts. Medical marijuana is used for glaucoma treatments, but glaucoma is an entirely different condition. It occurs when intraocular pressure in the eye is very high, and essentially squeezes the optic nerve, causing long-term damage and blind spots. Doctors have determined that THC, the primary active ingredient in marijuana, is a powerful anti-inflammatory that can reduce pressure in the eye. This helps ease symptoms of glaucoma. The medical information resource Veriheal says while preliminary research hints at the potential of medical marijuana to support ocular health, in relation to cataracts, the scientific

landscape lacks any conclusive evidence.

There has been some talk that CBD or marijuana might be helpful to treat anxiety, pain and inflammation following cataract surgery. Again, this is something that has yet to be proven, and is best discussed with a doctor. An

ophthalmologist may suggest other post-operative options.

While medical marijuana may have many helpful purposes as an antioxidant and anti-inflammatory, so far there is no evidence to suggest it is an effective treatment for cataracts.

— Metro Creative



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The Silver Tsunami

What is it?

The United States is changing, and observant individuals may notice the nation is skewing a little older than it has in recent years. And Vermont is no different; our population is aging.

Estimates from the U.S. Census Bureau indicate roughly 56 million Americans had reached age 65 by 2020, which marked a nearly 39% increase since 2010.

In 2021, Vermont had around 133,200 residents were 65 or older, according to the Vermont Department of Health. That's 20.6% of the Green Mountain State's population.

The increase in the population that has reached traditional retirement age has been dubbed a "silver tsunami," and that increase could stretch government resources thin in the decades to come.

In fact, a 2018 report from the Hutchins Center on Fiscal and Monetary Policy noted that the federal government could face considerable challenges as more of its budget is allocated to age entitlement programs such as Social Security and Medicare.

That problem may not prove unique to the United States, as the United Nations estimates that the elderly population in Europe is expected to account for around 30% of all residents by 2050. Though entitlement programs differ from country to country, finding ways to successfully manage the silver tsunami could be imperative to various nations' financial stability in the decades to come.

— Metro Creative



Adding muscle

A weight-lifting workout, like the one shown here at Middlebury Fitness last week, must be customized to an individual's personal level of strength and fitness.

Independent photo/John S. McCright

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