



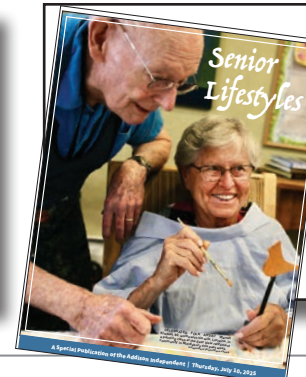
Barn music

Duo Larry and Joe will play a unique blend of tunes in a special venue. See Arts + Leisure.



Potty pride

Bristol's Independence Day Outhouse Race rolled into action for its 46th year. See Page 1B.



Seniors

See our oldest residents paint, recreate and find the best living arrangements in Senior Lifestyles.

ADDISON COUNTY INDEPENDENT

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New regulator sees rough time for state's health care system

By IAN CURRY

VERMONT — The newly appointed leader of the Green Mountain Care Board, the state's health care regulator, is keenly aware of the challenges she faces in keeping health care affordable and accessible to Vermonters.

The pressure high health insurance costs are placing on Vermont families and small businesses is the most urgent challenge facing the state's health care system, Emily Brown told the *Independent*.

"The cost of Vermont's (See Brown, Page 17A)

Locals brace for food assistance cuts

SNAP eligibility, funding are changing

By MARIN HOWELL

ADDISON COUNTY — President Donald Trump last week signed into law a massive tax-and-spending bill that includes funding cuts and other changes to the Supplemental Nutrition Assistance Program (SNAP), a food assistance program that serves more than 40

million people around the country.

Thousands of Vermonters will likely find it more difficult to get food.

In Vermont, the SNAP program is known as 3SquaresVT and serves more than 60,000 residents. It is available to individuals who meet income and other eligibility

requirements. Each month, participants receive funds to help purchase food at stores and farmers markets.

While the full impact of changes to the program won't be felt right away, food access advocates anticipate those impacts will ultimately be far-reaching.

"SNAP is not only the most effective anti-hunger program, it's an important and successful

economic stimulus program, which keeps 155 million federal dollars in our state annually," said Ivy Enoch, the SNAP policy & training lead at Hunger Free Vermont. "The changes in funding and eligibility in this legislation will have devastating ripple effects across our state — harming our small businesses, farmers, farmers markets, grocery stores, and (See Food cuts, Page 11A)

Shelters see more demand

End of voucher program cited

By JOHN FLOWERS

MIDDLEBURY/VERGENNES — The July 1 sunset of the state's motel voucher program has sent more than 300 vulnerable Vermont households into uncertain housing situations, and leaders at Addison County's two homeless shelters are noting a corresponding uptick in demand.

What expired was an executive (See Motel vouchers, Page 17A)

Group combats misinformation with postcards

By MARIN HOWELL

LINCOLN — Local residents are joining a nationwide effort to use postcards to combat misinformation about national policies.

Maryanne Roberts and Harriet Szanto have organized a postcard writing session at the Lincoln Library, where community members will gather this Friday, July 11, to write postcards for voters in Virginia.

The postcards are aimed at countering disinformation and highlighting how the Trump (See Postcards, Page 13A)



By the way

What are farmers market prices like lately? What's the minimum price for a pound of carrots? How do prices compare to last week? How about a year ago? Are they similar in different parts of the state? Get answers to these questions and more through a new Local Food Data Tracking Program that collects and analyzes prices on select categories of agricultural products. There are over 14 farmers markets in (See By the way, Page 14A)



Independent spectacle

APPRECIATIVE SPECTATORS LINED the 1.6-mile route through the Bristol streets this past Friday morning for the annual Fourth of July parade, which was as big and fantastic as ever. Sprinkled in among the horses, acrobats, Scouts, bikes, bands and floats, one could see Arlo the Peace Dove (above) created for the parade and carried by the group Indivisible Northeast Addison County, a phalanx of Bristol firefighters (below right), and patriotic sisters Jaelyn, 11, and Elisea Potter, 8, of Monkton enjoying the show while they wait for the next load of candy. See more photos on Pages 4A and 10A.

Independent photos/Steve James



Federal cuts threaten state's disaster preparation ability

Vt. looking to local agencies for flood response

By IAN CURRY

VERMONT — The familiar anxieties surrounding Vermont's summer storms are more intense this year with policy discussions in Washington, D.C., and recent federal funding cuts casting uncertainty over the future of disaster relief programs that have helped Vermont in the past.

This week marks the anniversary of the July 2023 and July 2024 floods that brought record rains to Vermont and devastated communities across the state. Many Addison County towns were hurt by fast rising, fast flowing rivers and streams.

Now, state and local officials are worried that staff and funding reductions at the Federal Emergency Management Agency (FEMA) could harm Vermonters' ability to respond and recover from disasters.

"President Trump's threat to phase out and politicize disaster aid is completely asinine."

— U.S. Sen. Peter Welch

"President Trump's threat to phase out and politicize disaster aid is completely asinine," Vermont U.S. Sen. Peter Welch said late last week. "Shuttering FEMA would hurt communities in blue and red states alike and put millions of Americans in harm's way every year."

Speaking from the White House in June, President Trump said that FEMA could be eliminated as soon as December, suggesting that the federal government would provide far less assistance to states affected by natural disasters. FEMA has already lost 20% of its permanent staff and cancelled billions of dollars' worth of grants for infrastructure upgrades across the

country. Acknowledging needs to reform FEMA, Welch has offered legislation to do that, rather than give (See Flooding, Page 12A)



THE VERGENNES FALLS basin overflows with stormwater in July 2023 after 36 hours of heavy rain. On the anniversaries of massive flooding in 2023 and 2024, Vermonters are assessing how to prepare for future deluges.

Photo by Mike Daniels

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Danforth Pewter celebrates its 50th year

By PAIGE HESCOCK

LINCOLN — Fred Danforth spent much of his childhood staring up at his mantlepiece, admiring the pewter work of his ancestors, but he never would have imagined that he would one day follow in their footsteps. That is until he met, Judi Whipple, who helped him discover his passion for the art of pewter.

Fred and Judi Danforth of Lincoln are commemorating the 50th anniversary of Danforth Pewter this year. The Middlebury company, which the couple founded in 1975, has maintained a legacy rooted in craftsmanship and tradition.

Judi always knew that she wanted to enter some form of art, but she was not introduced to pewter until she took a workshop at the Rochester Institute of Technology's School for American Craftsmen to study metalsmithing.

"I was immediately drawn to pewter. It was softer, warmer, a more malleable metal, and I felt I was a little more akin to that rather than silver," she said.

But Judi knew she couldn't learn how to work with it solely at Rochester, so after graduating, she moved to Middlebury, where her parents were and where she met Fred Danforth.

Attending Middlebury College at the time, Fred began as a French major and then shifted to religious studies but quickly learned that it was not for him. His academic advisor at the time offered him a glimpse of encouragement, suggested he embark on something hands-on instead.

"When I was growing up, my mom was a potter and had studied ceramics among other artists, designers and architects, so it was in my blood as a child, having a sensibility about aesthetics, and I always liked to work with my hands," Fred told the *Independent*.

After Fred and Judi married, Judi took on a five-week pewtering apprenticeship in Nova Scotia while Fred worked as a carpenter in Lincoln. Following her return home, the couple moved to Woodstock, where they purchased a 1789 farmhouse — the place where it all began.

"We got started at a time when the zeitgeist was just right. American craft was of peak interest at that time in this country and there were some extraordinarily talented craftspeople doing everything from blowing glass to making fine furniture and pottery," Judi explained.

The Danforths set out to design a line of holloware and, from the beginning, their oil lamps were their

best-selling items.

"One of the guiding principles for us was making something the best quality we could, and have it be beautiful while also functional," Judi said.

While Fred and Judi both took part in all aspects of the making, collaborating, designing and engineering of the products, they also had their respective roles in the business.

Judi used her silversmithing skills to develop ornaments and holloware accessories like porringer handles, and jewelry. Fred discovered and pursued his passion for experimenting with new techniques and finding new shapes on the lathe, like candlesticks, goblets, plates, bowls and vases. Judi also gravitated more toward the marketing of the business while Fred handled the bookkeeping.

DISNEY CALLING

Eventually, the Danforths hired more employees and a general manager to run their business, so that they could design their shop in Middlebury. A year after they moved their production to Addison County's shire town in 1988, Disney called and offered them a license to create and sell Winnie-the-Pooh pins and jewelry.

"They had seen Judi's beautiful and whimsical carvings that she had made into pins, buttons and jewelry of small animals like rabbits, bunnies and baby pigs, any farm animals from children's literature," Fred explained.

From 1989-99, Danforth Pewter faced immense rapid growth in sales. As a result, Fred and Judi bought another building on their Seymour Street property, their company grew to 85 employees, and they were met with many more licensing opportunities.

"When you have a Disney license, all kinds of licensing opportunities come your way. The Beatrix Potter brand approached us, so we took that on, and we did Curious George, Dr. Seuss and the old-style Mickey. We were also contacted by the Smithsonian National Zoo and the



FRED AND JUDI DANFORTH stand together in front of their large pewter collection, while Judi holds a shining oil lamp, their most popular item.

Independent photo/Steve James

Library of Congress," Judi said.

But great success is also met with considerable competition.

"We faced many external challenges, like the arrival of Pottery Barn and Martha Stewart," Fred said. "These companies came along and influenced the aesthetic and what people wanted. Imports were getting better and cheaper. We came out of the world of making everything by hand and had to compete with this, so it was a large hurdle we had to face."

Despite these difficult times, Fred notes how they were able to persist.

"When you see something that you're done with at the end of the day, that you've created with your hands, that is what keeps you going," he said.

A turning point came in 1994 when the Danforths discovered

epoxy enamel to hand-color jewelry, ornaments, and frames.

"It truly breathed a new life into our line because people love color!" Judi said.

Another production milestone for their company was combining wood and pewter to create peppermills. "It's a personal favorite of mine that Fred makes because the colors complement each other so well."

The Danforths sold some of their stock in the company around a decade ago, but have kept a hand in it.

While Fred and Judi are still the owners of the company and landlords of their business properties, they have stepped back from day-to-day running of Danforth Pewter as they've entered retirement. Now they both busy

(See Danforths, Page 3A)



JUDI AND FRED Danforth pause for a photo outside their first shop in Woodstock back in the 1970s.

Photo courtesy of Danforth Pewter

Middlebury searches for town planner

By JOHN FLOWERS

MIDDLEBURY — Middlebury continues its search for a new director of planning & zoning almost three months after the departure of Jen Murray, who left on April 13 to become planning director for the town of Hanover, N.H.

The good news is that the town continues to get applicants for the job, one of whom was slated to be interviewed this week, according to Middlebury Town Manager Mark Pruhenski.

"The search for the right candidate continues — as do the interviews," Pruhenski said through a Monday email exchange.

While the top administrative post in the planning office remains vacant, the work continues to get done, according to Pruhenski. Those stepping up include Middlebury Zoning Administrator JR Christ, and David Wetmore, the town's former zoning officer, who's

agreed to help on a part-time basis.

Selectman Fred Dunnington, who served as Middlebury's town planner for more than three decades, has also been a stabilizing force for the office as it searches for a new leader.

Recruitment has been a challenge for employers in many business sectors — including municipal government — in Vermont, a state with a jobless rate of 2.4%. Addison County's unemployment rate is around 1.8%.

Employers who find great matches are having a tough time reeling in recruits due to a lack of available, affordable housing.

Prior to her departure, Murray had served eight years as Middlebury's director of planning & zoning. The town has advertised the vacancy statewide and regionally.

Reporter John Flowers is at johnf@addisonindependent.com.

Kate McGowan to take the helm of the Lincoln Library

By MARIN HOWELL

LINCOLN — Lincoln resident Kate McGowan has spent much of her career working in the nonprofit world, serving in a variety of roles at organizations around the region.

She'll bring the skills and experiences she's gained over the years into her new position as director of the Lincoln Library, an organization that's not far from home for McGowan.

"This library is near and dear to my heart," she said during a recent interview.

McGowan noted that her professional background largely consists of financial and nonprofit work. She previously worked as an accountant, entering the nonprofit sector when she moved to Vermont about three decades ago.

Over the years, she's served as executive director of the Addison County Humane Society and of the United Way of Addison County. Later on, she served in the Center for New Leadership at the former Marlboro College.

"I taught at the grad school and then sort of did matchmaking between nonprofits in need and expertise," she said.

McGowan has also run her own consulting practice, which she noted largely serves mission-driven organizations like B corporations, community coalitions and nonprofits.

Reflecting on what attracted her to the Lincoln Library position, McGowan recalled her first visit to the library nearly 30 years ago.

"When I was looking for communities to move to in Vermont, one of things I did was drag my then-two-year-old son around with me, and one of

the things we would do in each town was go to the library and get a sense of their capacity and what they were all about," she explained. "I walked into the Lincoln Library when it was in the basement of Burnham Hall and fell in love immediately."

McGowan said she remembers meeting the late Wanda Goodyear, whose daughter, longtime librarian Linda Norton, was serving as director of the library at the time.

"It sort of cinched the deal; Lincoln was the place for us," McGowan said.

She noted that a month after moving to town, Lincoln was hit by the 1998 flood that destroyed most of the library's collection.

"I went to a meeting about rebuilding the library...and I left that meeting the chair of the fundraising committee to rebuild the library," she said. "It was fantastic. It was a great way to be involved immediately and to meet people."

The experience taught her a lot about the Lincoln community.

"They really come together and support each other... they roll up their sleeves and do what needs to be done together," she said. "It was just a fabulous experience to be part of that."

More recently, McGowan has been serving as treasurer of the Lincoln Library Board of Trustees.

"Wendy (McIntosh) announced her retirement, and I thought, 'This could be really interesting,' following on the heels of some really amazing Lincoln women who have been the librarian here,"

(See McGowan, Page 7A)



KATE MCGOWAN

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July 9 - July 15

Festival promises a week of fun, good tunes

By BEE ECKELS
MIDDLEBURY — In summer, the sight of a big, white tent on the Middlebury town green can only mean one thing — the much-anticipated Festival on the Green.

Every year this seven-day spectacle provides adults, children and families from all over Addison County with a week of free shows, concerts and performances, where laughs, good times and happy memories are a time-tested guarantee.

For the past 46 years, the Festival has provided a space for the community to gather and enjoy time outdoors while getting access to up-and-coming entertainment for free.

“People feel like it’s a service to the community, and they want to keep it going because we’re free,” said Don Miller, program team leader. “If we are ticketed, we’d probably not get the kind of response we get now.”

The accessibility of the festival is one of the main reasons why it is so popular year after year, Miller said.

While this annual event is free and open to the public, a lot of fundraising goes on behind the scenes in order to make this possible. The fundraising process is made up of three steps. First, a letter gets sent out in March to everyone who is signed up on the Festival email list; which includes people who have contributed to the event in the past, or hope to contribute in the coming year. The letter outlines the proposed program and asks for donations from the community.

“We raise a fair amount, probably 50% of our budget, in that initial round,” Miller said.

The next step is asking large sponsors, such as local businesses and organizations, if they would like to support the festival that year. Lastly, a bucket is passed around at the festival for cash contributions so attendees can show their support and help the event continue to operate.

This year, the Better Middlebury Partnership played an active role in promoting the Festival, specifically the lunchtime “Brown Bag” program, by placing advertisements in their social media accounts and newsletter. BMP Executive Directors Kathryn Torres and Kelly Flynn hope to continue to keep in regular contact with the festival’s board throughout the year to see how they can assist with the operation of the event.



JASON TARDY, WHO entertains by juggling bowling balls, will be among the performers at the Festival on the Green’s Brown Bag lunch programs on the Middlebury town green July 13-19.

“We love that week in July,” Torres and Flynn said. “We love being able to support the Festival in any capacity as it offers a relaxing community event year after year.”

While the festival takes a tremendous effort to put on every year, Miller said the reward for all those who spend months planning the event becomes evident when they get to see the joy it brings people time and time again.

“The festival itself brings so much joy to the people who are attending that, for all the work involved and the things that aren’t fun that you have to do to make it happen, the payoff is the festival itself,” Miller said.

Pat Boera, the festival’s treasurer, seconded this statement saying that the event’s mission of celebrating live performances helps create an atmosphere worth returning to.

“There’s something special about coming together in a shared space, and I think our audience feels that every time,” Boera said.

Unlike Boera, who has been with the festival since its founding in 1979, or Miller, who has been serving on the board for five years, juggler extraordinaire Jason Tardy will be participating in his first

Festival this month.

Tardy, who will be performing at the “Brown Bag” session on Friday, July 18, is a bowling ball juggling, Nerf launching, fire eating, tennis racket wielding act set to blow your mind. Performing 280 shows a year, with July being his busiest month, Tardy is looking forward to hitting the stage in Middlebury.

“I really do not know that much about the festival, but it sounds really fun ... Maybe this (performance) will be my favorite? We’ll see,” the Maine-based performer said.

With contagious amounts of fun and an array of talented performers like Tardy, the “Brown Bag” program is a great opportunity for quality family fun.

“It’s a family thing. There is plenty to keep adults entertained,” Miller said. “Everybody likes it, right? You don’t have to worry about the (audience) age.”

“Brown Bag” programs run all week from noon to 1 p.m. with performances by Tardy, the Middlebury Community Music Center faculty band, fan favorites like No String Marionettes and many more. This year’s Festival will run from July 13 to July 19.

Danforths

(Continued from Page 2A)
themselves with their individual hobbies.

Judi spends much of her time oil painting — whether it’s pigs, dogs or serene lakes — while Fred has returned to his woodworking roots, crafting items like picture frames. But lately, one of their favorite pastimes is riding e-bikes together, the wind in their hair as

they embrace the freedom that retirement brings.

To mark a half-century in business, Danforth Pewter is giving away a prize a month from May through December. Plus, a grand prize will bring two people to Middlebury to see the shop and meet the makers. Details of the contest are online at danforthpewter.com/contest.

The Danforths are optimistic

about the business they created and built into a major company.

In a world where technological advancements are on the rise, increasingly fewer products are made by hand. But Judi is hopeful of the future.

“As long as people value the result of something being handmade, it will continue,” she said.

City considers harassment policy

By ANDY KIRKALDY
VERGENNES — The Vergennes City Council on Tuesday discussed and appeared to favor eventually adopting a policy that would “create a clear expectation of civil behavior by all municipal appointees and employees and ... a fair, progressive sequence of consequences for violations.”

Councilors stopped short of adopting the policy largely because of a question raised by resident Kathy Rossier, a former member of the city’s recreation committee. Rossier said she was concerned about how files would be handled on complaints filed against appointees, and whether and how they would be notified of a complaint.

“It’s not really spelled out in the policy yet, how it (a file) would be used, the protocol,” Rossier said.

That question does not apply to employees. City Attorney

Ed Adreon said at the meeting that state laws would apply to employees’ files, and city officials said they already keep personnel files on all their employees.

Deputy Mayor Dickie Austin, who ran most of the meeting after Mayor Chris Bearor left early for another obligation, said the council leaned toward backing the policy once it was tweaked to address if appointees would have files created, and how they would be handled if files were. Adreon said files would most likely be created electronically.

“There wasn’t a lot of back and forth until Kathy Rossier’s question about the actual mechanics,”

Austin said the next day.

Adreon wrote the policy and introduced it at the meeting.

“Everyone has the right to be treated respectfully and civilly,” he said. “I wish there wasn’t a need for this sort of policy, but I guess this is the day and age we live in.”

Adreon said the policy creates “reasonable and enforceable parameters” for city employees and appointees.

Councilor John Sullivan said was concerned the policy could dampen free speech, saying what one person might consider to be “bothersome” could be seen differently by another.

(See Civility, Page 8A)

“Everyone has the right to be treated respectfully and civilly. I wish there wasn’t a need for this sort of policy, but I guess this is the day and age we live in.”

— City Attorney Ed Adreon

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Editorial

Cutting the 'federal' out of our national pledge

As Texas copes with one of its worst flooding tragedies in recent years and the U.S. Supreme Court in a split decision clears the way for the Trump Administration to cut federal agencies as it sees fit, all states are facing a future with less federal funding from critical services like FEMA. But reductions in FEMA funding is just the tip of the iceberg. Ongoing cuts to basic services that provide enough food (SNAP benefits) for those in need, huge cuts to Medicaid and Medicare, and cuts to various facets of our local schools will cause daily hardships to millions of Americans.

The Republican line of folly is that states are better at managing aid to their citizens, so let them do it.

The reality is more complex. While most agree states are better equipped to *distribute* the aid in appropriate ways when needed, the huge caveat is being able to *provide* the aid in the first place.

In Trump's world, the states must raise the aid as well, while his vision of the federal government is one that cuts funds to the states, while reducing taxes on individuals with the richest benefitting the most. In his big, bad bill, the wealthiest few will receive trillions of dollars in tax benefits over the next decade, while Americans in need of assistance — from food subsidies to health care expenses to social security to disaster assistance — will shoulder more of the burden or do without. (And this is not to disparage those who have been successful, many of whom give generously to a great many funds that benefit their states and communities and who didn't ask for the tax breaks in the first place. It's a policy choice by Trump because he benefits from it and he'll tie the GOP to the fateful debts the nation will incur because of it.)

The impacts are huge. Locally, estimates are that 43,000 Vermonters will lose food assistance. And the governor's office recently announced it was working on an impact statement to inform Vermonters how much more they'll have to cough up (pay in taxes) to cover the cuts in federal funds or do without. Expect it to be a long list as small states typically benefit more from federal funds than larger states.

But even in large states, the facts are glaringly obvious: FEMA's workforce has been cut 20% since Trump took over on Jan. 20, 2025; three key players on the FEMA management team that would have responded to the flash flooding in the Austin-San Antonio area had left their jobs and FEMA had not replaced them; those in the local/state disaster response teams cited the lack of earlier communication as one of the reasons the tragedy unfolded at the girls' Christian camp as it did and why over 150 people throughout the area are dead or remain missing.

Policy makes a difference.

When the Trump administration cuts the workforce out of an emergency preparedness agency citing waste and fraud — based on their own unfounded biases with no evidence to back it up — bad outcomes should be expected. It was an asinine decision, just as Trump's decision to cut food assistance funds is "asinine," according to Vermont Sen. Peter Welch in a front-page story in today's *Addison Independent*. And it's appropriate to call things what they are in the most straightforward language possible.

Americans might also note that Trump and his team have now backtracked on several significant fronts since Inauguration Day. The DOGE cuts are being criticized as excessive and the Trump team is trying to rehire critical staff to several agencies after having offered severance packages to the early takers (at a net loss to taxpayers); Trump has caved on more tariff deals than he's made and his few successes are overblown; his boasts that he would solve the war in Gaza and Ukraine on "day one" have turned into a humanitarian nightmare in Gaza, created increasingly long-term hostilities in Iran, while his bromance with Russia's Vladimir Putin has flip-flopped — realizing his so-called "buddy" whom he had once so greatly "admired" is a mean-spirited, double-crossing, greedy thug, after all.

In short, Trump's shoot-from-the-mouth, don't-over-think-it strategy that relies on his critically flawed "gut instincts" has misfired time after time while producing bad policy with poor — sometimes tragic — outcomes.

Expect more poor outcomes to follow. That's because the big, bad bill is chock full of bad policy. Not that it's all bad, but most of it hurts the average American, wrecks America's image on the world stage, while benefitting a select few at the expense of the majority.

Trump's myopic attack on renewable energy projects in favor of supporting the fossil fuel industry is another area that Americans can expect worse outcomes. From weather catastrophes to more frequent heat waves, from the negative impact on farmers to giving up any hope of the U.S. leading any of the industries renewable energy will spawn for decades to come, Trump's policies make America less prosperous and a pariah among nations who value global cooperation in combatting the world's crises.

So it is that Vermonters, and Americans from coast to coast, will struggle to meet the needs of their citizens when hard times come. They'll plan, they'll strategize, and they'll be ready to do the best they can (see several stories on today's front page addressing some of those concerns), but there's a reason to have formed a *federal* government almost 250 years ago — to lean on the resources of the nation when one state suffers inordinate harm.

By taking more federal aid out of the mix, Trump makes the nation weaker and less worthy just as his propaganda touts the opposite.

Angelo Lynn



Red, white and blue

BRISTOL'S MAKAYLA LAMBERT joined many around her Friday morning by placing her hand over her heart and pledging allegiance before the Independence Day parade in her hometown.

Independent photo/Steve James

No time for boredom any more

I'm bored. This constant refrain during the long unstructured summer vacations of my youth has somehow turned into a phrase people will do anything to avoid. We must be entertained. A child uttering the phrase "I'm bored" somehow makes us feel we've failed our jobs as parents, that we need to constantly provide some sort of entertainment or find activities for them to do, filling up all of our children's time with camps and lessons.

As adults, we often feel guilty if our time isn't spent doing something productive. I don't like this trend. It ruins my attempts at relaxing. For children, however, it means growing up without knowing any other way. I was perhaps the last of a generation that didn't have computers and smart phones until I was an adult, so childhood was filled with lots of doing nothing and lots of complaining to my mom that I was bored. We were bored until we thought of something to do.

These days it is virtually impossible to be bored. Life is overstimulating. There are TV screens on the gas pumps, to make sure we are entertained for the couple minutes it takes to pump gas. We all have tiny screens on our person at all times, so any time we have to wait we can pull it out and play a game or watch a video. If there is a long line while we're waiting to do our next activity, we can simply hand our kids a movie to watch to keep them quiet.

And it's not just the presence of constant media, it is the media itself. Instead of long form videos, the majority of our media is consumed in one- to three-

minute clips on apps like TikTok or Instagram. We can no longer focus for a whole 30-minute video, it feels like such a long commitment, but we are perfectly content to spend several hours scrolling through hundreds of short clips. Recently I overheard a group of teenagers playing music on their phones. I noticed they didn't even have the patience to listen to a song in its entirety. After getting to the hook or chorus, they were on to their next request.

I am the kind of person who brings a book to the dentist's office to read while I wait or even to a performance for during intermission. Yet despite my best efforts I am easily sucked into the endless loop of these videos, which provide limitless and mindless entertainment.

I am somewhat discerning. There are two distinct types of these short form videos. Consider one of the topics I like to watch: people baking desserts. The first type has people with manicured nails tapping things and so many cuts my eyes can barely keep up. Why show a clip of slicing strawberries, when you can have twenty cuts to show each knife slice for twenty strawberries? In a one-minute video there will be cuts nearly every second. I don't like these. I find them nearly unwatchable.

The second type are the ones I like. They have no talking and often no music, so all you hear are the sounds of mixing and eggs cracking. They are longer videos often filmed with one camera angle. The main character of the story is the dessert, so instead of a shot

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

Ways of Seeing

By Claire Corkins



Heffernan speaks on the issues

It is an honor to serve as your senator from Addison County. As a freshman legislator I had a bit of a learning curve on how the Senate operates and how I could best make my voice heard and counted on the important issues. I took to heart the issues I was tasked to represent my constituents on. I served on two committees, the Senate Committee on Agriculture as clerk and member, and on the Senate Committee on Education. I enjoyed working with my colleagues and I did my best to act with integrity, conviction and purpose.

We ended the session on June 16 and then returned to vote primarily on the education bill, one that had more ups and downs than a country fair roller coaster. I ultimately voted yes on the education bill with many caveats. We needed to make changes on how we fund education. This is something most agree upon. There are still a lot of moving parts to make any meaningful change. How the districts are divided, the costs to each community, local vs. state control, and much more. I do support independent schools. We have wonderful public schools, and we also serve a portion of our student communities with amazing independent schools as well. Finding a balance that recognizes how to better serve our children with both options is imperative. I see room for both.

I supported the Right to Farm Bill. This provided nuisance lawsuit protection for farmers. Agriculture is at the heart of Addison County and support for our farmers is something I will always give full attention to helping with.

We will continue discussion on the Clean Heat Standard and the Affordable Heat Act. There were some deadlines adjustments made to better understand what the best course of action is to protect our environment and keep Vermont affordable. There will be a lot more debate, discussion and compromise on all of this.

New housing made some strides, but we clearly did not move the ball anywhere near enough. I have high regard for environmental law and finding a balance to help grow much needed housing stock in Vermont. Housing impacts every part of our Vermont economy, and I will

prioritize reasonable fixes to the Act 250 process. Public safety is making some inroads, but there is still a lot to do. I support the efforts of having more embedded workers alongside law enforcement efforts to help those in need. I also support arresting and incarcerating those fewer numbers who are just here in Vermont to break laws and harm others. Our corrections system is making strides on better

(See *Heffernan*, Page 5A)



Legislative Review

by Rep. Steven Heffernan R-Bristol

Letters to the Editor

Multi-unit plan inappropriate

Our town is thinking about whether a new apartment building should be built at the corner of Route 7 and Middle Road.

A crowded room of some 60 or 70 attended to hear Mr. Rosenzweig talk about this proposed four-story apartment building with 32 units. The audience is well aware that we have a housing shortage in Middlebury but the majority had serious questions about this apartment building.

Let's estimate how many people will be living on the 0.7 acre lot. Mr. Rosenzweig stated that there will be one apartment with one bedroom and the others will be two, three and four bedrooms. I estimate that this building will house 90 to 110 people. This apartment building will then support the highest density of population per acre than anywhere else in our little town. This high density of people will be almost on top of the busy traffic light and this busy intersection.

The proposal has no green spaces, not enough parking, and the building will be a sidewalk distance away from Route 7 and Middle Road, as if this is the inner city. I do not want to start allowing structures to be built adjacent to Route 7 and Middle Road. Let's preserve our small town and have green spaces around our buildings.

Mr. Rosenzweig claims this is the only lot available for his development. I hope he can work with the Zoning and Development Department of Middlebury to find a more appropriate setting. This building is too *big* for the lot. I am in favor of scaling this building down to ten or fifteen apartments. Otherwise this project should not be approved.

K. Suzanne Stone
Middlebury

Arts orgs using AI unacceptable

I am disappointed to notice that two different arts organizations in our community have stooped to using AI art for their poster design.

Recently the Town Hall Theater used it for the opening of their new space, and I am disappointed to see that Otter Creek Music Festival has also resorted to AI art for their poster.

Regardless of your general stance on AI, I think it is unacceptable for arts organizations to use AI art which is trained on stolen artwork. By using it they are degrading the very arts that they are promoting.

I know supporting the arts is always a challenge and I do not mean to attack organizations I very much support, but I am asking them to better support other artists. If paying someone for a poster design is too much, Canva is unbelievably easy to use.

AI Harder-Hyde
Vergennes

VT schools: No bang for bucks

Some sort of reform is drastically needed! I recall a letter to the editor by an educator that listed Vermont education ratings. According to the letter Vermont ranks second highest in per pupil costs and second lowest in scholastic achievement.

Vermonters, the education department, legislators should be *red faced* ashamed of our rankings in both categories.

I did not follow the latest education bill. Let's get something done quick. It appears that the status quo will last far too long. Legislator study committees just kick the can down the road.

The teachers and principals are against losing their jobs and in my opinion useless in implementing reform.

Vermonters are not second-class citizens! Vermont should be the leaders.

Edward Payne
Bridport

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Letters to the Editor

Why no blame for climate change for flash floods?

In response to a cyclone in Pakistan in 1971, Garrett Hardin wrote a letter to *Science* magazine. He said that the 500,000 people who died lived in a flood plain where, if Pakistan was not over-populated, “no sane person” would choose to live. Although the press blamed the horrific death toll on the storm, Hardin said that, “One thing

is certain: we won’t blame the deaths on overpopulation. No one ever dies of overpopulation. It is unthinkable.”

Fast forward to this past weekend’s torrential flash flooding in Texas. Rivers rose 26 feet in two hours. Over 80 people died in Texas. Their deaths were attributed to flash flooding and poor weather predictions. Yet isn’t

the root cause climate change? Haven’t we seen unprecedented tornadoes, flooding, and storms in the last decade?

One thing is certain: we won’t blame the deaths on climate change. No one ever dies of climate change. It is unthinkable.

Harry Chaucer
New Haven

Be respectful when recycling materials, please

I work at the bottle redemption center in Middlebury, a job both thankless and oddly wonderful, interacting with so many members of this community I grew up in. I recently received the purported recycling from the recent town hall expansion opening event. While there was recycling it was plastered in food, and dispersed amongst much paper plates, plastic cups, disposable cutlery, napkins, hors d’oeuvres, and on and on. Tuna salad has no five-cent deposit

I worked many event services in New York City and adjoining areas. What we would do as per orders is throw everything into the trash, and it felt awful. This is a simple statement to please pay mind to how we dispose of

our discarded vessels, things that we have used and find no use for anymore and wish to be out of our sight. Those things do not cease to exist when tossed away

Those that pick up discarded bottles and cans off the roadside are more considerate than what I picked through from the Town Hall Theater event, which shouldn’t even have the moniker “Town Hall,” as many citizens are unable to afford the services. A town hall is meant for all, like church, as the original town hall was on that very spot, thus the name

A wing is built on an exclusive town hall, a library is needlessly destroyed to be rebuilt eventually, for however millions of dollars, and yet so many from child to

elderly have no place to rest their heads safely. I admit I am angered, yet if in the least, please take a little more consideration to what you discard, be it cans, bottles, hors d’oeuvres, or struggling people you’d rather didn’t exist in your community

Every nation has a caste system, whether spoken of or not. I just hope at work I don’t have to find another pricking used syringe, a loaded condom, tuna salad, used diapers. While I may be lower than some or most on this ladder, we all climb, I do have a semblance of basic human dignity, and all I can pray is others have this as well.

Will Benson
Weybridge

Welch bill to fight opioid use

Senator co-sponsors effort to lower cost of critical care

WASHINGTON, D.C. — U.S. Senator Peter Welch (D-Vt.) joined Senator Richard Blumenthal (D-Conn.) in introducing the *Maximizing Opioid Recovery Emergency (MORE) Savings Act*, legislation to make it easier for individuals struggling with an opioid-use disorder (OUD) to access evidence-based treatment.

The senators’ legislation would eliminate costs for opioid treatment and recovery support services for people with private insurance plans and for people enrolled under a new Medicare pilot program, while increasing federal funding for Medicaid treatment programs.

Senators Welch and Blumenthal are joined on the legislation by Sens. John Fetterman (D-Pa.), Martin Heinrich (D-N.M.), Ben Ray Lujan (D-N.M.), and Amy

Klobuchar (D-Minn.).

“The opioid crisis is hurting families and communities across the country. In Vermont, opioid overdose deaths have skyrocketed



U.S. SENATOR
PETER WELCH

nearly 500% in the past decade. We urgently need to find solutions that make it easier and more affordable for those in crisis to get the addiction care they need,” said Senator Welch. “The *MORE Savings Act* breaks down barriers to the cost of care and medication to help more Americans recover from opioid-use disorder.”

“Opioid use disorders upend lives and can lead to tragic, heart-breaking deaths. Individuals struggling with these disorders need and deserve access to affordable, quality treatment and support. This critical legislation draws on proven strategies in the fight against addiction to

promote prevention and treatment efforts,” said Senator Blumenthal. “By removing costly insurance barriers and bolstering Medicaid programs with increased funding, the *MORE Savings Act* ensures that those battling an opioid use disorder have access to the resources necessary to start and continue on the road to recovery.”

The *MORE Savings Act* works to provide affordable access to OUD prevention, treatment, and recovery support.

Specifically, the legislation requires individual and group health insurance plans to cover prescription drugs and recovery services with no cost-sharing — including copayments, deductibles, and coinsurance — and creates a pilot program to eliminate Medicare cost-sharing for OUD treatment and behavioral health services. The legislation also provides increased funding for Medicaid programs to provide prescription drugs and behavioral health services to better treat individuals struggling with an OUD.

Alliance backs rural schools

While it’s summer and classrooms are quiet, school board work across Vermont is anything but. With the passage of H.454 and major education transformation on the horizon, school boards from Arlington to Canaan are deep in discussion, preparing for what comes next. Decisions made now will shape the future of public education in rural Vermont and communities

legislative process. We now turn our attention to the next phase: the appointment of a Redistricting Task Force. This group will shape Vermont’s future education system, and its work carries both opportunity and risk.

We are moving forward with good will, knowing that supervisory unions are to be included as part of the charge of the Redistricting Task Force. Supervisory unions are made up of multiple school districts working collaboratively to reduce costs, increase efficiency and improve educational opportunities. Each SU shares a superintendent, central office and board with representation from each district

in the Union. SUs are vital to the success of rural public education in Vermont. They offer a practical balance: schools keep local decision-making while gaining the financial and operational benefits of shared services. Among governance models, SUs are the most transparent, cost-effective, and educationally sound option Vermont has.

We believe Vermont can thoughtfully create larger SUs to meet the goals of H.454, especially with adjustments for the unique needs of low-population regions and areas with geographic barriers. RSCA sees potential for cost savings and improved quality, but only if SUs remain the core governance model for rural Vermont. Already, school district and SU boards involved with RSCA are debating and considering information for the Task Force that reflects the needs of their regions and will support the task at hand.

During the last six months,

aspects of our work have become clear. In rural Vermont:

- Equity matters. Rural families are saying clearly that equity does not mean “newer and fewer.” It means strong and local. Young children should be educated close to home in excellent elementary schools of all sizes. Accessible schools are essential to rural families. Research shows that even high-quality educational offerings are of little benefit if children must spend hours on a bus to reach them. Strong, local public schools grounded in their communities are a cornerstone of educational equity for rural children.

- Place matters. Young families want to live in close-knit communities with strong local schools: places with childcare, preschool and elementary education at their heart. For rural Vermont communities to thrive, they need young families to stay, return or choose to move there. Educational opportunities centered in place will bring them. Closed schools, depopulation, diminished economic opportunities and declining home values will turn them away.

- Democracy matters. People are losing faith in democracy. That’s why any new system must strengthen, not weaken, their connection to democratic decision-making.

Rural Vermont is skilled in democratic decision-making; it is rooted in our history and practiced regularly as we grapple to solve problems locally. It is a strength, not a flaw, and we must protect it. In rural Vermont we protect democracy by practicing it.

As Vermonters work to build a sustainable, high-quality and cost-effective education system for the future, it must reflect and respect these rural values. That means equity, community-centered and strong local voices in governance. Thriving rural community schools, working together in supervisory unions, are at the heart of this vision.

Community Forum

This week’s writer is Margaret MacLean, an experienced educator and a steering committee member of the Rural School Community Alliance, vtruralschools.org. She lives in Peacham.

Heffernan

(Continued from Page 4A)
rehabilitation in the corrections system. We want to help those who want help, and we want to protect our communities from repeat offenders who are let out on conditions and don’t meet the conditions time after time. This must stop.

I am grateful for all the support and outreach I have received

in my first session as Addison County senator. Making your voice heard has helped me in Montpelier and I appreciate all the points of view and opinions I heard on many important matters. I have tried hard to represent our county with high integrity and determination to make necessary changes on affordability, housing, the environment and public

safety. All of these continue to be top priorities. It is clear no one wants higher property tax hikes, and I continue to give my support to helping make meaningful changes so we keep Vermont more affordable.

I welcome your voice and help on all matters important to Vermont.

Ways of Seeing

(Continued from Page 4A)
of the influencer taking a bite of dessert at the end, you get an artsy shot of what they’ve made, and maybe a spoonful being scooped. The person is secondary, almost inconsequential, and you may have no idea what they look like, as they never show their face.

This is not just a trend with young people. Virtually all our media now comes in short form. Even our news is overstimulating. It feels like a full-time job just keeping up with the constant barrage. We get brief headlines of new topics everyday. News outlets fill the space with interesting, punchy headlines to keep our attention, but there is rarely in-depth coverage looking at a single topic that fully examines it. Instead we must quickly move on to the next big headline.

I’m not sure if our lives are mimicking our media, or if the media is simply copying our lifestyles, but both are overstimulating. It is again this need to be constantly entertained and this fear of being bored. Perhaps we’ve been tricked into believing that boredom equals lack of productivity. Perhaps we’ve been tricked into thinking that unproductive behavior is not worthy. We seem to be easily

manipulated into behaviors that are not good for us.

I want to rebel against this, but it is a constant battle against that nagging in my head telling me I should be doing something useful. I want to sit outside and do nothing but absorb the sun. I want to be bored.

Claire Corkins grew up and lives in Bristol and studied Human

Ecology at College of the Atlantic in Maine. After college she worked abroad teaching English as a second language. She currently works with her father in such various endeavors as painting houses, tiling bathrooms, building porches, and fixing old windows. She hikes, reads, plays ice hockey, travels, and wishes she could wear flip flops all year round.

Open Your Home – Make a Difference

Northwestern Counseling & Support Services is seeking an **active couple or small family** in the **Bridport, VT area** to share their home with a **social, 31-year-old deaf woman**. Some **ASL fluency** required. She uses a wheelchair, so an **accessible home** (or willingness to modify) is necessary.

This is a **“split model”** arrangement: two providers alternate care every two weeks. Must be **21+**, have a **high school diploma or equivalent**, pass background checks, and complete a home inspection.

Includes **tax-free stipend, room & board, and hourly/overnight pay**. Also open to **day support or respite** providers through Aris Solutions.

Contact **Marie Greenia** at
802-524-6555 / Mgreenia@ncssinc.org
or **Lauren Irish** at
802-370-5387 / Lauren.irish@ncssinc.org

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Elderly Services Inc. ESI College

Tenets of Effective Leadership: A Discussion

Two sessions: July 22 and 29, 10:00-11:30 AM
At Elderly Services, 112 Exchange St., Middlebury

There are many styles of effective leadership; what do they hold in common? We will discuss what makes effective business, nonprofit, and government leadership, both from the perspective of an entrepreneurial startup and from a mature delegatory organization, including what constitutes founder’s syndrome. Bring examples from your own life about effective leaders.

Bill Schubart has lived in and written about Vermont for decades. He has served as board chair for numerous Vermont organizations, including Vermont Public, UVM Medical Center, Vermont Digger, and the Vermont Board of Libraries. He has published several novels set in Vermont and regularly contributes to local print and radio media.



Novel or Film, Which is Better?

Wednesdays, August 6 and 13
9:30-11:30 at Elderly Services

Readers and moviegoers alike often debate whether the book is better than the film from which it comes or vice versa. Transforming one art form into another can be a tricky business as the integrity of both is at stake. Through critical, historical, and social lenses, we will first consider Truman Capote’s novella *Breakfast at Tiffany’s* and then examine the film by the same name.

With a degree in Psychology from Bates College, **Ron Monroe** spent most of his 44-year career teaching American and English literature and film at the Kingswood Oxford School in Connecticut. Recently retired, he lives in Middlebury.



Register Now!

<https://elderlyservices.org/esi-college-summer-2025/>

or call 802.388-3983

ADDISON COUNTY

Obituaries

Steven 'Steve' Russell Brown, 73, of Bristol

BRISTOL — Steven "Steve" Russell Brown, 73, of Bristol, Vt., passed away peacefully at home on June 30, 2025, with his wife, Linda, and his two children, Malaky and Min, by his side.



STEVEN "STEVE" RUSSELL BROWN

Steve survived numerous illnesses and tragic events in the past nineteen years. Just when he thought that he had survived or moved on from one illness he faced another challenging medical hurdle. Throughout each and every one Steve was determined to meet it head-on with unbelievable courage to do whatever it took to have more years, more months. For those who knew Steve, his sheer determination to overcome each obstacle was a testimony to his resilience and his engagement with life. About a month ago, Steve faced a recurrence of cancer that he had battled last year. The spread of this new cancer was rapid and widespread. Steve's passing leaves a huge loss for his immediate and extended family, his friends and all the organizations and causes he was part of.

Steve was born March 25, 1952, in Key West, Fla., the second son of June Francis Regan Brown and Russell Gardner Brown. Steve's father was in the Navy and as a result his family moved several times while he was growing up. He often said laughingly that he had attended five different kindergartens and his mom, worried about the outbreak of polio, made sure he received the polio vaccine at each school. His constant friend and protector throughout growing up was his older brother, Kevin, whom he idolized. Steve often shared "me and your Uncle Kevin stories" with his children and grandchildren.

Steve excelled in math and sciences, but his true love was history. He loved music and was a dedicated clarinet player throughout his school years, including college. While Steve always described himself as a mediocre student, others viewed him differently. After graduating from high school in Stonington, Conn., he began attending Middlebury College in Vermont.

While already against the Vietnam War when he entered college, his conviction against that war and all wars strengthened. He became an anti-war protester and activist and at the same time began

attending Quaker meetings. In the spring of 1972, as a sophomore, Steve met Linda Kessop, who was a sophomore at UVM. The first day they met they each went back to their dorm rooms and told their roommates that they had met someone they thought they would marry. In the winter of 1974 Steve and Linda married while still students. At the time of Steve's passing, they had been married 51 years.

Speaking for myself (Linda) I can say that the person I fell in love with 53 years ago was handsome, smart, and incredibly kind. He had moral clarity that guided him in how he interacted with the world. That was the man I married and spent my entire adult life with.

After marrying and graduating, Steve and Linda eventually settled in Monkton, Vt., where they rebuilt their tiny house and became part of the Monkton community. They raised their two children, Malaky and Min, there. Steve always championed each of his children and was told once by a friend that he was Malaky and Min's biggest fan. His ideas with them were always big: a birthday party treasure hunt for Malaky that took kids into Bristol looking for clues and building a golf course in the backyard for a birthday party for Min.

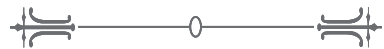
Steve loved carpentry and eventually started his own business renovating and restoring houses and buildings. At the age of fifty, Steve went back to school to become a nurse, a career he had wanted to pursue since his undergraduate days. When he

graduated from nursing school he went to work as a nurse at Porter Hospital in Middlebury, Vt., and was never happier. Although his nursing career was tragically cut short by an ambulance accident two years later, Steve worked hard to continue nursing by volunteering for Open Door Clinic in Addison County, where he felt so lucky to be serving a less fortunate population. He also volunteered for hospice and became an advocate for migrant justice.

Through many illnesses subsequent to the ambulance accident, Steve persevered, learning new skills, making new friendships, and strengthening old ones. He built furniture for his grown children, helped them with their home building projects, sailed on Lake Champlain in his small sailboat, walked with friends, and played with his four grandchildren. Steve loved living in Vermont and enjoyed the simple joys in life: a good cup of strong coffee, listening to classical music, following Red Sox and Celtic games, working in his shop, taking care of his yard, and listening to historical/political podcasts. He spent as much time with his children and grandchildren as possible, enjoyed walking with friends and getting together with friends and family and he continued his political activism. Steve's gifts of compassion, integrity, and strength of conviction will never be forgotten and will live on in us as we, his family, navigate living without him.

Steve is survived by his wife, Linda; their children, Malaky Cecil and her husband Rob of Ohio, and Min Brown and his partner Christa Downey of Brandon, Vt.; and his brother Kevin Brown and his wife Sandy of Madison, Conn. He is also survived by Malaky and Rob's children Wyatt, Finch, and William Cecil and by Min and Christa's daughter, Liora Brown.

A celebration of Steve's life will be held at Tourterelle Restaurant and Inn in New Haven, Vt., on Sunday, July 20, from 2-4 p.m. Guests are invited to share memories, listen to music and have a bite to eat. Contributions in Steve's memory can be made to the American Friends Service Committee Attn: Gaza Emergency Response, or the Vermont Migrant Justice Program. ♦



Patricia G. Ryan 83, of Bristol

BRISTOL — Patricia G. Ryan, 83, of Bristol passed on June 28, 2025.

She was born Feb. 25, 1942,

in Starksboro, Vt. She was predeceased by her parents, Kenneth and Eleanor Hill Gardner and brother Kenneth Ricky Gardner. She is survived by her husband of 61 years, Peter D. Ryan; sister Deanna Spray; son Peter J. Ryan and daughter Kelly Ryan and William Sanford; grandchildren Kenneth Ryan and Melissa Jewell, Hillary and Kaleb Alexander, and Gabrielle Ryan and Alex Lauzon; great-grandchildren Joseph Ryan, Emmalin, and Kole Alexander; close friend Maria Peabody; and many nieces and nephews.

We will have a memorial in August. ♦



PATRICIA G. RYAN

Eliza Penney Riegelman, 38, of South Burlington

SOUTH BURLINGTON — Our family is deeply saddened to announce the passing of our daughter, sister, and friend, Eliza P. Riegelman.

Eliza noticed the small things. She was able to find the good in each person and situation. She has always been quietly curious, a diligent worker and loyal friend.

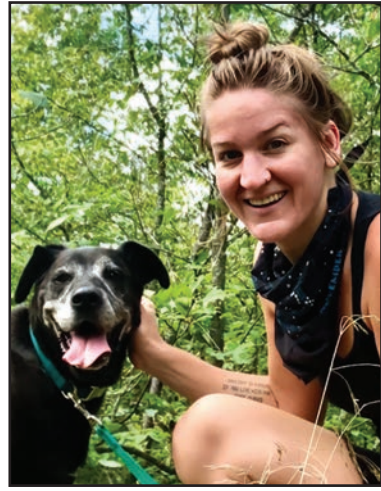
Beautiful and bright, thoughtful and sincere, she led with love.

Eliza was born in Springfield, Vt., and grew up in Saxtons River. Eliza attended Vermont Academy there, graduating in 2005.

After spending some years exploring the West Coast in Oregon with her sister Lauren, Eliza returned to Burlington in 2016. In 2018, she met her partner, Matt Blair and his dog, Sequoia. Together, they built a beautiful life full of adventure and love, most recently adding a sweet kitty, Ripley, to the family.

Eliza was a voracious reader and lover of crosswords and Scrabble. Her penchant for puns and her wry sense of humor lightened the mood in any room.

Another of her many love languages started in the kitchen. A very skilled baker and cook, she will be remembered fondly for sharing so much creativity and love in her concoctions. This lent itself well to her most recent position behind the bar at Burlington Beer

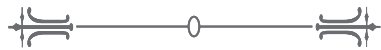


ELIZA PENNEY RIEGELMAN

Company, where she worked since the opening of the Flynn Avenue location in 2021.

In January, 2025, Eliza was diagnosed with ovarian cancer. She battled very bravely through it all. We are all so thankful for the great care she received at UVM Medical Center, from Drs. Wong and Ashley, and from the multitudes of nurses who came to her aid, especially on Miller 5. We also thank Ruth Decker, who was Eliza's advocate from day one, providing support and love.

Eliza is survived by her father, Peter Riegelman, and his partner, Tracy Paradee, of Grand Isle, and Tracy's children Brooke and Ryan; her mother, Mary Landon,

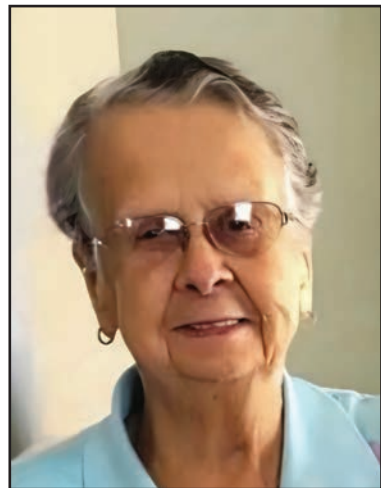


Catherine Rose Rochon, 93, of Rutland

RUTLAND — Catherine R. Rochon, a beloved mother, grandmother and great-grandmother passed away peacefully surrounded by family on July 1, 2025, at the age of 93. She was born Jan. 28, 1932, in Benson, Vt., the daughter of Bernard J. and Velna J. (Doane) Burke.

Catherine was a homemaker until all her children were in school, it was then that Catherine began a career, working for 25 years as a cook at the coffee shop in the Rutland Regional Medical Center. After retiring from that position in 1997 she began working as a cook, for many years at St. Joseph Kervick. Catherine left that position to care for her husband until he passed in 2003. Catherine's place of worship was Christ the King Church.

Catherine was an avid cook and was well known for many of her dishes. She loved to cook and bake for family reunions and gatherings and was always asked to make her famous baked beans and strawberry rhubarb pie. Catherine was always willing to share her recipes and enjoyed looking through recipe books. She was always just a phone call away for a question about her recipes.



CATHERINE ROSE ROCHON

Catherine dedicated her life to her huge family, and was known by many as Kak, and Aunt Kake. She was also fortunate to have had many great neighbors in her life. She will be dearly missed by many.

Catherine married Rene E. Rochon on April 25, 1953 in Orwell, Vt. They made their home in Bridport, Vt. After farming for a short period they relocated to Rutland, Vt.

Rene predeceased her on March 20, 2003. She is survived by their five children: Richard R. Rochon and his wife, Roné, of Denton, Md.; Diane C. Saltis and her



Melinda 'Mindy' S. Blair Ringey, 52, Shoreham native

SCHROON LAKE, N.Y. — Melinda "Mindy" S. Blair Ringey, 52, passed away on July 5, 2025, unexpectedly at her home. Mindy was born on July 25, 1972, the daughter of Paul and Sharon Blair of Shoreham, Vt.

Mindy enjoyed sitting on her porch watching the deer and other wildlife with her dog Fred. Most



MELINDA S. BLAIR RINGEY

days before work Mindy would go down to the beach and enjoy the view. She met her partner, Chuck Peltier of Schroon Lake six years

ago, where they built memories enjoying each other's company watching the Buffalo Bills, UFC fighting and admiring their gardens. Mindy leaves behind her three children, Brittney Forbes (Thomas Forbes), Willow Ringey (Alexa Moyer) and Warren Ringey (Kristin Markie); two grandchildren, Ellie and TJ Forbes; her brother, Terry Blair (Tina Emilo); her sister, Melissa Warren (Howard Warren); her two niece's, Yvette Blair (Nick Desjardon) and Jessica Blair (Alex Gershteyn); two aunts, an uncle and many cousins. Mindy is predeceased by her parents, Paul and Sharon Blair; her brother Patrick Blair; and sisters Meril, Laura, Jeanette and Yvette Blair. Special thanks to her work family at Stewart's.

Calling hours will be held Saturday July 12, from 10 a.m. to noon at Edward L. Kelly Funeral Home located at 1019 Route 9, Schroon Lake, NY 12870. ♦

To honor Eliza, please consider making a gift in her name to either of the following organizations: Planned Parenthood of Northern New England or American Red Cross.

We encourage anyone able and willing to give blood at the Red Cross near you, whenever possible. There is always a need. Also remember to keep up on your wellness checkups and reproductive health.

A celebration of life will be held on Sunday, Aug. 3, from 11 a.m. - 4 p.m. at Burlington Beer Company's Lumière Hall event space. You may enter the door on the left rear of the building at 180 Flynn Ave. in Burlington, Vt.

We look forward to seeing you, and hearing some good stories about our girl. ♦

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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William George Wisell, 81, of Vergennes

VERGENNES — William George Wisell, 81, of Vergennes, Vt., passed away peacefully July 4, 2025, in Burlington, Vt., after a loving visit with his wife and three children just days before.

“Bill” was born on June 2, 1944, in Burlington, to Dr. George P. and Mrs. Frances M. (McAuliffe) Wisell. He grew up in Vergennes, cherishing his high school years and athletic accomplishments. He went on to enlist in the Navy in 1963, proudly serving in the Vietnam War on the U.S.S. *Constellation*. Bill then attended Wichita State University on the GI Bill, where he played Division I baseball.

When he returned to Vermont, Bill was a house parent at The Weeks School, worked for the family business — McAuliffe Paper Company — and he was a longtime bus driver for Vergennes and South Burlington School Districts, where was honored to receive the Dominick Marabella Support Staff Award. Bill was a founding member of the Pantan Road Saints and a lifelong member of American Legion Vergennes Post 14 and VFW Post 7823 of Addison County.

Bill brought everyone together with his quick wit and celebratory toasts. Throughout his life he enjoyed boating and fishing on Lake Champlain, duck hunting in Pantan, deer hunting in Ripton and all his adventures with his best friend Michael Jackman. Bill was always up for a drive, especially



WILLIAM GEORGE WISELL

if it led to a round of golf at Basin Harbor. Playing softball for C&F LeBeau was a source of joy and camaraderie for Bill. He carried his lifelong passion for sports into fatherhood, wholeheartedly supporting his children’s athletic pursuits. Bill considered his greatest accomplishments in life to be his service to his country and the health and success of his three children.

Bill married Karen (Haulenbeek) Wisell in 1987, and together they raised their three children in South Burlington, Vt.

He is survived by his children, William “Todd” (Cristy) Wisell, Meghan (Devin) Mahoney, and Malinda (Cris-Hawk) Farrin. He also leaves his six beautiful grandchildren, Ryenn and Roen

Wisell, Mackenzie and Dylan Mahoney, and Parker and Wylder Farrin. He leaves his brother; Ret. Col. George (Diane) Wisell and his son George Wisell (Stacia Werner). He leaves his sister’s children, Sean Sullivan, Michelle (Glen) Eastman, Martha (John) DeGraaf, and Christopher Sullivan (Kristy Sargent). He also leaves his brother-in-law Fredrick (Andrea) Haulenbeek and sister-in-law Beth Trivison and their respective children.

He was predeceased by parents, Dr. George P. and Frances M. Wisell, sister Francis “Ann” Sullivan and nephew Joseph Sullivan.

The family would like to thank the many people who cared for their father over the past several years including the staff at Project Independence — Elderly Services Inc. in Middlebury and Birchwood Terrace in Burlington.

Calling hours were held at Brown McClay Funeral Home, 48 South Maple St., Vergennes, on Wednesday, July 9, from 5-7 p.m. A funeral mass will be held at 10 a.m. on Friday, July 11, at St. Peter’s Catholic Church in Vergennes with a reception following at American Legion Post 14 in Vergennes. In memory of Bill donations can be made to Project Independence — Elderly Services, tinyurl.com/elderly-svc-donate. To send condolences to his family please visit www.brownmcclayfuneralhomes.com. ◊

Maurice ‘Mo’ Joseph Laframboise, 86, of Cornwall

CORNWALL — Maurice “Mo” Joseph Laframboise passed away peacefully in his sleep on his 86th birthday at UVMC after a brief illness.

He was born in Bridport, Vt., the son of Joseph Guy and Annette (Legault) Laframboise. He attended St. Mary’s School in Middlebury and graduated from Middlebury High School in 1957. He married his high school sweetheart, Barbara Billings in Middlebury on Sept. 26, 1959. He spent six years with the Army National Guard, including a period of active duty during the Berlin Wall Crisis.

Upon leaving the Guard he purchased a dairy farm in Cornwall with Barbara and his brother Raymond in 1966 and spent the remainder of his life there. Mo was a progressive, hard-working, and curious farmer who was always trying new ways to improve their farm and his property was always immaculate. He also spent many decades in community service and was on school boards, selectboards, and the Board of Listers in Cornwall. He was an outgoing person who genuinely cared for people and made friends everywhere he went.

He retired from farming at 49 and worked numerous part-time jobs including with UVM Extension Service, where he helped local



MAURICE “MO” JOSEPH LAFRAMBOISE

farmers. He was always willing and eager to help anybody who needed assistance and spent thousands of hours helping neighbors, family and friends in any way he could.

Maurice was notoriously frugal with himself and graciously generous with others. He and Barbara were very involved with the lives of their grandchildren and were important influences in their lives. Upon retirement Mo and Barbara travelled around the U.S. in a motorhome. They spent winters in Florida and enjoyed a special group of friends there. Mo positively affected the lives of hundreds of people and was very

appreciative of all the friendships he had. He enjoyed sports and played numerous sports his entire life until physically unable to.

He is survived by Barbara, his loving wife of 66 years, whom he cherished; his son Randy and wife Sue (Bourdon) of Cornwall; son Mike and wife Lisbie (Haerle) of Orwell; son Steve and partner Trudie (Parker) of Whiting; son Peter and wife Christine (Brinkman) of Cornwall; as well as grandchildren Michelle, Megan, Jack, Emily; and great-grandchildren Juniper and Violette. He is also survived by brothers Rock, Richard, Raymond and wife Betty, and Claude and wife Kate; sister Lena and husband Warren; brothers Robert and wife Birdie, Mark and wife Kathy, and John and wife Debbie; and many nieces and nephews. He was predeceased by sisters Carol and Susie.

Mo liked nothing better than family get-togethers. As per his wishes there will be no visiting hours or services. The family wishes to give a heartfelt thanks to all who befriended Mo and enriched his (and our) lives as well as all the healthcare professionals who assisted him during the last phase of his life. Donations in lieu of flowers to Addison County Home Health and Hospice would be appreciated. ◊

McGowan

(Continued from Page 2A)

she said. In her new role, McGowan succeeds McIntosh, who formerly served as the library director and is now stepping into a volunteer role.

McGowan said she’s looking to build on what’s already underway at the library.

“The folks before me have done a magnificent job; the volunteers, Wendy, the librarians before her, and so not looking to change much, I just would encourage people to come and check us out,” she said. “We have an amazing collection of books, there’s online resources, we have programs for all ages, and it’s a fun place to be.”

McGowan noted one of the things she’s done professionally over the years is help develop

systems that create sustainable organizations.

“So, really looking at the behind the scenes stuff, too. I think our programming is really, really strong and beautiful and the community appreciates it, so just continue to listen to the community, see what kind of programs they want, what kind of books they want, what other things we can do here,” she said.

McGowan pointed to the variety of offerings the Lincoln Library provides, from tools for invasive plant removal to sports equipment.

“So, listening to what the need is here, and then continue to really work with the board and our volunteers and our community to build a sustainable organization that can adapt to whatever’s coming and meet the community

needs,” she said.

As she settles into her new position, McGowan said she’s looking forward to meeting more people in town.

“Communities change, and when you no longer have your kids in school and you’re not meeting people through the normal channels because you’re not part of those normal channels anymore, you miss some people who come into the community,” she said. “I look forward to seeing people I used to see a lot of. I look forward to meeting the people who have moved here since I moved here and I haven’t had a chance to meet yet, and see what they love to read, get their recommendations and maybe expand my own reading list.”

Priscilla A. Stone, 91, of New Haven

NEW HAVEN — Priscilla A. Stone of New Haven passed peacefully on Sunday, July 6, 2025, at Helen Porter Nursing Home, Middlebury, Vt.

She was born Aug. 8, 1933, in Worcester, Mass., the daughter of Eva and Francis Hayward.

She graduated from the University of Massachusetts, where she met Richard C. Stone. They married Dec 28, 1955. They bought their farm in New Haven Mills in 1962, where she drove tractors into her 80s. She was a home economics teacher at Mt. Abraham Union High School until 1998.

She was the oldest member of the New Haven Congregational Church where she was deacon, Sunday school teacher, youth group leader and treasurer. She also played handbells at the church. She



PRISCILLA A. STONE

would judge food at the Addison County Fair. She was an avid gardener, birder and reader. She loved family traditions, cooking,

cookie days, making Halloween donuts and crafts, and was a joyful grand/great-grandmother.

She was predeceased by her parents, her beloved Richard and Gloria Rathbun.

She is survived by her twin sisters, Susan and Sandra; four children, Lynda Hanson (Eric), Peter Stone, Mark Stone (Donna), and Scott Stone (Kristen); Bob Rathbun; 10 grandchildren, 13 great-grandchildren, and nieces and nephews.

A celebration of life will be held Sept. 27, at 10 a.m., at the New Haven Congregational Church. In lieu of flowers please send donations to: The New Haven Congregational Church: P.O. Box 6, New Haven, VT 05472 or The New Haven Community Library: 78 North Street, New Haven, VT 05472. ◊

ADDISON COUNTY School Briefs

Charlotte Graham of Middlebury, Vermont was named to the Academic Dean’s List at Landmark College in Putney, for the Spring 2025 semester. Graham intends to graduate with her associate degree in May 2026.

With GPA’s of 3.50 or better, **Seina Dowgiewicz** of Cornwall and **Parker Kayhart** of North Ferrisburgh have been named to the dean’s list at Fairfield University the spring 2025 semester.

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WILLARD HAROLD ‘BUSTER’ HACKETT

Willard Harold ‘Buster’ Hackett, 95, of New Haven

NEW HAVEN — Willard Hackett, 95, of New Haven, passed peacefully at home on the evening of June 30, surrounded by close family.

Buster was born Aug. 15, 1929, in Norwich, N.Y. He is predeceased by his parents, Harold and Leona Hackett; sisters Nancy, Elizabeth and Elaine; and brother Donald. He was widowed from his beloved wife, Jeannie in 2006.

He is survived by his daughters Carol Rudinski, Daphne Hackett and Susan Prock, and son-in-law Richard Rudinski. He was cherished by his grandchildren Hannah, Aliza, Lynn, Michelle and Jenny, and great-granddaughter Samantha, and leaves behind many nieces and nephews in New York.

Buster will be greatly missed by his family and friends. We hope he gets to dance with Jeannie again and that God has plenty of projects to keep him busy. ◊



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Buxton's Store effort gains momentum

By JOHN FLOWERS

ORWELL — Eight months following its closure, a grassroots effort to acquire Buxton's Store in Orwell and transform it into a community center is slowly gaining momentum.

Organizers of the effort — which include former state Rep. Joe Andriano, D-Orwell — recently announced the purchase, from the Buxton family, of a right to match any offers for the 499 Main St. property, currently listed for \$600,000. That right of first refusal, purchased with around \$9,000 raised through a GoFundMe campaign, extends through 2028.

"It allows us to focus on long-term fundraising," Andriano said through an email exchange. "In the more than two months since we secured the right, no offers have been communicated to us, so we feel it was a good deal."

Andy and Mary Buxton closed the store this past Oct. 31, citing, among other things, a shallow labor

pool and a change in consumer habits. Folks are increasingly straying from community shopping venues to larger urban stores and online vendors.

But the Buxton family — which operated the store from 1967 to 2024 — remain invested in their community. They've been open to seeing the property reimaged as a community center. Andriano, Peter Root and Tim Sullivan have been leading the charge.

"In the meantime, we've started work on the two main prongs of the project: evaluating the building's condition so we fully understand what we might be buying, and launching our fundraising efforts," Andriano said. "On the first part, we met with the Preservation Trust of Vermont, which connected us with a firm that specializes in evaluating historic commercial properties."

That evaluation will be grant-funded, he added, while the fundraising effort shows some

promise.

"We have some interested donors who are waiting for us to kick things off," Andriano added. "Our next step there is to work with fundraising consultants and take some training so we can make the most of that interest and build momentum."

Andriano said he'd like to see more community members get involved.

"We're especially looking for additional board members, but we also need friends of the project who'd be willing to lend a hand, like taking a phone call to walk through the engineer's evaluation with us, for example. The more people who are directly involved, the better our chances of making this a success," he said.

People looking to help should contact Andriano at andrianoj@gmail.com.

Reporter John Flowers is at johnf@addisonindependent.com.

Northlands to remain open for now

By HENRY FERNANDEZ

VERGENNES — An injunction by a federal judge has saved Northlands Job Corps, the federal job training site in Vergennes, for now.

A New York federal judge issued a nationwide preliminary injunction in late June that allows Job Corps centers across the country to remain open while the legal battle to determine their fate continues.

In issuing the order, Judge Andrew Lamar Carter, a federal judge for the U.S. District Court for the Southern District of New York, stated that the arguments by lawyers for National Job Corps Association and a litany of fellow defendants — ranging from Education and Training Resources, the contractor who operates the Job Corps in Vergennes, to current Job Corps students — were largely likely to succeed. The plaintiffs all sued the U.S. Department of Labor to stop its attempt to shut down the program.

In late May, the Department of Labor told Job Corps centers across the country to "pause" all of their operations. This order would have forced Job Corps center to shut down a program that provides room, food and a vocational education to low-income 16- to 24-year-olds by June 30.

Instead, the department's order would have instated what the administration characterized as a "cost-effective" \$2.9 billion "Make America Skilled Again" grant program that shifts from federal programs like Job Corps to state-registered apprenticeships, intended to train workers and provide an alternative to college.

The Job Corps centers had already been funded from July 1, 2025, to June 30, 2026, by Congress, which previously approved \$1.7 billion for the program.

The plaintiffs in the case argued that the Department of Labor "effectively prevented new enrollment" by ending background checks starting in March, court documents show. Students attending Job Corps need to be background-checked to attend the program, but it is unclear now whether or not the government intends to resume background checks, or if they can be legally compelled to do so.

Anthony Severo, community outreach coordinator at Northlands, this week asked people who care about Northlands to urge their public servants to restart background checks so that new students can come to Vergennes to get job training.

"Only by maintaining the public

outry for Job Corps continued existence can we ensure Congress continues to appropriate funding and demand DOL resumes background checks," he said in a Front Porch Forum post.

Northlands currently employed 110 people as of late May. More than 100 young people are learning trades there now, though the center could accommodate 220 students if it were allowed to do background checks.

The Department of Labor claimed that they had only temporarily halted Job Corps operations. However, Carter wrote in his order that the "way that the DOL is shuttering operations and the context in which the shuttering is taking place make it clear that the DOL is actually attempting to close the centers."

Carter also found that the Department of Labor did not have the power to end the program, writing that the department must "concede that, as part of the executive branch, they do not have the authority to unilaterally eliminate a congressionally mandated program like Job Corps."

Carter also stated that there were clear harms in ending the programs, citing the circumstances of a plaintiff who is a student with the Job Corps program who was previously homeless.

The plaintiff "will immediately be plunged into homelessness, and she will lose all of the progress she has made in her culinary program. She would be forced to leave a stable residence and placed in a homeless shelter," he wrote. It is "undisputed," he wrote, that she was being harmed by the department's actions.

"The Department of Labor is working closely with the Department of Justice to evaluate the injunction. We remain confident that our actions are consistent with the law," Ryan L. Honick, a spokesperson for the Department of Labor wrote in an email.

A student enrolled at Northlands said the injunction is "a relief."

"We were all kind of scrambling to figure out a plan in less than two weeks of finding a job and trying not to be homeless," she said in an interview. VTDigger is not naming the student because of potential retaliation by the federal government.

She said that Northlands is the first place "I've ever had three meals a day, and a lot of emotional support, and it's the first place that I think a lot of kids have a safe environment to explore themselves as a person and [have] the ability to grow."

The student, who is enrolled in an associate's degree information

technology dual-program between Northlands and the Community College of Vermont, said the opportunities provided by the program were unprecedented for her.

"I would be the first woman in my family to get a degree," she said. "I would probably stay in Vermont. I love it... I'd get a job in programming or software development after this. And I'd probably pursue my bachelor's degree."

The injunction was also cause for political celebration among Vermont's Democratic state and federal officials.

Vermont Attorney General Charity Clark also joined 18 other attorneys general to file an amicus brief in support of the program.

Noting that she was "pleased, and not surprised," by the court's order, Clark added that "this order will allow Northlands Jobs Corps Center in Vergennes to continue serving young Vermonters in their journey to achieve their career goals and access stable housing."

In an emailed statement, U.S. Rep. Becca Balint, D-Vt. called the Job Corps "a critical training ground and opportunity pipeline for so many Vermonters."

"I was pleased to see it remain open and operating for the time being," she wrote. "But the Trump administration remains adamant in ripping away these programs that give Americans a fair shot at success — while training the exact trades workers that Vermont so desperately needs. I'll keep fighting every step of the way to keep these funds going to the programs just as Congress mandated."

U.S. Sen. Bernie Sanders, I-Vt. and U.S. Sen. Peter Welch, D-Vt. signed a letter with thirty eight other Senators urging the Department of Labor "to immediately reverse this decision to prevent a lapse in education and services for Job Corps students."

The injunction comes at a time where the Trump administration is butting heads with the judicial branch, as many of President Donald Trump's sweeping executive actions have been repelled by various federal judges through nationwide injunctions.

On June 27, Carter ordered parties involved in the Job Corps battle to file motions arguing whether or not the recent Supreme Court decision — which limited federal judges' power to issue nationwide injunctions — would impact the injunction he filed by June 30. The Department of Labor requested an extension that may push the filing date to July 11.

Carter also denied any order to stay the case, mean

Civility

(Continued from Page 3A)

"Where is that line?" he said. Adreon said he used the same standards in the policy as in the "state definition of harassment."

He added the right to free speech "doesn't mean there can't be consequences" if that speech is determined to be outside of "reasonable parameters."

"It's going to depend on a case-by-case scenario," Adreon said. "I think this is a sound policy that would withstand scrutiny."

Councilor Mark Koenig cited the "progressive consequences" of discipline in the policy that include interviews with supervisors and counseling, such as a chance to talk to the city manager or mayor.

"Folks would have a chance to explain (their behavior)," Koenig said. "If it continues, then we have an issue."

Austin said in a follow-up interview on Wednesday the council also wanted to wait to adopt the new policy until an updated personnel policy is also ready. It is soon to be adopted "after a long process," he said.

"It potentially has some tandem policies already," he said.

At the conclusion of Tuesday's discussion, the council tabled the new policy. Austin expects the council to take up a revised version

on Aug. 11.

POLICY DETAILS

Abridged highlights of the policy include (a full version may be found in the council's July 8 agenda packet at Vergennes.org):

The policy covers on-site, off-site, and electronic interactions that have a workplace impact.

The policy requires civil behavior, defined as "avoiding any overt act or combination of acts — including acts carried out by electronic means and are repeated over time; intended to ridicule, humiliate, or intimidate the target; and that create a clear and substantial interference with the person's job performance, work environment, or equal access to employment benefits or participation in city government. There is also a provision that a single severe incident may violate other City rules.

Employees or appointees who feel victimized are asked to report to the city manager or department head, or if the city manager feels mistreated he or she should report to the mayor. A complaint lodged against the city manager should prompt an investigation led by the mayor.

Investigations "may include interviews, document collection, and review of electronic

communications. The City will aim to complete investigations within 60 calendar days, recognizing that complex matters may require additional time."

Progressive Consequences for Violations include counseling, written warnings, suspensions, and removal or termination after notice and an opportunity to be heard.

While an investigation is pending or ongoing, the city may impose temporary steps (such as no-contact directives, meeting-attendance limits, or virtual-only participation) to safeguard individuals and preserve workplace integrity.

The city will maintain confidential files of all complaints, investigation materials, and disciplinary actions for at least six years or longer if required by law. Summaries (without personally identifying information) may be provided to the City Council for oversight purposes.

Every new appointee and employee will receive a copy of this policy and an overview during onboarding.

This policy complements, and does not replace, the city's anti-harassment, workplace violence, ethics, and social-media policies. Conduct that implicates multiple policies will be addressed.

ADDISON COUNTY

School News

Seven local students have been named to the dean's list at St. Lawrence University for the spring 2025 semester. They include: **Maia Jensen** of Bristol, who is majoring in English; **Lena Sandler** of Cornwall, a Psychology major; **Hannah Kelly** of Ferrisburgh, who is majoring in Environmental

Studies and Sociology; **Silas Jackson** of Middlebury, a Finance major; **Elise Heppell** of Ripton, who is majoring in Environmental Studies, Mathematics and Physics; **Morgan Barnard** of Starksboro, undeclared; and **Tanner Castillo** of Vergennes, also undeclared.

To be eligible for the list, a

student must have completed at least four courses and have an academic average of 3.6 based on a 4.0 scale for the semester.

Two local students graduated from Plymouth State University on May 9 and 10. **Martha Horne** of

Middlebury graduated University Honors; **Summa Cum Laude**, with a Bachelor of Fine Arts degree in Art and Design. **Ashley Tierney** of Vergennes graduated University Honors; **Magna Cum Laude**, with a Bachelor of Science degree in Nursing.

Bridget Graham, daughter of LeRoy and Maria Graham of Middlebury, and **Harper Sinclair**, daughter of Neil and Alyssa Sinclair

of Middlebury received their bachelor's degrees at Dickinson College's 2025 commencement. **Graham** graduated summa cum laude with a B.A. Political Science. **Sinclair** received her B.A. in Neuroscience. Both are graduates of Middlebury Union High School.

Spencer White of Vergennes has made the dean's list at the University of Northern Ohio for its spring session. He did so by

achieving at least a 3.50 GPA for the session.

Sophie Pope McCright of Middlebury graduated cum laude from the University of Chicago on June 7. Pope McCright earned a double degree, A. B. in Political Science and A. B. in Cinema and Media Studies with Honors.

The Addison County Sugarmakers Field Days Maple Contest

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MAPLE CREAM
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MAPLE CANDY
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All entries must have complete name and address or risk being disqualified!

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Police respond to animal-related calls

Bristol Police Log

BRISTOL— Bristol police have responded to a few animal-related incidents in recent weeks. On June 28, police went to Maple Street to look for a dog running loose and issued a warning to the owner.

On July 4, police responded to a dog at large complaint on South Street. Officers located the owner and issued a warning.

The next day, police checked on a dog in a parked vehicle on Main Street. Police determined that the windows were down and the dog was not in distress.

Between June 15 and July 5 Bristol police completed 20 foot patrols and two car patrols, conducted 43 traffic stops and checked security at Mount Abraham Union Middle/High School 20 times, at Bristol Elementary School 20 times and at local businesses 16 times.

Police also processed 37 fingerprint requests, verified five vehicle identification numbers, conducted three welfare checks, completed five sex offender registry checks and responded to two alarm activations.

In other recent activity, Bristol police:

- On June 16 responded to a noise disturbance on South Street and found no action rose to the level of an offense.
- On June 16 looked into a report of someone trespassing on Carlstrom Road but determined the person had left the area.
- On June 17 provided traffic control while a disabled vehicle was removed from West Street.
- On June 17 helped someone settle a dispute with their neighbor.
- On June 18 started investigation into a report of vandalism on Mountain Street.
- On June 18 issued a parking ticket on Lincoln Road.

- On June 19 directed traffic while the Bristol Public Works Department worked in the road.
- On June 19 observed property being damaged by high winds and contacted the owners to make them aware of the issue.
- On June 19 received a parking complaint on Main Street.
- On June 20 checked on property for a Bristol resident.
- On June 20 received a report of threatening behavior on Firehouse Drive. Police determined no action rose to the level of an offense.
- On June 22 helped someone on Munsill Avenue with a notice against trespass.
- On June 22 responded to a single vehicle crash on Prince Lane.
- On June 23 responded to an animal complaint on Lower Notch Road. Police did not observe any issues or concerns.
- On June 23 assisted a disabled vehicle on North 116 Road.
- On June 23 responded to a suspicious vehicle on Lincoln Road and provided information for resources.
- On June 28 escorted groups of cyclists through Bristol for the Vermont Gran Fondo event.
- On June 28 investigated a suspicious incident on West Street and said no action rose to the level of an offense.
- On June 28 responded to a report of an individual slumped over a steering wheel on West Street. The vehicle was gone when police arrived.
- On June 29 saw a vehicle at

Sycamore Park outside of town park hours and issued a warning.

- On June 30 helped someone on Main Street recover their personal belongings without conflict.
- On July 1 assisted people on Main Street with housing.
- On July 1 participated in a sobriety checkpoint on Monkton Road.
- On July 2 assisted a Mountain Street resident with reporting a theft that took place in another jurisdiction.
- On July 2 helped someone with information about trespassing.
- On July 2 enforced the trespassing ordinance at Sycamore Park.
- On July 3 helped someone on Pine Street start their disabled vehicle.
- On July 3 deployed no parking signs along the 4th of July parade route.
- On July 3 received a report of missing property on Firehouse Drive.
- On July 3 completed foot patrols during the fireworks and provided traffic control after the event.
- On July 3 provided traffic control while members of the 4th of July committee hoisted the American flag over West Street.
- On July 4 provided traffic control during the parade.
- On July 4 received a wallet found on West Street and contacted the owner.
- On July 4 assisted a motorist in the Sycamore Park parking lot.
- On July 4 responded to a suspicious incident on West Street. Police did not observe any issues.
- On July 5 provided traffic control during the lowering of the flag over West Street near the town green.



Helping hand

SARGENT WELDING, WHICH for many years has donated two of its tallest boom lifts to hang the 30' x 50' American Flag and banner over West and Main Streets in Bristol in celebration of the Bristol Independence Day festivities, was shorthanded for the install for this year's celebrations. Vt. State Senator Steven Heffernan stepped up and spent three hours installing new anchors and suspending the banners.

Photo courtesy of Cecil Foster

Man flees scene, crashes motorcycle

ADDISON COUNTY — In an otherwise quiet first week in July, Vermont State Police dealt with a bad motorcycle crash and a situation in which a local man was alleged to be the perpetrator of one crime and then the victim of another.

On July 5 just before 3 p.m. troopers responded to a citizen dispute at a home on Pidgeon Road West in Salisbury. After looking into it, state police alleged that Steven Gonyea, 32, of Salisbury had threatened to inflict serious bodily injury upon a 31-year-old Salisbury woman. They cited him for criminal threatening and released him.

Later, police report, Robb Brunelle, 52, of Huntington purposely caused bodily injury to Gonyea. Authorities cited Brunelle for simple assault.

Separately, state police on July 8 at a little after 2:30 p.m.

Vt. State Police Log

responded to the report of a motorcycle crash on Route 22A near East Road in Pantown.

After reconstructing the accident, police report that August Jerger, 41, of Ferrisburgh was driving a 2022 Kawasaki Super Sports at an extremely high speed while passing vehicles unsafely. Police said the motorcycle's rear tire ruptured, causing Jerger to lose control of the machine, which then crossed the centerline, left the road off the northbound lane, and struck a mailbox before coming to a position of uncontrolled rest on its side.

Jerger was transported by

ambulance to UVM Medical Center with suspected moderate injuries. The bike was a total loss.

Police cited Jerger for negligent driving, and issued tickets for driving too fast for conditions and driving off the road, which together could result in fines of \$440 and 4 points on Jerger's license.

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4th of July



THE ANNUAL INDEPENDENCE Day parade in Bristol welcomed many local participants, including Boy Scout Pack 543, the Five Town Riders, artist Elissa Cobb (who created the peace dove Arlo on the front page), Mount Abe's newly crowned Division II softball champions, and Klinger, a character from the TV show "MASH." This year's grand marshal was Randy Sargent & Family, who for years have donated time and equipment to put up flags along the route; the theme was "Favorite TV Sitcoms"; and the float winners were 1. Zeno Mountain Farm, 2. Girl Scout Troop #51876 and Bristol Animal Hospital (tie), and 3. Livingston Farm.

Independent photos/Steve James



Vt.'s ski areas show continued growth

MONTPELIER — Vermont's alpine and cross-country ski areas joined industry partners, supporters, and friends at Ski Vermont's 56th Annual Meeting at Sugarbush Resort, June 4-5, recapping a season of continued growth despite challenges.

Vermont's alpine ski areas reported 4.16 million skier visits for the 2024-25 season, an increase of 1.1% over the previous year and 6.2% over the 10-year average. These totals put Vermont 0.6% ahead of the New England region's 0.4% growth, and 0.6% behind the national average visitation increase of 1.7%.

With strong visitation and continued year over year growth, Vermont remains the top ski state in the east and fourth largest in the nation, measured by skier visits, a key performance indicator for the snow sports industry. The state's ski areas averaged 117 operating days this season, slightly lower than the 10-year average of 123 days. Average snowfall of 218 inches was a 19-inch increase over last year, and 35 inches above the 10-year average.

"The growth in visitation numbers reflects the commitment Vermont's ski areas have to providing the best experience and best possible snow for visitors," said Ski Vermont President Molly Mahar. "Ski areas are committed to investing in resilience for their communities, with capital dollars going toward efficiency and snowmaking projects as well as expanded programming and activities to appeal to a wider range of guests."

Despite a slow start in November, the core winter months of December, January and February delivered consistently seasonable weather and temperatures with abundant snowfall, particularly in

the northern mountains. Blustery and frigid weather dampened peak period visitation over the Martin Luther King, Jr. Birthday weekend and Presidents' week. The lack of March snowfall and inclement weather during spring weekends further reduced visitation, and an early melt cut the spring season short. Further exacerbating challenges for ski areas was the Canadian response to rhetoric from the federal government, resulting in decreased visitation toward the end of the season. Canadians account for up to 50% of visitation at several ski areas in the northern part of the state. Vermont's ski areas will continue working with the tourism industry to strengthen relationships and keep lines of communication open with our neighbors to the North.

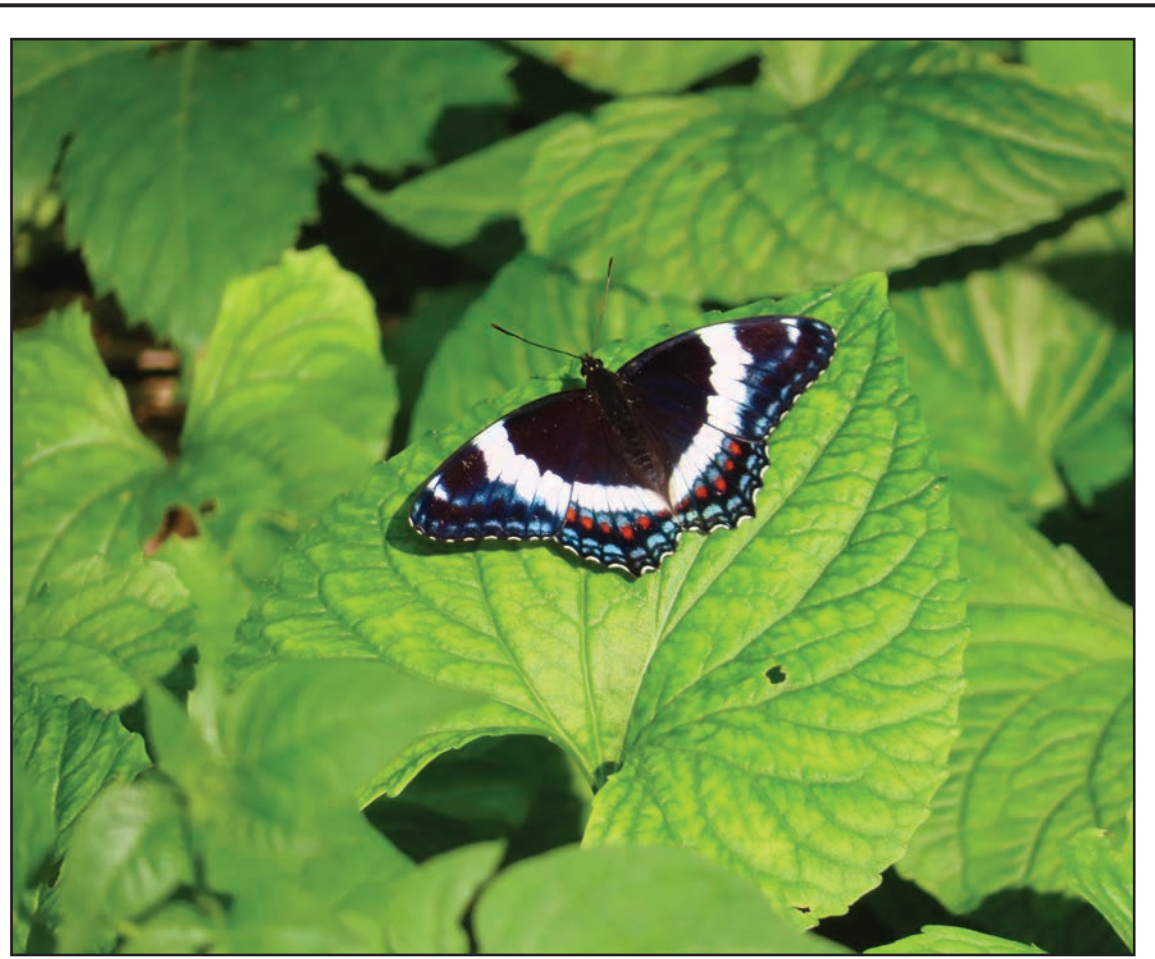
The consistently cold winter weather was a boon for Ski Vermont's cross-country area members, which reported a total of 322,353 skier visits, up 37% from last season's disastrous result when 50% of visits were lost. While several of Vermont's cross-country ski areas have limited snowmaking on portions of their trail networks and several others have plans to add it, and the majority rely on natural snowfall. Adequate snow over the holidays and a reliably cold January and February meant cross-country areas could consistently operate for most of the season, though some had to close in early March due to milder temperatures and a lack of natural snowfall.

Highlights of this year's Annual Meeting program included a workforce development panel and roundtable, a presentation on Vermont's outdoor recreation strategic plan, and a presentation and working session on the importance of mental health and inclusion in the outdoor industry.

Speakers included Heather Pelham, Commissioner of the Vermont Department of Tourism and Marketing; Claire Polfus, Recreation Program Manager for the Vermont Department of Forests, Parks and Recreation; Sabina Haskell, Executive Director of Workforce Strategy and Development for the State of Vermont; Kendal Smith, Deputy Commissioner of the Vermont Department of Labor; Tino Rutanhira, co-founder of the Vermont Professionals of Color Network; Jon Erickson, Associate Dean of the UVM Rubenstein School of Environment and Natural Resources; Sean Doll, Professor at Vermont State University's Outdoor Education, Leadership and Tourism; and keynote speaker Mirna Valerio, an author, athlete and advocate for inclusive outdoor spaces.

Kelly Pawlak, former general manager at Mount Snow Resort and former President and CEO of the National Ski Areas Association accepted an Industry Achievement Award for her contributions to Vermont's ski industry. Career Industry Awards were also announced for Keiki Sierman (46 years) and Alan Donahue (42 years) from Killington Resort and Doug Zecher (57 years) and Terry Randolph (36 years) from Bromley Mountain. Career awards are given to retiring employees with 25 or more years of service at a ski area.

Skiing is an important economic driver and employer in the state, particularly in rural areas where many ski areas are located. Ski Vermont's Fifth Grade Passport helps to get thousands of children on the slopes annually and partial proceeds from the program support Vermont Adaptive Ski and Sports.



Winged glory

WHAT APPEARS TO BE a red-spotted admiral, perhaps newly emerged, pauses on some foliage in a Weybridge yard on a recent evening

Photo by Susan Humphrey

Food cuts

(Continued from Page 1A)

ELIGIBILITY, FUNDING

The new law makes several changes to SNAP, including expanding work requirements and removing work exemptions for veterans, homeless individuals and former foster youth.

"There are deeply harmful changes to eligibility for older adults up to 65, families with children, veterans, and folks experiencing homelessness who will be newly subject to harsh work reporting rules," she said. "National experts predict as many as 13,000 Vermont SNAP participants may lose their benefits as a result of new work rules."

Enoch pointed to another change included in the legislation, which excludes previously eligible non-citizen groups like refugees and individuals granted asylum.

"This legislation turns its back on refugees and other humanitarian status immigrants fleeing war, genocide and persecution by barring SNAP eligibility," she said. "While we do not have a projected number of the individual impact this would have in Vermont, we know that Vermont is a safe haven for many refugee families and children who will be worse off, and unsupported by our country, were they to lose access to SNAP benefits."

Enoch noted that under the legislation, states are expected to cover more costs associated with the program beginning in federal fiscal year 2027. Currently, the

federal government covers the full cost of food benefits and half the administrative costs of the program.

"States will be required to increase their portion of the cost to administer SNAP by 25%, and may even need to contribute to the cost of federal SNAP benefits if they fall within a certain complex administrative error rate. These unprecedented state cost requirements would harm SNAP's effectiveness for generations," she said. "At a minimum, the administrative cost burden will force Vermont to pay about \$17 million/year, an increase of roughly \$3.5 million; and an additional \$7 million to \$22 million annually if the state were required to contribute to SNAP benefits."

"Because Vermont must balance its budget, dumping SNAP costs onto the state will force the state to cut funding for other priorities to fund SNAP ... or opt out of the SNAP program entirely."

— Ivy Enoch

program's role as our foremost anti-hunger program."

"Because Vermont must balance its budget, dumping SNAP costs onto the state will force the state to cut funding for other priorities to fund SNAP, further shrink already tight eligibility rules, or opt out of the SNAP program entirely," she said.

The changes to SNAP included in the legislation have varying implementation dates, Enoch noted.

"There are changes to SNAP funding that will roll out over the next couple of years, while other provisions related to SNAP eligibility are meant to be effective immediately," she explained. "That said, USDA must issue guidance to states before they adopt these changes, so no SNAP eligibility rules have changed as of right now."

Enoch said it's unclear when the USDA will issue that guidance.

"(Which) leaves state agencies, SNAP participants, and potentially eligible community members in a painful state of limbo until then," (See Eligibility, Page 12A)

Clean your gear: Stop spread of forest pests

BURLINGTON — As hiking season kicks into high gear, officials from Vermont's Department of Forests, Parks and Recreation; the Vermont Agency of Agriculture, Food and Markets; and the Vermont Trails and Greenways Council are urging outdoor enthusiasts to help safeguard forests by cleaning their boots, clothing and gear before and after hitting the trails.

This simple step plays a critical role in stopping the spread of destructive invasive insects, such as the spotted lanternfly, hemlock woolly adelgid and jumping worms. Although the spotted lanternfly has not yet become established in Vermont, it is established in neighboring states and could easily be transported here.

The hemlock woolly adelgid is established in southern Vermont and is already killing hemlock stands there. Identifying new infestations early is key to managing this pest.

Jumping worms and their cocoons and egg cases may spread by a number of ways including through compost, leaf litter, nursery plants, untreated mulch or soil and bait for fishing. To date, they have been found in 12 of Vermont's 14 counties.

"Forest pests can hitch a ride on muddy boots, backpacks, tent



ALTHOUGH NOT YET established in Vermont, the spotted lanternfly has been found in neighboring states and may be brought into the state on vehicles, boots and gear.

Photo / Edward Sikora/bugwood.org

fabric and pet fur," says Ginger Nickerson, University of Vermont Extension forest pest educator. "By taking a minute to brush off your gear before and after outdoor adventures, you're helping protect the trees and ecosystems that make our outdoor spaces so special."

These introduced and destructive insects can harm native trees and ecosystems and cause thousands of dollars in economic damage. Many are small and hard to see. Their eggs can be easily transported unnoticed in dirt in boot treads or in the folds of fabric, infesting previously un-infested areas.

What can you do to help?

Check boots, clothing, gear and vehicles before and after outings.

Remove any insects, egg masses, seeds or plant debris.

Brush off horses and pets when you leave the trail.

"Your small actions can have a big impact," Nickerson explains. "Let's work together to keep our forests healthy for generations to come."

For more information on invasive species and how to help stop their spread, visit vtinvasives.org.

To request waterproof copies of the poster for local trails, contact ginger.nickerson@uvm.edu.

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Flooding

(Continued from Page 1A)
up on the whole enterprise.
Andrew L'Roe is a member of the Middlebury Fire Department and is also the Emergency Management Planner for the Addison County Regional Planning Commission (ACRPC), a non-profit that helps 21 Addison County towns promote development and address community concerns.
Looking beyond the long-term implications of whatever happens to FEMA, L'Roe believes that Addison County towns can provide immediate response to emergencies and natural disasters. Each town in Vermont has an appointed Emergency Management Director, who helps

infrastructure repairs in Starksboro after the town was hit by devastating floods last year. Twenty roads in Starksboro were destroyed in last year's storm and the damage to public and private property in the town was estimated to be in the millions. L'Roe said that recent events on Washington have left ACRPC uncertain about whether the relief money would be granted.
The *Independent* spoke with Cheryl Sargeant, Granville's town clerk and FEMA coordinator, who also said that the federal agency is vital to emergency response in the area. Sargeant said that while Granville was spared the brunt of the flooding of 2024 and 2023, she remembers the devastation Tropical Storm Irene brought in 2011. Granville and other neighboring towns were completely cut off from major roads by flooding and lost all electricity and running water.
According to Sargeant, that experience has left Granville "very prepared" for future emergencies, saying that the town's emergency plans are updated yearly in compliance with federal guidelines.
"People need to know where things are, and what services are available in the time of an emergency," Sargeant said.
"You make do with what you have," she added.
L'Roe echoed this sentiment, saying that Vermonters are no stranger to volunteering in times of an emergency. The state's strong volunteer network is essential to emergency response, but that energy needs to be maintained and local systems of trained first responders need to be scaled up if Vermont is to be prepared for the worst.
"We have to keep working at it," L'Roe said.

"Addison County has one of the strongest networks of fire departments, technical rescue teams, and police departments in the state. We have 17 fire departments with mutual aid agreements."
— Andrew L'Roe

ensure that emergency plans and response systems are in place.
"Addison County has one of the strongest networks of fire departments, technical rescue teams, and police departments in the state. We have 17 fire departments with mutual aid agreements," he said.
However, L'Roe said these resources can be stretched thin and assistance from the state government's emergency response system would be needed in the event of a major storm or flooding event — assistance that is reliant on funding from FEMA and the federal government.
Addison County's ability to manage a short-term response is not the only thing at risk. L'Roe said that ACRPC is anticipating sweeping cuts to FEMA grants that help towns create emergency management plans and fund long-term projects focused on repairing storm-damaged infrastructure.
L'Roe mentioned that ACRPC recently applied for a \$2 million FEMA grant that would fund



Rotary rewards

The Middlebury Rotary doled out awards in its Charitable Assessments Program in a ceremony at Middlebury College's Kirk Alumni Center last month. Club President Paul Horn and member Maureen Conrad, who manages the program, said the organization gave out a total of \$50,000 to organizations. Representatives of each group spoke about how they'd use their grants.
The grant recipients were Addison County Relocalization Network (ACORN); Addison Central Teens; Addison County Home, Health, & Hospice; Addison County Readers; Charter House; Counseling Service of Addison County; Elderly Services; Sheldon Museum; Helping Overcome Poverty's Effects (HOPE); Middlebury Community Music Center; MUHS girls' volleyball team; Salisbury Free Public Library; Shelterbox; Everybody Wins!; Middlebury Area Land Trust (MALT); Middlebury Skate Park; Dattilio Medical Mission; Ilsley 100 Project; Atria Collective; and Festival on the Green.

Photo by Max Kraus

Eligibility

(Continued from Page 11A)
she said. "What we know right now is that current SNAP rules are still in effect until (USDA) issues that guidance, so it is important for people who may be eligible and could use the support of SNAP to apply. This program is still here for people who qualify."
"FELT ACROSS VERMONT"
Enoch noted the effects of changes to SNAP will reach beyond program participants.
"The impact of this legislation will be felt across Vermont — by SNAP participants most acutely, but also by our retailers, grocers and farmers who accept SNAP benefits and serve as a vital source to buy groceries, as well as our state economy as a whole," she said. "This legislation will not allow SNAP benefits to keep up with the true cost of food — an effective cut to SNAP benefits, which will limit the buying power of benefits meant to support low-income Vermonters."
Pete Antos Ketcham is co-chair of

the Addison Food Security Network and director of Starksboro's New Community Project. He pointed to the anticipated ripple effects of changes to SNAP in communities around Vermont.
"Any time there are cuts, regardless of the source, to any one component of the basics people need to have a fair shot at a decent life, there is a cumulative impact — especially to those most vulnerable in our communities," he said. "So, if there are cuts to food or healthcare, for example, there will need to be cuts made to other areas to help shore these up, or people will go without or shortchange one to pay for the other."
"All of this means that this coming fall and winter, after the new federal fiscal year begins, we could see more of our neighbors forced to make decisions no one should have to make," he continued. "Do I eat or go to the doctor? Do I fill the oil tank or fix the car so I can get to work? In our part of Addison County, we could definitely expect to see more challenges with people not having enough food, heat, or both."
CROP CASH
The *Independent* heard from Johanna Doren, direct markets & local food access program director at NOFA-VT, about how changes to SNAP might impact programs like Crop Cash. Crop Cash is a SNAP incentive program administered by NOFA-VT, which provides matching funds to 3SquaresVT customers when they spend their benefits at participating markets.
"While it is difficult to know what exactly the impacts of 3SquaresVT/SNAP cuts will be on Crop Cash and the farmers market community, a few things feel clear at this time,"

Doren said. "First, given the fact that this legislation bars the USDA from updating the Thrifty Food Plan, over time, SNAP benefits will decline in their purchasing power as food costs increase. This means that Crop Cash and other related programs will be even more important, as a tool to stretch folks' limited food dollars further and make locally grown, nutritious food more affordable."
Doren noted that the potential for thousands of Vermonters to lose access to SNAP benefits will "not only reduce local food security, but also the income that Vermont farmers receive."
"Crop Cash and SNAP accounted for over \$386,000 in vendor income at over 40 markets during the 2024 farmers market season," Doren said. "If fewer SNAP participants are able to shop at farmers markets, farmers will experience the loss of an important income stream, which could be a painful hit to already tight margins."
Doren added cuts to SNAP eligibility also mean the Crop Cash program will serve fewer people in Vermont.
"NOFA-VT will be working with our partners in food security to determine how best to meet the needs of folks left out of the SNAP program," Doren said. "NOFA-VT remains committed to supporting Vermont organic farmers and working to ensure that everyone in Vermont can access the food they need and want."
Emily Landenberger is the marketing & communications coordinator at NOFA-VT and co-chairs the Addison Food Security Network with Ketcham. She noted the regional network is one of several across the state supported by Hunger Free Vermont.

"We are a community-rooted coalition focused on addressing hunger and improving food access through collaboration, education, and action," she said. "Amid the ongoing uncertainty around federal funding — disruptions that began in early 2025 and continue with this latest round of cuts to food security programs like 3SquaresVT — we know how critical and challenging this moment is."
"But we also know that local collective action is one of our greatest tools," she continued. "Our network is doubling down on community support, creative problem-solving, and solidarity, and we're always eager to welcome new voices."
Landenberger said those interested in joining the effort can reach out to network facilitator Rosaline Pillay at rpillay@hungerfreevt.org.
Asked how Hunger Free Vermont is looking to support Vermonters amid SNAP cuts, Enoch noted the organization's focus hasn't wavered.
"We are committed to taking action today that helps build toward a future where everyone has the food they need to thrive," she said. "Our top priority is to provide the people who depend on food programs, our partners who serve them, and state lawmakers with timely, accurate information and the most important actions we can take now."
She said the organization's commitment to robust, accessible and responsible federal nutrition programs will remain central to its work.
"Our attention will be focused on working with state agency administrators to communicate accurate, clear, and reliable information to communities and individuals, ensuring people most impacted by these changes have the information they need," she said.

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First responders

(Continued from Page 1A)

Wilbur, MSN, RN, will be the primary educator for the new Emergency Medical Responder (EMR) curriculum, with a huge assist from officials at Middlebury Regional EMS (MREMS) and Porter Medical Center.

"I'm really excited about this great partnership," Wilbur said during a recent interview. "With EMR, we'll go to the rescue squad, use their equipment, their training room and their super-passionate staff to learn skills. It's such a great opportunity for the students. We're not going to try to recreate that environment in my classroom."

Wilbur is already the driving force behind the PHCC's Medical Professions program, which prepares students for career paths in patient care, health care administration and biomedical technology. Students in this program are eligible to take the Vermont State Licensed Nursing Assistant (LNA) examination, enabling them to work in hospitals, residential care, and home health settings.

Wilbur began her own nursing career as an LPN in the United States Army. She would later enroll in Norwich University to earn her Bachelor's of Science in nursing — an education that was temporarily interrupted for an overseas deployment to serve as an ICU nurse in a Combat Support Hospital in Tikrit, Iraq. Prior to becoming a nurse educator, Wilbur logged more than 20 years as an RN. She knows the health care industry and what should be expected of those entering the field.

"Nursing school hits you like a bus; it's fast. There's one way, and that's it; you can either get on the bus, or you get hit by the bus," she said.

It's a scenario that at times can result in knowledge gaps among rookies in the health care field, Wilbur lamented. Vermont has taken steps to close those knowledge gaps, but Wilbur thought it would be useful to start laying a strong foundation for aspiring health care workers — before they get to college. She found a receptive audience among her PHCC supervisors and community partners.

"I've never taught anywhere like the PHCC. It's amazing," she said. "I'm able to see what my students need, adjust in real time, make those changes, and then see the improved outcomes with students. It's like a teacher's dream come true."

Wilbur, with buy-in from MREMS and Porter, designed an Emergency Medical Responder track offering:

- A course, in year one, called Medical Professions I: Foundations and Essentials of Healthcare Practices.

Students taking this course are promised "an extensive exposure to many diverse clinical areas (at Porter) through job shadow observations in emergency care, operating room, laboratory, respiratory therapy, medical/surgical nursing, radiology, cardiology, and several other health occupations."

Enrollees will focus on building an understanding of health care, human body systems, medical terminology and basic nursing skills through the Vermont LNA curriculum and emergency medicine through the National



STEFANIE WILBUR

Registry Emergency Medical Responder (NREMR) curriculum. Students who successfully navigate the course can earn their first aid, "stop the bleed," mandated reporter, mandated reporter vulnerable adult, HIPAA, LNA and/or EMR credentials.

Students also have the option during year one of taking two Community College of Vermont courses: Introduction to Health Care (3 credits), and Medical Terminology (3 credits).

"Porter is great, they work with us," Wilbur said. "They offer job-shadow clinical experiences. In the first year, students go everywhere. They go to the lab, the OR, the clinics, physical therapy, X-ray. In the second half of the first year, they get to narrow down their interests. In the second year, they tell me where they want to go and what they want to do. Logistically, we try to make that happen."

- A course, in year two, called Medical Professions 2: Human Structure, Function, and Disease.

Students — at this point equipped with LNA and/or other credentials from year one — are offered hands-on opportunities and studies to best prepare them for the workforce, college or other healthcare programs with two options. They can either plunge into an intensive work-based learning program through MREMS and/or Porter (and share their experiences with the class), or — of they're more interested in preparing for college as the next step on their career ladder — focus on anatomy and physiology, current trends in health care, population health, and searching for their best college fit.

Enrollees can earn a combined eight CCV credits by taking the institution's Anatomy & Physiology I: BIO-2011 in the fall and Anatomy & Physiology II: BIO-2012 in the spring.

All second-year students who have obtained their NREMR through a partnership with MREMS can get the training and knowledge to earn their

EMT credentials. Successful students become eligible to take the National Registry EMT examination to be certified and later earn their state of Vermont licensure (students must be 18 at time of examination).

So students who successfully complete year two can be credentialed for EMT, Certified Clinical Medical Assistant and Certified Phlebotomy Technician (CPT).

Wilbur didn't know how MREMS officials would receive her overture to collaborate on the new EMR curriculum. She's been thrilled with the support the organization, which provides 24/7 emergency response and ambulance service to folks in Middlebury, Bridport, Cornwall, Orwell, Ripton, Salisbury, Shoreham, Weybridge, Whiting, and parts of New Haven.

M R E M S Executive Director Kate Rockwell and Deputy Director Walker Randall are paramedics who are looking forward to engaging with career center students. Ironically, Rothwell got her start taking an EMT course at the career center. That course became a budget casualty years ago.

"It's a potential career path that I don't think everybody knows about," she said. "Giving the kids the opportunity to get a taste of it is going to be great."

Rothwell said students will be put through the paces during their MREMS visits. In addition to the ambulance ride-a-longs, MREMS will set up skill stations at which students will be counseled in proper EMR techniques. They'll do a lot of their learning by watching, though their EMR status will allow them some patient contact. An EMR, according to Rothwell, can perform such tasks as assess/take a patients' vitals,

"I've never taught anywhere like the PHCC. It's amazing. I'm able to see what my students need, adjust in real time, make those changes, and then see the improved outcomes with students. It's like a teacher's dream come true."

— Stefanie Wilbur

Postcards

(Continued from Page 1A)

Administration's actions are impacting Americans. The effort is part of "Postcards to Swing States," an initiative of the Progressive Turnout Project.

"This is something that people can do that's a simple act," Roberts said. "It's very easy to feel powerless, and it's nice to have a concrete action you can take and these are campaigns that are designed for specific people."

The postcards that will be used in the Lincoln session are affiliated with a nonprofit organization called Informed Voters of Virginia, which

states its "dedicated to getting trustworthy, relevant news into the hands of regular people across the Commonwealth." The cards feature news headlines pulled from fact-based sources that point to the impacts of recent actions at the federal level.

Roberts noted the postcards that Lincoln residents will be writing include the headline "Trump Cuts Threaten Americans' Safety Net Just as More Are Expected to Need It," from a Bloomberg article on how federal funding and staffing cuts are expected to weaken the country's social safety net.

Residents taking part in the effort will be given a message to write on the postcards, which will then be sent to Democratic-leaning Virginia voters. Participants only need to bring a pen to the session, though they're encouraged to supply stamps.

The session will take place at the Lincoln Library from 7-9 p.m. on Friday, July 11. Roberts noted there could be similar sessions hosted in the future.

"One would hope that we could keep doing them maybe once a month," she said.

CCV

(Continued from Page 1A)

Vermont Student Assistance Corp, known as VSAC, to form 802 Opportunity, a state-funded financial aid program that provides free tuition to eligible Vermonters.

At the program's inception, the income eligibility threshold was \$50,000, which increased to \$75,000 in 2022, and has reached \$100,000 this summer.

Nikki Fraser, a CCV financial aid advisor, projects that the two-year college's student enrollment will continue to grow due to this change.

"Since last fall, 2,800 students have enrolled under the 802 Opportunity program. But there will certainly be an increase in enrollment as soon as this fall comes around," Fraser told the Independent.

The 802 Opportunity program is a critical piece in financing higher education.

"Without the grant in place, students acquire a lot more debt, cannot pursue an education, and the Vermont workforce suffers," Fraser said. "This grant is good for the students and good for the

economy.

"Students who were enrolled without 802 Opportunity may have been taking out a lot of student loans, but now they'll have limited to no debt at all."

Expanding the income eligibility threshold also allows middle-class students to be included. While the previous \$50,000 limit only targeted lower-income individuals, this new limit enables residents of the next demographic to receive the same benefits.

"Recently, the program has been a target for people who are a part of the middle class. In the past, these individuals were close to being eligible for a Pell Grant or 802 Opportunity, but not quite, and yet they still were not making a lot of money. Now we aim for the middle," Fraser said.

802 Opportunity is an inclusive program and can benefit all Vermonters if they meet the eligibility requirements.

People may be eligible if they:

- Are a Vermont resident and a U.S. citizen or eligible non-citizen.
- Are pursuing an associate degree or certificate at CCV.

- Have completed the Free Application for Federal Student Aid (FAFSA) and the Vermont grant application.

- Have a family adjusted gross income of \$100,000 or less as reported on the FAFSA.

- Are a high school graduate or equivalent.

- Do not already have a bachelor's degree.

"This program can truly benefit a wide range of people," Fraser said. "Whether it be traditional students who are fresh out of high school or individuals who are well into their 50s and 60s who want to return to school. It is an incredibly open program."

Fraser does not foresee any downsides to doubling the income eligibility threshold, but only anticipates further development of 802 Opportunity.

"With the expansion of the program that has already happened in just four years, I can see the income eligibility threshold continue to rise over time."

Find out more about CCV at ccv.edu.

perform CPR, stop bleeding, and assist with ventilations.

But until they achieve EMT status, students can't be the sole provider for a patient, Rothwell noted.

Rothwell looks at it as a win-win; the students receive experience, while MREMS enhances its chances of filling roster spots with young workers with a short learning curve.

"Recruitment and retention nationally — and in Vermont specifically — is difficult," Rothwell said.

When fully staffed, MREMS counts around 35 full- and part-time staff, the vast majority of whom are paid personnel, according to Rothwell. The organization is currently looking for a paramedic and a few part-time EMTs, she said.

"It's getting busier, Rothwell said. "A lot of the time we have three (ambulances) on the road."

Indeed, students who complete the career center's new EMR track shouldn't have trouble finding jobs.

A March 5, 2024, study prepared by the Vermont Business Roundtable's Research and

Education Foundation found that 5,394 nursing positions would need to be filled in the Green Mountain State between January 2024 to January 2026.

A search of the Porter website on Tuesday found 13 available nursing positions.

Wilbur stressed the new EMR offering isn't just about gaining health care certifications.

"We want to make them really

good and competent in their new field," she said. "The students get smaller bites over time. They get more reinforcement, more than the state-required minimums for practicum and lab hours and theory hours. It's more right-sized for their developmental stage, and I believe it will promote greater success in educational outcomes."

John Flowers is at johnf@addisonindependent.com.



Green Mountain Foster Grandparent Program

The Foster Grandparent Program is seeking classroom aides to assist in educational settings throughout Addison and Rutland Counties for the 2025-2026 school year. Participants receive travel reimbursement, fifty paid vacation/sick days, and a tax-free hourly stipend if they are income eligible.

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Holy Halvah serves up sweet treats in Bristol

By MARIN HOWELL

BRISTOL — Those passing through Bristol recently may have noticed a new business setting up shop in a previously vacant spot at 28 North Street.

The space most recently housed Smoke and Lola's café and is now serving as the headquarters of Holy Halvah, run by Rebecca Freedner and Shaun Dedrickson.

The pair officially opened to the public last month and will offer sundaes, creemees and other treats featuring halvah — a Middle Eastern treat made from sesame paste.

"We're just really excited to be more face to face with our customers," Freedner told the *Independent*. "We've been so online, and since we've stopped doing farmers markets, we don't really get to hand people our halvah anymore... We're really excited to have our circle be a little smaller in the front-of-house aspect."

The move to Bristol is the latest development for the business, which has grown steadily in recent years. Freedner started out selling Holy Halvah at farmers markets around three years ago.

She'd long been tinkering with a recipe for halvah.

"I really got it dialed in about three or four years ago...with no intention of creating a product to sell," Freedner said. "It was more that I grew up eating halvah, and I love it, and I wanted to make it better, and without additives and emulsifiers and stuff that goes into packaged food these days."

The recipe Freedner landed on consists of four ingredients: organic sesame tahini, pure Vermont maple syrup, sea salt, and pure vanilla extract.

"Maple syrup was a no-brainer," she said.

According to the business's website, the bars are crafted by hand and made one batch at a time — each consisting of 56 bars. Freedner noted that Holy Halvah

is completely family-run, with the pair's moms and kids lending a hand.

Selling at farmers markets was a good start, Freedner said, but in order to get into stores the halvah needed to be made in a commercial kitchen outside of her home. The business moved into Lincoln's Burnham Hall, which presented both unique opportunities and limitations.

"The whole community was excited to see us there; it was really fun, people were stopping by, but also it was a shared kitchen, so as we were growing, we were feeling pretty cramped, and there were days and times we couldn't get in there," Freedner explained.

Eventually, the spot on North Street opened up. The location was one the pair had previously dreamed of occupying — it's big enough to grow the wholesale end of their business as well as the retail part.

"It was kind of kismet the way we fell into this space," Freedner said.

The spot offers a commercial kitchen and production space, as well as an opportunity to interact with community members through the storefront space.

"It felt really important to have interface and not just be taking up this beautiful café space only as production," Freedner said. "That became very important to us right away."

To that end, Holy Halvah will offer a selection of sundaes, creemees and shakes featuring halvah.

"Every time we get to hand someone a bar of halvah or sell it at the farmers market when we were doing that, we'd always say, 'Make sure you try it on ice cream,'" Freedner said. "We've always said it's the yummiest way to eat it, so we'll just do it for you; it's kind of a no-brainer to do the creemees."

The menu will include items like the "Lucid Dream" sundae, which consists of a creemee (either vanilla or maple) topped with halvah



REBECCA FREEDNER DISPLAYS bars of Holy Halvah, a Middle Eastern treat made with tahini and three other ingredients. Holy Halvah recently opened new headquarters on Bristol's North Street, where it'll offer its bars alongside halvah-centered creemees, shakes and sundaes.

Independent photo/Marin Howell

crumbles and a warm maple tahini sauce. The shop will use the popular Kingdom Creamery creemee mix, Freedner said.

"I feel really good about that; I feel really good about local — all our maple is from Lincoln," she said.

The shop is take-out only, though covered porch seating and benches will be available outside of the space. Holy Halvah's new headquarters will be open Thursday through Saturday from 3-8 p.m.

In addition to the halvah-centered treats, the space will also offer pints and Holy Halvah's traditional bars. The business has evolved quite a bit over the years, now doing mostly wholesale and continuing to expand its reach.

"At this point we can say (we are) confidently in every major co-op in Vermont; we're in Maine, and then

sprinkled around the country in various co-ops and specialty food stores," Freedner said. "We do more wholesale than we do retail right now."

Freedner noted the new space will offer Holy Halvah opportunities to continue to evolve.

"Both front of house and in production, because of the space we have we can start trying new flavors," she said. "The cool thing about having the public-facing part is that we can test new flavors before we do all the packaging and really commit to it."

While the move marks the beginning of a new chapter, the essence of Holy Halvah will remain the same.

"We are devoted to keeping our recipe really clean and simple," Freedner said.

By the way

(Continued from Page 1A)

Vermont this year that report prices of more than 30 plant products and 20-plus animal products. Printable reports are generated and posted online each week during the market season (late May through October). There is also an interactive dashboard allowing users to look at pricing information for specific dates, parts of the state, or both. Check it out at tinyurl.com/4fkcbflk.

Do you have a special affinity for butterflies and wonder about their life cycle and migratory patterns? The Vermont Center for Ecostudies (VCE) is seeking volunteers to participate in the Second Vermont Butterfly Atlas, and a training workshop will take place at the Starksboro Library on Monday, July 21, from 10 a.m. to 2 p.m. The workshop will include an introduction to the Butterfly Atlas, a guided butterfly survey walk, and a hands-on demonstration of how to submit data. The Second Vermont Butterfly Atlas is a five-year initiative (2023-2027) aimed at updating our knowledge of butterfly species and populations in Vermont. In just the first two years, dedicated volunteers have discovered three species never before recorded in the state and contributed nearly 23,000 butterfly observations. This effort will help Vermont conserve butterflies. If you're coming to the July 21 event, bring your cell phone to download eButterfly. Also bring water and a packed lunch if desired. This workshop is sponsored jointly by the Starksboro Conservation Commission and the Starksboro Library. There's no need to pre-register. Just show up. You can email questions to margigregory@gmail.com.

Downtown Bristol businesses are more than just storefronts, they're run by people who care deeply about their community, their crafts, and the neighbors they serve. Whether they've just opened

their doors or have been here for years, Bristol's small business owners are excited to welcome you in, share their stories, and give you a peek at what makes their work so special. And you'll be able to do just that at a Bristol Open House on Saturday, July 19, from 1-3 p.m. It's a chance to explore local shops, meet the folks behind the counters, and take part in a fun, town-wide trivia challenge. Pick up a trivia sheet at any participating business. Visit shops, find answers, and turn in your sheet for a chance to win Bristol Bucks (accepted at nearly every local business in town). Expect samples, sweet treats, live music, behind-the-scenes glimpses, and great conversations. Find more information at discoverbristolvt.com/blog/bristol-open-house.

Are you passionate about making a difference in your community? Do you enjoy getting to know people on a genuine level and encouraging success in others? Middlebury's nonprofit Charter House Coalition (CHC) — which operates the emergency shelter at 27 North Pleasant St. — is looking for dedicated and compassionate shelter operations staff members to join its team and support its mission of providing a safe haven and essential resources for individuals in need. The CHC is currently seeking full and part-time hourly workers to cover open shifts on Tuesdays through Sundays, from 1-9 p.m., and Sunday mornings from 7 a.m.-3 p.m. Responsibilities include assisting with the day-to-day operations of the shelter, providing direct support and maintaining accurate records, fostering a positive and respectful atmosphere, and working collaboratively with staff and volunteers to create an effective, compassionate shelter environment. Send your resumé and cover letter to the Hiring Manager at info@chevt.org or apply through the CHC website at <https://chevt.org/want-to-get-involved/careers/>.

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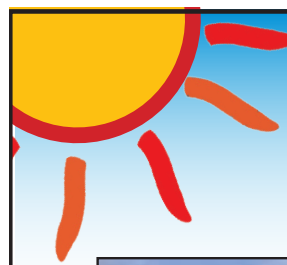


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Lincoln, VT Homeowner Recommends Bristol Electronics



Phase I - 2014

For a long time I had been thinking of going solar, but had not pursued it until I talked with a neighbor who just had hers installed. I contracted with her installer and soon had panels on the roof that supplied all of my household electricity, with some extra capacity to supply an on-demand electric water heater I soon put in. I loved not hearing the propane boiler firing up in the summer to keep domestic water hot for the shower I'd be taking 16 hours later. Thrilled with the installation and not having an electric bill. I even splurged and bought my first ever noisy window A/C.

Phase II - 2016

While my primary heat source has been a woodstove and later a pellet stove, the propane boiler served as my backup. On a December road trip to PEI, I discovered the 25+ year old propane boiler died on me. I'm lucky to have had a monitoring system to notice this and awesome neighbors to feed pellets until I got back. Rather than buy another fossil fuel burning device, I decided to have heat pumps installed. At the time Bristol Electronics didn't install those, but they were very competitive as I shopped around for additional solar capacity. So in February 2016 they were on the roof installing panels that would provide enough electricity year round to supply my heating needs. And, since the heat pump also cools the house quietly on the hottest days, I sold the window unit. Maybe I'm just getting older, but there seems to be more and more of those hot days.

Phase III - 2019

Since I commute from So. Lincoln to Burlington, I've always felt guilty about all of the CO2 I've been emitting to get to work. I still have 7-10 years before I can even think about retiring, so I decided to make the investment and buy an electric car. And part of that investment was to buy the additional solar capacity to power it. I didn't think twice about having Bristol Electronics do it. My roof was running out of space, and since it has a low pitch, snow coverage was an issue for the last two years. This time I worked with Chris, Stephen, Dave and Trevor to have a ground mount installed that will be easy to clear the snow off of. They did amazing work, despite weather issues, and were actually able to make some long overdue landscaping improvements during the process. I couldn't be happier with my experience with this team!

~ Paul Webb, Lincoln, VT



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FREE SITE EVALUATIONS

Kimball Office Services changing hands

By MARIN HOWELL

BRISTOL — On a recent Friday morning, a steady trickle of community members wandered through the door of Kimball Office Services on Bristol's Main Street.

Some were there to drop off a package, others to pick up an order. One customer stopped to greet store pup, Ruby, another to chat with longtime owner Cindy Kimball.

This past Friday was one of Kimball's last at the shop, as she retired from the job this week after more than 25 years of running the store. While it's the end of one chapter, the well-loved store isn't going anywhere.

The shop will reopen later this summer under the ownership of Courtney Radford, continuing to offer the same services and community space it has for many years.

"Sometimes this feels like a third space," Radford said during a recent interview. "When the right combination of people come in, it's like a town meeting could start happening right here in the store...It's not only a community service, but also a place where the folks who are making stuff happen in the community can almost always find themselves."

Radford is the executive director of Bristol CORE, a nonprofit committed to maintaining the economic vitality of Bristol's downtown. It was through that role that she first connected with Kimball.

"We started having chats about her desire to retire and some of the challenges that she's had over the past couple years, but also why this service and this shop is so vital to Bristol, not only for the business owners but for our community, especially as the big box chains are moving out of the area or not servicing rural areas quite as much," she said.

Radford said she began helping out in the store part-time several months ago. Eventually, she and Kimball began discussing whether Radford would be interested in taking the shop forward.

Taking over ownership felt like a good fit, Radford said.

"I've always been interested in being my own boss and being a business owner," she said. "I was an office supply kid...I loved going to the office supply store, looking at all the planners and the pens and the pencils and thinking about how to be



CINDY KIMBALL, RIGHT, has operated Kimball Office Services on Bristol's Main Street for over 25 years. She's now retiring, and Bristol CORE Executive Director Courtney Radford, left, will reopen the shop later this summer under the name "Main Street Stationer."

Independent photo/Marin Howell

creative. This really felt like a good fit."

Radford noted the shop's services blend well with her role at Bristol CORE.

"We do so much (at Kimball Office Services) also to support the businesses and that's obviously a personal interest of mine with everything that I do for Bristol CORE," she said. "We supply receipt papers and invoice books and printing and marketing materials for many of the small businesses in the area, so it's a natural fit from that perspective."

The store stocks a variety of office supplies, as well as offerings like printing, copying and shipping and drop-off services for FedEx, USPS and UPS packages.

Upon retiring, Kimball was in her 26th year of running the shop. Prior to operating the Main Street store, she offered a smaller-scale version of the business from her home.

She acknowledged the store's offerings have evolved over time.

"It evolved the first year," she said. "I came in with a vision of what I was going to do, what I wanted to do, and the customers had an entirely different vision. So, I had to pedal fast to keep up, and I don't think I ever caught up."

Kimball said it's been nice to know the community was excited about the store's presence in Bristol.

"I've never not felt that," she said. "They've always patronized the store and have always said how great it is to have it here and how thankful they are. I feel honored."

Kimball said interacting with customers is what she's enjoyed most.

"They've become more than customers; they're friends and family," she said.

She credited those who have supported her in the shop over the years, including longtime employee Janet Foster.

Radford also expressed gratitude for Foster and Kimball.

"For how generous they've been with sharing client information, how to operate all of the machines, and also the business side of things, which they didn't necessarily have to keep me in the loop with, but they've been really helpful with continuing this on with success," she said.

Kimball's last day at the shop was this past Monday. The store closed for the month of July to give Radford some time to prepare for the transition.

It will reopen on Monday, Aug. 4, as "Main Street Stationer," offering many of the services the shop currently provides, as well as some new additions.

"People can expect the same exact services that they've been expecting; shipping, printing, and then I'm planning to add a little bit more stationery and art supplies," she said. "I'll be coordinating with other art supply stores in the area so we're not in competition, but really adding to the offerings in the county."

Radford will continue serving in her role at Bristol CORE. She'll operate the store with new hours beginning next month. Those hours are Monday and Friday: 10 a.m.-5 p.m.; and Tuesday-Thursday: 12-5 p.m.

Looking ahead, Radford said she's excited to continue providing the community with the same offerings Kimball has for over two decades.

"When the right combination of people come in, it's like a town meeting could start happening right here in the store."

— Courtney Radford

"I came in with a vision of what I was going to do, what I wanted to do, and the customers had an entirely different vision. So, I had to pedal fast to keep up."

— Cindy Kimball

"I'm just really excited that this very necessary public service is going to stick around," Radford said. "The response from everyone has been excited that they will still have a place to bring their packages and

get their important files printed, their marketing materials printed, get their faxes sent off for their important legal documents...I'm excited to be able to serve the community in that way."

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ADDISON COUNTY School Briefs

Jack Crum and **Sam Tropp**, both of Bristol, were named to the dean's list at Bates College for the winter semester ending in April 2025. This is a distinction earned by students whose grade point average is 3.92 or higher.

Eve McCormick of Starksboro has been named to the Siena College dean's list for the Spring 2025 semester. To be named to the list, a student's grade point average for the semester must be between 3.5 and 3.89.

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Burlington man cited for DUI 2

MIDDLEBURY — Middlebury police cited Richard Lawrence, 58, of Burlington, Vt., and Plattsburgh, N.Y., for driving under the influence (second offense), simple assault, a hate-motivated crime, disorderly conduct and resisting arrest on July 1. Police had received a complaint a little after 9 p.m. about “an ongoing physical altercation” between two individuals off McIntyre Lane.

In other action last week, Middlebury police:

- Cited Nathanael S. Pegues, 21, of Ticonderoga, N.Y., for driving under the influence, driving with a suspended license and negligent operation, following investigation of a two-vehicle accident off Case Street on June 30. Police found one of the vehicles had crashed into a tree. Police reported no injuries.
- Responded to a report of a man yelling at children near the Middlebury Recreation Facility off Creek Road on June 30.
- Arrested Robert J. Duman, 60, of Middlebury on an outstanding warrant, following an investigation in the Route 7 South area on June 30.
- Served a no-trespass order on June 30 on a man who police said had “caused multiple disturbances inside of a Court Street business.”
- Responded to a report of a dog left in a vehicle off Washington Street on July 1.
- Responded to a report of a potential burglary in the McIntyre Lane area on July 1. The incident

Middlebury Police Log

is under investigation.

- Gave a courtesy ride to two stranded women in the North Pleasant Street area on July 1.
- Spoke with an unruly customer at Aubuchon Hardware on Route 7 South on July 2.
- Were informed on July 2 that someone had written graffiti on Three Mile Bridge Road. Police said they’ve asked Middlebury Public Works to paint over it.
- Arrested Allen B. Pike, 46, of Burlington on an outstanding warrant, for providing false information to police and unlawful trespass. This followed an investigation of a report of “unresponsive individuals” inside a vehicle parked in the Hannaford Supermarket lot at around 10 p.m. on July 3.
- Responded to a report of a physical fight involving four individuals in a Court Street parking lot on July 3. Police reported no arrests.
- Received a report of a theft from an unlocked vehicle parked off Buttolph Drive on July 3.
- Conducted a downtown foot patrol with police dog Guinness on July 3.
- Investigated the theft of a bicycle from the East Main Street area on July 4.
- Helped Vermont State

Police screen a driver near the intersection of River Road and Route 7 in New Haven on July 4.

- Responded to the untimely death of 71-year-old Kerry Predix, 71, in the Buttolph Drive neighborhood on July 4. Police said Predix died of natural causes.
- Euthanized an injured rabbit off Seymour Street on July 4.
- Responded to a mental health call in the Route 7 North area on July 4.
- Assisted Vermont State Police in responding to a family fight off Shackett Road in Leicester on July 5.
- Responded to a report of a woman hearing “weird noises” outside her apartment on July 5.
- Responded to a report of a fight in progress on Bakery Lane on July 5.
- Received a complaint about illegal dumping off Monroe Street on July 5.
- Assisted a confused elderly driver in the downtown area on July 6.
- Received a report on July 6 about a man allegedly harassing pedestrians downtown.
- Responded to a reported verbal dispute between two parties on Cross Street on July 6.
- Responded to a report of a man trespassing in a Court Street business on July 6.
- Assisted Homeland Security with an investigation in the Route 7 South area on July 6.
- Checked on the welfare of a man in the Exchange Street area on July 6.

Sheriff's Log

ADDISON COUNTY — Officers in the Addison County Sheriff's Department on July 3 began investigating two suspicious fires in Weybridge. One burned a wooden post at the trail-head parking on Morgan Horse Farm Road and the other was at the recycling center behind the Weybridge Firehouse. Anyone with information on either blaze is asked to contact the sheriff's department at 802-388-2981.

Between June 29 and July 5, deputies completed patrols in multiple towns and stopped 24 vehicles for various motor vehicle violations and fingerprinted seven people for background checks. They also provided transport of prisoners

for other agencies twice, transporting a prisoner for the Washington County Sheriff's Department to Montpelier on June 30 and driving a prisoner from jail to a court hearing in Middlebury on July 2.

In other recent activity, Sheriff Michael Elmore and his deputies also:

- On June 30 completed a VIN verification for a Salisbury resident.
- On June 30 provided a courtesy ride for a Middlebury resident.
- On July 1 assisted a person that had been locked out of their vehicle in Middlebury.
- On July 1 helped a driver whose vehicle had struck a deer in New Haven Junction.

- On July 1 participated in a DUI checkpoint hosted by state police in Bristol.
- On July 1 Sheriff Elmore participated in the monthly Addison selectboard meeting.
- On July 3 completed a VIN verification for a Bridport resident.
- On July 3 completed a background investigation in Middlebury.
- On July 4 assisted Bristol police with traffic control at the parade.
- On July 5 assisted Brandon police twice — with traffic control at the parade in the morning and with law enforcement coverage during the fireworks display in the evening.

City resident cited after dispute

VERGENNES — Vergennes police responded to a July 2 dispute between Green Street neighbors and ended up citing one city resident for resisting arrest and disorderly conduct.

In their weekly report, Vergennes police wrote that after they arrived on Green Street Trevor Matton, 39, “began displaying aggressive behavior towards officers and resisted being arrested.” Police cited Matton to appear in Addison County's Superior Court, criminal division, on Aug. 11 to answer the charges.

Between June 30 and July 6 Vergennes police also conducted seven cruiser patrols and one on foot, 17 traffic stops, and a

Vergennes Police Log

VIN inspection; processed eight fingerprint requests; responded to four false alarms; and also:

On June 30:

- Went to the Prospect Cemetery to help counsel a suicidal person. Police provided resources and were assisted by members of the Vergennes Area Rescue Squad (VARS).
- Dealt with a minor two-car crash in the parking lot of the One Credit Union on Green Street.
- Responded to a two-car accident at the intersection of Main and

Green streets.

- Helped a motorist with vehicle issues on Main Street.
- Took a report of a vehicle stolen from a parking lot on Meigs Road. Police entered the vehicle's information in the National Crime Information Center, and on July 3 Vermont State Police found it in Goshen. The vehicle was taken back to the Vergennes Police Station and returned to its owner.
- Investigated an alleged stalking incident on Main Street.
- On July 1:
- Investigated a report of harassment via telephone filed by a Mountain View Lane resident.
- Were told of an alleged road rage incident that began on Monkton Road. The reporting party stated that after a near encounter near the centerline of the road, another driver turned around and began following them aggressively through the city, eventually confronting them at an intersection and yelling profanities. The individual reported the incident due to concerns the other driver could later show up at their residence. As of Monday police were still attempting to contact the other party involved.
- After logging a report of an elderly couple appearing disoriented, checked their welfare in the parking lot shared by Advance Auto Parts and Shaw's Supermarket. Police said they were told the woman was wearing only a t-shirt, shoes, and a soiled adult diaper. Officers found the couple and determined the woman appeared confused and unable to care for herself. Due to concerns about her condition and her male companion's inability to recognize or appropriately address the situation, police filed an Adult Protective Services report.
- On July 2:
- Investigated a report of a female walking on the Main Street bridge with a large knife. Officers found her, and after speaking with her concluded she posed no threat to the public.
- Investigated a threatening complaint on Water Street.
- Dealt with a minor two-car accident at the intersection of North Green and Main streets.
- On July 3:
- Received via mail a letter and application for a federal firearms license.
- Helped state police with an attempt to locate an individual on South Maple Street, but unsuccessfully.
- On July 4:
- Were told a vehicle had crashed into the ditch on South Maple Street and been abandoned. Shortly after police arrived at the scene, the owner reported the vehicle had been stolen from Middlebury. Police said an investigation is ongoing.
- Called VARS to come to the station to help an individual who came there and was having an asthma attack.
- Went to Macdonough Drive after a parent requested a welfare check on children following a custody exchange. The parent told police that the other parent might be impaired and unable to care for the children. Police spoke with the custodial parent and determined that they were not impaired, and that the children were not in any danger.
- Took a report of a vehicle that was hit while parked on Main Street.
- On July 5 took a complaint about erratic driving and tailgating on Main Street.
- On July 6:
- Investigated a minor two-car crash on West Main Street.
- Conducted a welfare check at a Hillside Acres apartment.
- Went to Armory Lane for a report of a resident in a mental health crisis. Police helped calm the resident, who then refused rescue assistance.

Fair - Time Coloring and Decorating Contest

Summer's in full swing! Bring your brightest colors and help Sappy Bucket® celebrate the sights, sounds, and flavors of Addison County Fair & Field Days (7/29 - 8/2)!



Feel free to tear out this coloring page or go to the Addy Indy website for a printable version.

All entries must be submitted by Friday, July 18th. Winners will be notified by July 22nd and officially announced in the July 24th edition of the Addison Independent.

Two winners from each age group will get two passes to Addison County Fair & Field Days and a gift certificate to the fairgrounds sugarhouse, which can be picked up from the Addy Indy office July 22nd-25th.

All submissions will be displayed in the sugarhouse during the fair.

Submit your entries:

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Age Group: under 5 5-6 7-8 9-11 12-15 16-Adult

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Brown

(Continued from Page 1A)

commercial health insurance is some of the highest in the country, and this is a direct result of our high health care costs," she said. "The burden of these costs has also led our one domestic health insurer, Blue Cross Blue Shield of Vermont (BCBSVT), to historically low reserves, endangering their ability to pay providers and provide health care access to the most vulnerable Vermonters."

In late June, the Green Mountain Care Board (GMCB), the government body that oversees the state's health care system, appointed Brown as its new executive director effective Aug. 18.

Brown's appointment comes at a time when Vermont's health care system is in crisis. Health care costs in Vermont have skyrocketed in recent years. The rising costs of pharmaceuticals and treatments, combined with the demographic challenge posed by Vermont's aging population, have strained the state's predominantly rural hospital system.

Additionally, sweeping cuts to Medicaid and other health care programs signed into law by President Trump on July 4 will endanger health care access for millions across the country and further stress Vermont's health care system.

The *Addison Independent* recently spoke to Brown to gather her perspectives on the health care crisis currently facing Vermont.

Brown is an attorney with years of experience in health policy and regulation on both a state and federal level. She most recently served as Vermont's Deputy Commissioner of Insurance at the Department of Financial Regulation (DFR).

At the DFR, that many of her initiatives were focused on compliance, that is, holding insurance companies accountable and ensuring they are operating within state laws while properly delivering benefits to policyholders.

"Access to health insurance can increase access to health care and is at the forefront of much of the work the Insurance Division tackles. Whether it is adding important benefits such as hearing aids or ensuring access to contraceptive

care, I hope to continue to work with internal and external parties to figure out how we can deliver that care at an affordable price," Brown said.

The uncertain fate of BCBSVT has been at the forefront of health care deliberations in Vermont for months. Blue Cross insures around 230,000 Vermonters, or one-third of the state's population. However, a multi-year surge in insurance claims has threatened the insurer's ability to fund claims and even remain solvent.

BCBSVT has seen double-digit rate increases over the past three years as the company attempts to shore up urgently needed funds to pay out claims, and in turn help fund Vermont's hospitals. BCBSVT pays out an average of \$35 million a week in insurance claims. At the end of 2024, BCBSVT had \$58 million in the bank and had a record annual deficit of \$62.1 million.

Federal funding has allowed the state to make health insurance more accessible for Vermonters despite recent rate hikes; providing eligible individuals and families with financial assistance in paying for health insurance. Vermont Health Connect is the state government's health insurance marketplace, which allows individuals to enroll in Medicaid or Qualified Health Plans, which are state-subsidized insurance plans provided by private companies like BCBSVT.

According to Brown, the GMCB regulates 70,000 Qualified Health Plans, ensuring that insurance companies are using health insurance premiums responsibly and providing the benefits they are required to.

UNDERLYING COSTS

However, Brown said, while state regulation of private health insurance is a factor in making insurance more affordable, nothing on its own can create health care affordability.

"Commercial health insurance is just a piece of the whole health care system and cannot alone address issues of affordability and access," she said.

"Without controlling the underlying costs of the health care system, you will not be able to create affordable premiums. Controlling the underlying costs means having an efficient health care system, affordable pharmaceutical products, accessible and high-



EMILY BROWN, A former administrator in the state Department of Financial Regulation, sees challenges in her new job as head of Vermont's health care regulator.

quality independent practices and availability at primary care practices. Regulation is necessary given we have little competition, but it is not sufficient alone to create the system Vermonters deserve."

Brown told the *Independent* that the challenges facing BCBSVT have put additional pressure on Vermont's already beleaguered rural hospitals, primary care offices, mental health providers and long-term care facilities.

As reported by Vermont Public in March, GMCB data shows that five of Vermont's 14 hospitals reported multi-million-dollar losses last year, and that six had less than 100 days' cash on hand (Middlebury's Porter Hospital was not one of them). Without government subsidies or insurance revenues from Medicaid and companies like BCBSVT, some health services and hospitals could face closure.

"Many hospitals and providers rely on BCBSVT's ability to pay claims. If BCBSVT were to be unable to make those payments this could create a financial issue for our rural health care providers and the patients they serve. Rural providers rely on those payments, and many of them operate on very small margins where a few weeks or even days of missed payments could be detrimental to the stability of our rural health care providers," Brown said.

"From my experience at DFR there is not another health insurer willing to step in and enter our commercial health insurance market if BCBSVT were unable to operate in our market," she added.

CHANGES IN LAW MAY HELP

Vermont lawmakers have recently

taken steps to address some of the underlying issues contributing to state's rising health care costs. On June 12 and 13 Gov. Phil Scott signed into law two bills that would control health care spending while strengthening the state's supervision of hospital practices.

Starting next year, bill H.266 limits the amount that eight University of Vermont network hospitals can charge for outpatient drugs, including those used to treat cancer and autoimmune disease.

On average, the prices of outpatient medications in Vermont are more than five times the manufacturer's average sales price — the highest markup in the nation. Beginning in January 2026, the cost of these drugs will be limited to 120% of their manufacturers' average sale price, making it easier for insurance companies like BCBSVT to pay medical claims.

"Prescription drugs are one of the primary drivers of increased health care costs in Vermont. H.266 is a step towards trying to control and create a more fair, affordable, and predictable prescription drug cost structure for patients and insurers," Brown said. "H.266 will significantly drive down premiums this year and is one of the most impactful steps ever taken to control Vermont health care costs."

Gov. Scott also signed into law S.126, which implements longer-term reforms to the state's health care system, including the introduction of reference-based pricing, which tethers what hospitals can charge to Medicaid reimbursement rates.

"Reference-based pricing aims to control costs and create a more stable and predictable cost growth in the future for insurers and patients. These cost savings can then be passed on to consumers through lower insurance premiums and out of pocket costs," Brown said. "The bill also asked the GMCB to establish global hospital budgets that, when implemented, can provide a stable and predictable revenue source for hospitals and ensure accountability for how patient dollars are being spent."

"S.126 creates a significant and clear directive on what reforms need to take place over the next several years," she added.

But recent legislation passed in Washington, D.C., threatens to upend what progress has been made in addressing Vermont's health care crisis. President Trump's "Big Beautiful Bill" makes major cuts to federal funding for Medicaid and other health programs that benefit states.

The Congressional Budget Office estimated that the Medicaid cuts alone would lead to 12 million people nationwide losing their health insurance coverage and the loss of \$200 million in funding for Vermont's health care system.

One aspect of the new federal law limits the amount state governments can tax health care providers, like

hospitals, to access more federal health care and Medicaid funding. Vermont relies on this federal funding to provide benefits for Medicaid recipients and keep insurance costs down through funding Qualified Health Plans through Vermont Health Connect.

"The Trump administration's bill passed last week will have a devastating impact on our health care system and the patients who rely on it. Many of our rural health care providers already operate on razor thin margins and this bill will only inflate the financial health care crisis in Vermont," Brown said.

State officials have estimated that 45,000 people could lose their Medicaid coverage in the coming years, with the Trump administration instituting new work requirements and doubling the amount of paperwork individuals must submit to prove they are

eligible for Medicaid.

"The bill creates unnecessary burdens for people who want to enroll in (Affordable Care Act) plans by cutting the open enrollment period and requiring unnecessary documentation. This in the end will prevent people from having the health insurance they need to access health care," Brown said.

Rural Vermont hospitals will ultimately pay the price, as less state and federal funding combined with fewer people on insurance will make it even more difficult to generate revenue and keep health services open.

Still, Brown is optimistic about what she can do to strengthen Vermont's health care system and told the *Independent* that affordable and accessible health care in Vermont is possible.

"We have strong leaders at providers and insurers who are invested in accomplishing the transformation that is necessary to bring about an affordable, accessible, and high-quality health care system in Vermont," she said.

"The state continues to invest significant resources to support and accomplish this work and I look forward to doing what I can to create meaningful and needed change to Vermont's health care system."

"The Trump administration's bill passed last week will have a devastating impact on our health care system and the patients who rely on it."

— Emily Brown

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Motel vouchers

(Continued from Page 1A)

order signed this spring by Gov. Phil Scott that allowed around 400 households to remain in motels and hotels on state-funded vouchers between March 30 — when the program was originally set to end — until June 30.

A Democrat majority in the General Assembly — noting the state's lack of affordable housing and shelter beds — had urged Scott to grant the extension to all the roughly 1,450 qualifying households that were availing themselves of the emergency service.

Scott and most Republican lawmakers opposed keeping the program open to all participants, but the governor did agree to maintain hotel-motel vouchers through June 30 for the most vulnerable homeless households, such as those with young children and those with acute medical needs.

In a June 28 update memo, Frank Knaack, executive director of the Housing & Homelessness Alliance of Vermont, offered a preview of what would occur on July 1: "379 households, including 541 adults and 291 children will be exited from their shelter under the program."

He added an additional 99 households, including 125 adults and 13 children who are currently sheltered through the state's General Assistance program, would also lose their shelter by July 1.

Many of those exiting hotel and motels have been busy trying to find beds in the state's limited number of homeless shelters. Among them are the John Graham Shelter (JGS) in Vergennes and the Charter House Coalition's (CHC)

emergency shelter in Middlebury.

Susan Whitmore is executive director of John Graham Housing & Services, which runs JGS. The JGS is the only shelter in the county that serves families; the CHS shelter serves adult individuals.

Whitmore said the JGS has seen a 20% increase in shelter requests since June 30 — most from families with children.

"Our shelter is currently full, and our waitlist is at 40 households," she said.

The JGS typically sees a waiting list of 5-15 households, so having 40 on standby is highly unusual, according to Whitmore.

So what can JGS do for folks calling for assistance? While the nonprofit can't offer a bed, its outreach workers can dispense food boxes, clothing, camping gear to live outdoors, and connections to health care and other vital services.

"We all know the bottleneck for the housing crisis a lack of affordable housing," she said. "There are plans for affordable housing projects to move forward across the state, but these things aren't yet in place."

Heidi Lacey is executive director of the CHC. While the CHC shelter can't accommodate families, the facility has seen a spike in demand for street outreach services — including for food and survival provisions.

"For individuals leaving motel/hotels, sleeping outside or in their vehicle rather than turning immediately to emergency shelter is typically 'stop one,' because all shelters in Vermont are full," Lacey said in an email. "(Sleeping outside) is less manageable for families with children, and for the medically vulnerable. CHC has a

waitlist of seven as of this writing."

With more folks in need, Lacey said CHC's main concern right now is connecting all callers with needed services.

"The number of individuals we are encountering who are unsheltered has doubled this month," she said, adding the number is likely to grow as more newly unsheltered folks try their luck in Addison County.

"The more heartbreaking calls involve persons that may be oxygen-dependent, but do not meet other criteria set by the state of Vermont to remain in a motel. The medically frail are suffering," Lacey said. "Families with children are also being faced with tremendous burdens as

they are forced to move around the state to identify conducive living arrangements that are only temporary."

What action would Whitmore advise Scott to take? To extend the motel voucher program until shelters can expand.

"I feel strongly the governor should consider is that the humane thing to do in this situation is keep people in (hotels or motels) until remediations are in place," she said. "The remediation is additional shelter (beds), and the solution is affordable housing. It means an investment by the state, but the alternative is people living outside."

John Flowers is at johnf@addisonindependent.com.

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Perennials 6" Blk Smooth	\$14.99	\$7.49
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Sweet tradition

FOLKS OF ALL ages turned out at the Salisbury Congregational Church on July 4 for the 50th annual Salisbury Ice Cream Social. There they enjoyed a heaping helping of neighborly conversation and — above all — a cornucopia of sweet treats. Longtime residents Glenn and Barbara Andres spearheaded the tasty event a half century ago. The ice cream social has grown through the years, with proceeds used to help area food shelves and other nonprofit causes.

Photos by Jonathan Blake



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THANKS ALL-STARS!

CHEERS TO LAKE LIFE!



ADDISON COUNTY School Briefs

Lucas Kelley of Bristol has been named to the dean's list at La Salle University for the spring 2025 semester. A mark of academic excellence, students who complete at least 12 credits and earn a semester grade point average of 3.5 or higher are the list. Kelley is majoring in Business Administration.

Congratulations to Olivia Depatie of Brandon, who has been named to the president's list at the University of Hartford for the spring 2025 semester.

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SPORTS

ALSO IN THIS SECTION:

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- Legal Notices
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NOAH BEAYON OF Otterly Hopeless charges ahead, clinching the "World Champion" title in Bristol's Outhouse Races on July 4. The red, white and blue commode finished just seconds in front of the Blue Ledge Farm privy.

Independent photo/Steve James



THE POO BOYS, a last-minute entry in last Friday's Outhouse Races on Bristol's West Street, use a determined push to rally back from an off-road adventure.

Independent photo/Steve James

'Otterly Hopeless' wins golden plunger

Track star's speed sparks team to triumph in Bristol's Outhouse Race

By MARIA BARR

BRISTOL — The Fourth of July means a lot of things in Bristol, Vermont: fireworks, a big parade with a big crowd, barbecues — and outhouses careening down Main Street.

Now in its 46th year, the so-called "World Championship" Outhouse Race was back this past Thursday with a thunderous return. Eight teams competed in this year's showdown of toilet-seat pageantry and athletic ambition. When the last paper towel ribbon was torn at the finish line, it was Otterly Hopeless, representing Otter Creek Engineering, that sped away with the title and the coveted bedazzled gold plunger.

"We felt pretty good at the start," said Noah Beayon, a runner on

the men's track and field team at the University of Vermont. He and teammate Geoff Johnson powered the outhouse while Jessica Donlevie held steady inside. "That endurance kicked in, and we were good to go."

The race followed its classic format: four initial heats of two teams each, with winners advancing to a high-energy final dash — a four-way sprint that transforms Main Street into a 500-foot blur of flailing legs, rattling wheels, and cheers from the big crowd echoing between storefronts and tents on the town green.

The pushing and pulling strategy varied from team to team, but one theme held constant: speed matters. In Heat 1, Blue Ledge Farms took the lead early and never let go.

"You have to run really hard, and the race is way harder than you think it is," said Cameron Perta, winded but smiling after the finish.

Their opponents, The Cludgie Boys, summed up their strategy for next year: "Just be faster."

Otterly Hopeless charged ahead in Heat 2, despite a false start, outpacing 5Town Riders with a steady push strategy. White Ridge Construction claimed Heat 3, pulling away from Legends, while Jackman's of Bristol held steady in a chaotic Heat 4, where The Poo Boys briefly veered off course before recovering.

The final brought the biggest roar of the day. All four heat winners launched at once. For a moment, it looked like Blue Ledge Farms might pull ahead, but Otterly

Hopeless held them off in the middle of Main Street.

"I was looking back and thinking, 'Yeah, we got this,'" said Donlevie. "Start felt pretty good," added Beayon. "I want to say maybe 75 meters in, that's when I was like, 'Yeah, we actually got it.'"

"Got the win we wanted," said Johnson.

This year's winner for Best Decorated Outhouse went to White Ridge Construction, proving that style still matters in a race that's as much about flair as it is about footspeed. From patriotic paint jobs to flags and streamers, outhouse designs brought as much personality as the teams pushing them.

The community spirit shows the
(See Outhouses, Page 3B)



THE CLUDGIE BOYS pull with everything they've got, sprinting toward the paper towel roll finish line in Friday's outhouse races.

Independent photo/Steve James

Champs swimmers prevail over St. Albans

By ANDY KIRKALDY

VERGENNES — The Vergennes Champs swim team held off a relay rally by the visiting St. Albans Sharks on Tuesday to prevail, 233-218.

The Champs led the meet throughout and won five of seven of the medley relays that opened the competition. But the Sharks came on strong in the closing freestyle relays, taking of six of nine. But their comeback fell short because of the lead the Champs built with 23.5 wins in individual races. The half-win came from Zoey Kress, who tied a Shark swimmer in one race,

but also won three outright.

Four of the Champs' victories came from age 8 and under swimmer Ezra Norwood, three and a half from Kress, and three apiece from Riker Cooley, Jordan Hutchins, Connor Husk and Will Clark.

Brantley Cooke, Khanlen Ouimette, Ellie Eckels and Annika Smits claimed one race win apiece.

Champs scoring points for the team with top-three finishes in individual races were:

BUTTERFLY

- U-8 girls: 3. Juliet Kennedy.
- U-8 boys: 1. E. Norwood, 28.76.
- U-10 girls: 1. Z. Kress, 14.93; 2.

Savannah Wallace.

- U-10 boys: 1. R. Cooley, 16.7.
 - U-12 girls: 2. Vivian Romond.
 - U-12 boys: 1. B. Cooke, 40.21; 2. Keegan Cooley.
 - U-14 girls: J. Hutchins, 32.59; 3. A. Smits.
 - U-14 boys: 1. C. Husk, 31.91.
 - U-18 girls: 2. Ella Bearor, 30.45.
 - U-18 boys: 1. K. Ouimette, 27.2.
- BACKSTROKE
- U-8 girls: 3. Amelia Court.
 - U-8 boys: E. Norwood, 26.18; 2. Declan Husk.
 - U-10 girls: 1. Z. Kress, 16.88; 2. S. Wallace.

(See Champs, Page 3B)

Legion baseball takes three of five

By ANDY KIRKALDY

MIDDLEBURY — The Addison County American Legion baseball team took three of five games played between July 2 and Tuesday.

With a 7-4 record, the local nine has a solid grip on third place in the state's Northern Division as the season nears the midpoint. The top four teams in the Northern and Southern divisions advance to the postseason playoffs.

As of Wednesday morning Essex stood in first place in the Northern Division with an 11-2 record, followed by St. Johnsbury (8-1) and AC. Montpelier (4-6) was in fourth.

In the five recent games, AC lost twice to St. Johnsbury, at home on July 2, 12-5, and on the road on Tuesday 11-3, a game in which details were not immediately available. In between, the local nine defeated visiting Champlain Valley on July 3, 11-7, and swept a Sunday doubleheader from host South Burlington, 14-2 and 8-3.

The county Legion team has a homestand coming up. AC is scheduled to host Montpelier at 5:30 p.m. this Thursday, entertain Franklin County for a doubleheader beginning at noon on Saturday, and then Essex will visit at noon on

Sunday for a single game.

AC plays its home games on Middlebury College's South Street field.

St. J AT HOME

On July 2 visiting St. Johnsbury broke the game open with a five-run third inning on the way to its 12-5 win over AC. St. J scored three runs in the first when starting pitcher Aricin Griffin surrendered a bases-loaded walk and then a two-run single to Connor Decker.

AC then struck for four runs in the bottom of the inning. Griffin hit a solo homer over the center field
(See Legion, Page 3B)

Marlins fall to BTC

Midd swimmers take first setback

By BEE ECKELS

MIDDLEBURY — The Middlebury Marlins Swim Team on July 8 fell to defending league and state champion Burlington Tennis Club, 383-106, in the team's third meet of the Champlain Valley Swim League season.

The Marlins are scheduled to host the Winooski Waves on Thursday, July 10, before making the trek up to St. Albans for the CVSL Distance Meet on Saturday, July 12.

The Barracudas lived up to their titles, holding an 18-1 edge over the Marlins in relay wins. Despite the

tough competition, the Marlins had several strong results.

Felix Poduschnick claimed three individual wins in the Boys 12 and Under 50yd butterfly, 50yd breaststroke and 50yd freestyle, scoring a total of 15 points for his team.

Also winning races were Enea Ancarani, Constantin Bellmann, Selma Citarella and Anders Pirrung.

Marlins scoring points for their team with top-three finishes in their races were:

BUTTERFLY

(See Marlins, Page 3B)



MARLIN FELIX PODUSCHNICK swam to a first place finish in the Boys 11-12 50yd freestyle in his home pool.

Photo courtesy of Marlins Swim Team



Champions!

ADDISON COUNTY ALL Stars won the Vermont District 1 Baseball Championship for ages 9-11, beating out Colchester, 14-0, on July 5. They will play in the state tournament starting this Saturday, July 12. Pictured, from left, are: top row, Coaches Dean Butler, Jamie Simpson and Garrett Heyns; middle row, Owen Ashley-Selleck, Wylie Shepard, Ben McDonough, Brady Simpson, Bryce Wood, Jude Heyns, Wyatt Hill, Cooper Butler, Boone Ringey and Mason Johnson; and bottom row, Grady Leonard and Elias Urang.

Photo courtesy of Lauren Ringey

Locals claim victories at Devil's Bowl

WEST HAVEN — Former Devil's Bowl Speedway champion Dave Camara of Poultney and Canadian driver Felix Roy claimed victories in the top events on Saturday at West Haven track as the half-mile dirt oval hosted its annual Mid-Season Championships with double features for seven divisions.

Fourteen racers in all claimed victories on the big night, including local drivers Troy Audet of Bridport, Steve Miller of Vergennes, Jason Kerr of Shoreham, Gage Provencher of Bridport and Eric Friend of Middlebury.

Camara won the opening race of the night, a 25-lap feature for the DirtCar 358 Modifieds. Camara took full advantage of a front-row spot on the starting grid, taking control early and cruising to the win. Roy finished second, and Bristol's Josh Masterson was fourth, becoming the only Addison County racer in the top 10.

In the second DirtCar 358 Modifieds race, it was Roy's turn, using a late pass to prevail for his first win at the West Haven track. Masterson was again the only local racer to crack the top 10, taking fifth in a series that doesn't race regularly at Devil's Bowl.

Next up on the card was the speedway's weekly headline division, the Sunoco Sportsman Modifieds, for a pair of 25-lap showdowns. In the first feature, Fair Haven's Josh LeClaire rolled to his first win of the season. LeClaire has been snake-bitten on several occasions when he seemed to have the best car, but on this night everything came together as he pulled away for the victory.

Local drivers populated half of the top 10: Leicester's Adam Piper was second; Whiting's Jim Ryan, fifth; Masterson, seventh; Orwell's Randy Ryan, eighth; and Brandon's Joey Scarborough, 10th.

In the second Sportsman Modified feature, Bridport's Audet outdueled New Hampshire racer Tanner Siemons to earn his first win of the season. Siemons led through the early stages, but it was clear Audet's car was quick. Audet was able to wrestle the lead from Siemons, and then on a series of restarts, Audet hugged the inside line, with Siemons testing the outside of the track. Each time Siemons seemed to have an advantage on the turns, Audet would power away down the backstretch and hold off Siemons, who settled for second.

Brandon's Scarborough was fourth, Orwell's Randy Ryan was ninth, and Leicester's Piper was 10th.

The first of two O'Reilly Auto Parts Limited Sportsman 20-lap races saw Fair Haven youngster William Lussier Jr. cruise to a win. New Haven's Alex Layn was sixth, and Salisbury's Freddie Little was 10th.

Veteran Vergennes driver Steve Miller finished back in the pack despite starting in the front row in the first Limited Sportsman race, but round two was a different story. Miller started on the front row again, but this time he survived an early challenge before pulling away for the win. Salisbury's Gary English came on strong late to place second, Whiting's Logan Denis was fifth, and Layn was sixth.

Shoreham's Jason Kerr dominated the first 15-lap Hoosier Tire Novice Sportsman feature. Kerr jumped to an early lead and drove off for his first win of the season. Brandon's Winston Forbes was third, third, Bristol's Aiden Benoure was fifth, and East Middlebury's Chris Sumner was eighth.

In the second 15-lap Novice Sportsman feature, New York

driver Raelin Dunham recovered from a late-race penalty for starting early on a restart to carve out her second win in as many weeks. Dunham started 14th in a caution-filled event and took advantage of the high attrition rate to move into contention before taking control in the final laps. Benoure finished third, Leicester's Matt Cram was fourth, Brandon's Forbes was fifth, Salisbury's Matt Little was sixth, and Kerr was seventh.

Gage Provencher earned his second consecutive win in the first of two 12-lap Friend Construction 500cc Mini Sprints races. Multi-time winner Ray Hansen of Orwell was reeling in Provencher when his car suffered a mechanical issue. With Hansen out of contention, Provencher soon parked his car in victory lane. Brandon's Quinn Quenneville took third.

In the second 12-lap Mini Sprint feature, St. Albans driver Scott Bachand enjoyed his first win in 42 years so much a couple of weeks ago that he decided to do it again. Bachand held off the late-charging Hansen and Provencher to add a second trophy to his collection. Hanson and Provencher finished second and third, respectively, and Quenneville was sixth.

TJ Knight of Wells and Middlebury's Eric Friend split a pair of 12-lap features in the Ninth State Cannabis Crown Vic division. Knight visited Victory Lane for the first time in 2025 after moving up from the mini stocks. Friend finished third in the opening race in the division.

In the second Crown Vic Feature, Friend motored to victory, with North Ferrisburgh's Norm Morrill in fourth.

The Fisher Auto Parts Mini Stocks ran two 20-lap features.

In the first, series points leader Tyler Bell of New York weaved (See Races, Page 3B)



DAVID O'HARA EXPLORES one of Addison County's little blue lines with his fishing pole and columnist Matthew Dickerson during a recent visit to the Green Mountain State.

Intrepid anglers love to go 'bluelining'

It was my friend Drew YoungeDyke who introduced me to the term "bluelining." At the time, Drew had recently taken a job as national communications director for Trout Unlimited, and we were both serving on the board of directors for the Outdoor Writers Association of America. When our annual winter board meeting was scheduled in New River Gorge National Park with a free morning to explore built into the week's itinerary, Drew and I planned in advance to do some fishing together. When he suggested we go bluelining, it took me at most a half minute to parse the phrase and deduce what he meant.



MATTHEW DICKERSON
Outdoor Columnist

If you take a look at a map — not just a street map with driving directions, but the more detailed kind that shows geographic features — you may notice all the squiggly blue lines of varying widths. Indeed, if you are an angler, those are the first features you notice in a map. Things like roads and highways and towns are afterthoughts: merely ways to access the blue lines. Because in most cases the blue lines represent streams, brooks, rivers, creeks and other natural forms of running water. Bluelining, simply put, means finding one of those blue lines on the map and exploring it with a fishing rod, hoping to find fish.

To be clear, not all river and stream fishing is bluelining. If I head out to some favorite spot I have fished before, I am not bluelining. If I am traveling somewhere and I hire a guide who takes me fishing

on some famous river, that isn't bluelining either. Bluelining is when you look at a map, find a blue line where you haven't fished before (and maybe don't even know its name until you find it on the map), and you go fish there because it's a blue line. Perhaps it has some features that catch your eye, like a long stretch away from roads and development, or surrounding forest that promises cold clean water, or perhaps a steep gradient that will keep the water tumbling and well aerated. Maybe after finding some prospective blue lines and looking up their names, you might do a little research to learn something about that particular river or stream. But the key thing is that it's all about exploring.

Now the truth is, I had been bluelining many times in my life, long before I heard the term from Drew. In my younger days, it was done with a Delorme Atlas. In my teens and twenties, I owned one for several different states that I had visited or gone to school in or had relatives in. More recently, I have swapped to a more convenient phone app called Stream Map that has a complete map of every little flowing section of water across the region with the bonus of using the phone's GPS to show you exactly where you are in relation to those blue lines.

In our case that late March day in West Virginia, Drew and I were hoping to find some wild trout. Or even some stocked ones. The stream we explored together was promising. Online information was

spotty, but there were at least a few hints that it harbored some fish. And we certainly found it to be beautiful when we arrived, with spring wildflowers in bloom all along the trail. Though not very large — only about the size of some of the named tributaries of the Middlebury and New Haven rivers — the water was cold and clean beneath a thickly forested canopy as it came down off the bluffs on the north side of the gorge, tumbling over waterfalls and cascades as it dropped hundreds of feet of elevation in just a few miles before flowing into New River.

But neither of us caught or even saw any trout.

That possibility is always part of the exploratory nature of bluelining. Thankfully, we didn't surprise any rattlesnakes either, which was one of our concerns based on what we'd read about the area. In any case, the lack of fish didn't make the trip a failure in any sense. We had a very enjoyable time exploring together, and we learned a few things that might (or might not) make a later bluelining trip more likely to lead to trout. (At the minimum, I learned of one blue line that I won't return to if I ever get back to the New River Gorge.)

A few days later, without Drew, I headed out bluelining again on a small river on the opposite side of the gorge and caught my first ever tiger trout — a sterile cross between a brown trout and a brook trout.

Since then, I have been doing more bluelining back in Vermont. Sometimes alone, but sometimes with a friend. A wonderful thing about Addison County and the surrounding parts of Vermont is that there are myriad blue lines on (See Dickerson, Page 3B)

Politano aims for 2nd VT amateur title

By MARIA BARR

MIDDLEBURY — Ralph Myhre Golf Course's Lucas Politano is defending his Vermont Amateur title this week at the Manchester Country Club after claiming the crown for the first time a year ago.

Politano won the title last year in a four-way playoff with Neshobe's Walker Allen, Lakeside's Travis Russel and Burlington's Michael Welsh. All three of those golfers are back in the field this year looking for their first Amateur title.

The last golfer to win back-to-back Vermont Amateurs was Rutland County Club's Drake Hull, who took three straight titles from 2017 to 2019.

First-round action was held Tuesday followed by second round play on Wednesday. Thursday will see two rounds to crown the Amateur champion.

In Thursday Men's League action at Ralph Myhre on July 3, the foursome of Jim Johnston, John Myhre, Joe Thilbourg and Bill Brown took first place. Johnston also posted the day's low

net score with a 68.

Second place went to the team of Robert Cameron, Neil Mackey, John Davis and Tom McGinn, while the trio of Tom Maxwell, Gary Wright and Vince Paradis came in third.

In the Friday Mixer, Dale White, Garvi Jesso-White and Jill White teamed up for first place with a 32. Foursome Bryon Emilo, Jen Emilo, Julia Emilo and Lauren Emilo finished second at 34, and Jim Hadeka, Deb Hadeka, Joe Cotroneo, and Sarah Cotroneo took third with a 35.

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RIDER ABBY ROLEAU hangs on tight as her Jackmans of Bristol teammates barrel down the course to win the fourth heat in the July 4 Bristol Outhouse Races.

Independent photo/Steve James

Outhouses

(Continued from Page 3B)

true heart of the event. Families, neighbors, and out-of-towners lined the race route, cheering, laughing, and soaking in what many describe as a tradition that defines the town.

"It's just a really fun activity for the Fourth," said Abby Roleau, rider for Jackman's of Bristol. "I'm excited to see all the decorations and all the teams that come out ... It puts us on the map, and it's a great opportunity to get people to come to our little town and support local businesses."

The outhouse race also helps fuel Bristol's broader Fourth of July celebrations, which span two days and culminate in the town's fireworks display. Raffle tickets — sold before each heat for \$1 — let spectators wager on a winner, with lucky bets earning \$25 or more. The remaining proceeds go to the Bristol Fourth of July Committee.

"Fireworks alone cost close to \$15,000," said Meridith McFarland, director of the Bristol Recreation Department and one of the race's spirited emcees. "When we bring in money from the outhouse race, we can actually get new coaster wheels or build new outhouses if one needs



THE CLUDGIE BOYS roll their outhouse back in defeat after being deposited by Blue Ledge Farm in the opening heat on Bristol's West Street last Friday morning.

Independent photo/Steve James

to be retired. We're just recycling it back in."

For McFarland, the energy on Main Street is just as rewarding as the funds raised.

"Honestly, this part right here — just being able to interact with the community — is really fun," she said. "I didn't know I liked talking on the microphone, but I think I like it, so I'll just keep doing it."

As the crowd cleared and parade-watchers claimed their spots along the sidewalks, Otterly Hopeless basked in the glow of their golden plunger victory.

When asked what advice they'd offer to future racers, Donlevie didn't miss a beat:

"Find yourself a D1 runner."

Legion

(Continued from Page 1B)

fence, and Tucker Wright drilled a three-run triple.

But in the third Wyatt Mason and Will Eaton hit RBI singles, and Decker drew a walk to force in the fifth run as St. J took the lead for good. Griffin went three innings, allowing nine runs, three earned, on six hits and nine walks. He struck out six. Brody Barnard tossed the final three innings.

Decker and Mason each drove in three runs for St. J, and Eaton and Averill Parker had three-hit games as their team improved to 5-1 heading into the weekend. Logan Wheeler earned the pitching win, giving up all five AC runs, four earned, in five innings.

Eyon Tembreull poked two hits for AC.

VS. CHAMPLAIN VALLEY

On July 3, AC spotted visiting Champlain Valley seven runs before roaring back for the 11-7 victory. CV's Harrison Whitman did most of the damage for the visitors, tripling home two runs and driving in two more with a sacrifice fly and ground ball.

But AC fought back and took charge for good with a six-run sixth inning keyed by a Trevor Wright two-run single.

For AC overall, Tembreull stroked a pair of two-run doubles, and Gabe Velez also had a pair of hits. AC also drew seven walks, two by Clark Crary. Crary, Carter

Paquette and Tembreull also stole two bases apiece.

Jackson Jennings started and gave up the seven runs in 2.1 innings while struggling with his control, and Tucker Wright earned the pitching victory with 4.2 innings of scoreless relief, striking out five and walking one.

AC SWEEPS SB

AC had little trouble with South Burlington on Sunday with the 14-2 and 8-3 sweep.

In the opener, AC pounded out 13 hits, including three by Griffin, who scored twice. Tembreull doubled twice, scored once and drove in three runs; Wright and Owen Butterfield each had two hits, scored twice and drove in a run; Ryan Brouillard had two hits and two RBIs and scored twice; and Velez had a hit, walked twice, stole three bases and scored twice.

Tyler Kimball started and earned the pitching win, allowing one run, and Brouillard threw in relief. AC played errorless ball behind them.

Barnard started and won the second game, going 6.2 innings and allowing three runs, two earned, walking four and fanning four.

Mike Dunbar sparked the offense with two hits, two RBIs and a steal of home to give AC an early lead. Barnard had two hits, including an RBI single; Velez poked two hits and scored twice, and Wright and Clary each had a hit and scored twice.

Dickerson

(Continued from Page 2B)

the maps. Every river coming down off the mountains on both sides has dozens of tributary brooks, and even the main rivers still have miles of water I have not yet explored in my nearly four decades of fishing in Addison County. When my friend Dave was visiting a couple weeks ago, we went bluelining up in the Green Mountain National Forest and found a stream with an abundant population of little brook trout.

The problem with doing that, though, is that when we went fishing the next day we returned to the same spot. At which point it ceased to be bluelining. Which actually wasn't a problem at all.

Races

(Continued from Page 2B)

his way through the field to win his second feature in a row. Cornwall's Brian Blake and Whiting's Bob Wood ran 8-9 in the race.

In the second, Rutland's Ryan Patch, who has been knocking on the door all season, drove through it in the evening's finale. Kaleb Shepard of Vergennes was fifth, Brandon's Joe Malzac was seventh, and Orwell's Jakobee Alger was 10th.

Racing returns to Devil's Bowl Speedway at 7 p.m. this Saturday.

Champs

(Continued from Page 1B)

- U-10 boys: 1. R. Cooley, 19.35.
- U-12 girls: 3. Lydia Zelomis.
- U-12 boys: 3. B. Cooke.
- U-14 girls: 1. J. Hutchins, 34.20;
- 2. Lauren Husk.
- U-14 boys: 1. C. Husk, 34.97.
- U-18 girls: 2. E. Bearor.
- U-18 boys: 1. W. Clark, 28.4; 2. K. Ouimette.

BREASTSTROKE

- U-8 girls: 2. J. Kennedy.

- U-8 boys: 1. E. Norwood, 38.09.
- U-10 girls: 1. Z. Kress, 20.44 (Tie).
- U-10 boys: 1. R. Cooley, 22.53;
- 2. Rhett Cooke.
- U-12 girls: 3. Scarlett Giroux.
- U-12 boys: 2. Enli Parrillo.
- U-14 girls: 1. J. Hutchins, 38.29.
- U-18 girls: 1. E. Eckels, 38.13;
- 3. Sophia Johnson.
- U-18 boys: 1. W. Clark, 30.49.

FREESTYLE

- U-8 girls: 3. Grace Gaudette.

- U-8 boys: E. Norwood, 21.58;
- 2. D. Husk.
- U-10 girls: 1. Z. Kress, 14.98; 2. S. Wallace.
- U-10 boys: 2. R. Cooley.
- U-12 girls: 3. Gretchen Hill.
- U-12 boys: 3. Camron Curtis.
- U-14 girls: 1. A. Smits, 30.97;
- 2. L. Husk.
- U-14 boys: 1. C. Husk, 28.88.
- U-18 girls: 2. E. Bearor.
- U-18 boys: 1. W. Clark, 22.76;
- 2. K. Ouimette.

Marlins

(Continued from Page 1B)

- U-10 girls: 2. Vela Remaniak.
 - U-10 boys: 2. Enea Ancarani.
 - U-12 girls: 2. Cassandra Bellmann.
 - U-12 boys: 1. Felix Poduschnick, 33.00; 3. Harvey Bishop.
 - U-14 boys: 2. Constantin Bellmann; 3. Henry Cadoret.
 - U-18 girls: 3. Sadie Chance.
- BACKSTROKE**
- U-10 boys: 1. E. Ancarani, 19.78; 2. Cooper Butler.
 - U-12 boys: 2. Ben Phinney.
 - U-14 boys: 2. H. Cadoret; 3. George Martin.
- BREASTSTROKE**
- U-10 girls: 2. Rose Phinney.

- U-10 boys: 3. C. Butler.
 - U-12 girls: 2. Ca. Bellmann.
 - U-12 boys: 1. F. Poduschnick, 38.84.
 - U-14 girls: 3. Mitzi Poduschnick.
 - U-14 boys: 1. Co. Bellmann, 38.09; 3. G. Martin.
 - U-18 girls: 1. Selma Citarella, 33.84; 2. S. Chance.
- FREESTYLE**
- U-10 girls: 2. V. Remaniak.
 - U-10 boys: 1. Anders Pirrung, 8.32; 2. E. Ancarani.
 - U-12 boys: 1. F. Poduschnick, 29.22; 3. B. Phinney.
 - U-14 boys: 2. H. Cadoret; 3. Co. Bellmann.
 - U-18 girls: 3. S. Chance.

46th Annual Middlebury Festival on the Green July 13-19 2025

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Noon - New Orleans Jazz and Swing presented by the Middlebury Community Music Center faculty



7:00 Ordinary Elephant
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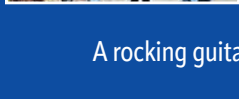


8:30 Honey & Soul
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MONTPELIER — Few birding experiences rival hearing the haunting call of the loon or seeing them glide by in protected coves on a lake. For the birds' protection, Vermont Fish and Wildlife is asking boaters and anglers to enjoy loons from a safe distance this summer, and take precautions to keep them healthy.

"Loons were removed from Vermont's endangered species list in 2005, but they continue to face threats from human disturbance during the breeding season and mortality from the ingestion of fishing gear," said Jillian Kilborn, wildlife biologist with Vermont Fish and Wildlife.

Many areas where loons nest on Vermont's lakes are surrounded by signs reminding people to give loons the space they need, but not all nesting areas are marked.

Bringing all fishing line home helps prevent loons from becoming entangled, which can lead to death. Eric Hanson, biologist with the Vermont Loon Conservation Project and Vermont Center for Ecostudies, asks anglers to reel in for a few minutes if loons are diving nearby. "Loons will take live bait and lures, killing a few each year," notes Hanson. "A few loons have even learned that anglers are a source of easy food, and just like bears, it is very important that loons do not learn this problem habit."

Vermont Center for Ecostudies coordinates loon conservation efforts in partnership with the Vermont Fish and Wildlife Department, and the organization reminds people

to avoid using lead fishing tackle. Every year Vermont loons die from lead poisoning after swallowing lead tackle. Lead sinkers weighing one-half ounce or less are prohibited in Vermont, but larger tackle still has the capacity to slough off lead into the environment over time.

To give anglers a place to discard their lead tackle and fishing line, VCE is placing collection tubes at over 30 popular boat access areas around the state.

Hanson says most people are respectful of nesting loons and give them space, but people sometimes inadvertently harm loons without meaning to. "Loon chicks can be difficult to see, so we ask motorboaters to note where loon families are and to avoid those areas," said Hanson. "We also ask that motorboaters obey 'no wake' laws within 200 feet of shorelines because boat wakes can flood and destroy shoreline loon nests."

Shoreline property owners have an opportunity to maintain appropriate habitat for loons, including shrubby and forested areas along the shore, where loons can nest or feed their young. Having shrubs and trees instead of lawns along shorelines also improves water quality, which is essential for healthy lakes, aquatic insects, fish eggs, fish, and loons.

Volunteers interested in monitoring loons for the Loon Conservation Project should contact Hanson at loon@vtcecostudies.org. Volunteers can monitor lakes all summer long with a focus on lakes with loon pairs and nesting.

Lincoln

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

NEWS

LINCOLN — There will be an afternoon craft session at the library on Wednesday, July 16, from 3 to 4:30 p.m. Join Wendy, Jacqueline and Lisa in making a book themed diorama. There will be all kinds of supplies available for you to use from natural items like moss and wood to various art supplies. Bring your selected box

and book and any early ideas so you can jump right in. Adults and kids are welcome to participate. Light refreshments will be served.

Don't forget to check out this month's community room display at the library featuring oil paintings by Judi Danforth.

Until next time... Sometimes The Right Path Isn't The Easiest One.



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Reader Comments

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

A subscriber from Burlington writes:

"Great local newspaper! So much info. from all areas of our local world! Keeps me informed on local happenings."

Quotes are taken from reader comments submitted with subscription renewals.



ADDISON COUNTY INDEPENDENT

community calendar

july 10 THURSDAY

Shipwreck Tour in Ferrisburgh. Thursday, July 10, 10 a.m.-noon, Lake Champlain Maritime Museum, 4472 Basin Harbor Rd. Dive into Lake Champlain's underwater history without getting wet! This scenic boat tour will take you to the sites of some famous local shipwrecks as Museum experts recount their dramatic stories. Tickets \$25 kids/\$45 adults. More info at LCMM.org.

Embroidery circle drop-in in Shoreham. Thursday, July 10, 5-7 p.m., Platt Memorial Library, 279 Main St. Come by with your current project or come to learn a new embroidery skill. This program is a drop-in, so you can come at any time and leave when you're done.

july 11 FRIDAY

Theater Walk in Webridge. Friday, July 11, 3-4 p.m., Otter Creek Gorge northern trailhead, Morgan Horse Farm Rd. Explore the enchanting Otter Creek Gorge and experience the magic of MALT campers putting on a play along the TAM. Enjoy a unique performance brought to life by MALT campers in collaboration with Town Hall Theater. Free. Space is limited. More info and registration at www.maltvt.org/events.

july 12 SATURDAY

Bird banding in Weybridge. Saturday, July 12, 8-10 a.m., Hurd Grassland, Route 23. MALT welcomes folks for a morning of bird banding with Audubon Vermont Biologist Mark LaBarr. You'll get the chance to get hands-on with birds while contributing to a better understanding of their life cycles and migration patterns. Activities for families and youth. Bring food for a small picnic following banding. Light refreshments provided by MALT. Free. No bird banding experience required! More info and registration at www.maltvt.org/events.

Peasant Market in Middlebury. Saturday, July 12, 9 a.m.-1 p.m., on the green. Fabulous deals on jewelry, toys, sporting goods, garden accessories, plants, household goods, quilting fabric, linens, antiques, homemade baked goods and amazing fruit pies. Silent auction plus live auction for a solo wooden canoe. All proceeds to local social service agencies.

Battle of Hubbardton Revolutionary War Encampment in Hubbardton. Saturday, July 12, 10 a.m.-5 p.m., Hubbardton Battlefield State Historic Site, Monument Hill Rd. This living history weekend encampment honors the 248th anniversary of the July 7, 1777, Revolutionary War battle fought here. Scores of reenactors portray the American, British and German soldiers. Tactical military and other special demonstrations, camp life activities, guided tours and talks. Admission \$8 adults/\$1 children age 6 - 14/under 6 free.

Art & Chocolate in Salisbury. Saturday, July 12, 10 a.m.-1 p.m., Salisbury Meeting House, 853 Maple St. Come for art and craft vendors and lots of chocolate treats. A fundraiser for the Salisbury Free Library.

Book sale in Middlebury. Saturday, July 12, 7-10 a.m.-2 p.m., Middlebury United Methodist Church, 43 N. Pleasant St. Held by The Friends of Isley Library. We have summer reading for the whole family at great prices and are located just a hop, skip and a jump from your Saturday errands in town. Proceeds fund Isley Library programs for all ages as well as staff development.

Natural ink art in Shoreham. Saturday, July 12, 2-3 p.m., Platt Memorial Library, 279 Main St. Ages 5 and up.

Takeout Ham and Summer Salad Supper in Vergennes. Saturday, July 12, Vergennes United Methodist Church, 129 Main St. Menu: Cold Ham, potato salad, broccoli salad, roll and dessert. Order by 7 p.m., Thursday, July 10. Cost: \$12. Call 802-877-3150 to preorder.

july 13 SUNDAY

Battle of Hubbardton Revolutionary War Encampment in Hubbardton. Sunday, July 13, 7:45 a.m.-2 p.m., Hubbardton Battlefield State Historic Site, Monument Hill Rd. See July 12 listing.

Family Field Trip Day in Ferrisburgh. Sunday, July 13, 10 a.m.-2 p.m., Lake Champlain Maritime Museum, 4472 Basin Harbor Rd. Activities will focus on archaeology and the Revolutionary War and will include a scavenger hunt in one of our exhibit buildings, interpretation aboard our replica Revolutionary War gunboat, an activity to learn about how boats were built during the 18th century and a hands-on activity to learn about what archaeologists do. All family members welcome. Free. Registration required at www.cognitofrms.com/lakechamplainmaritimemuseum/_2025familyfieldtripdayregistration.

"An Uncommon Woman: The Life of Lydia Hamilton Smith" in Ferrisburgh. Sunday, July 13, from 1-3 p.m., Rokeby Museum, 4334 Route 7. Mark Kelley will discuss Lydia Hamilton Smith, a mixed-race businesswoman in Lancaster, Pa., who, for 25 years, engaged in a committed interracial relationship with abolitionist Congressman Thaddeus Stevens. Together, they worked to secure the rights of African Americans, aided freedom seekers on their journeys north, managed two households, and established a real-estate business.

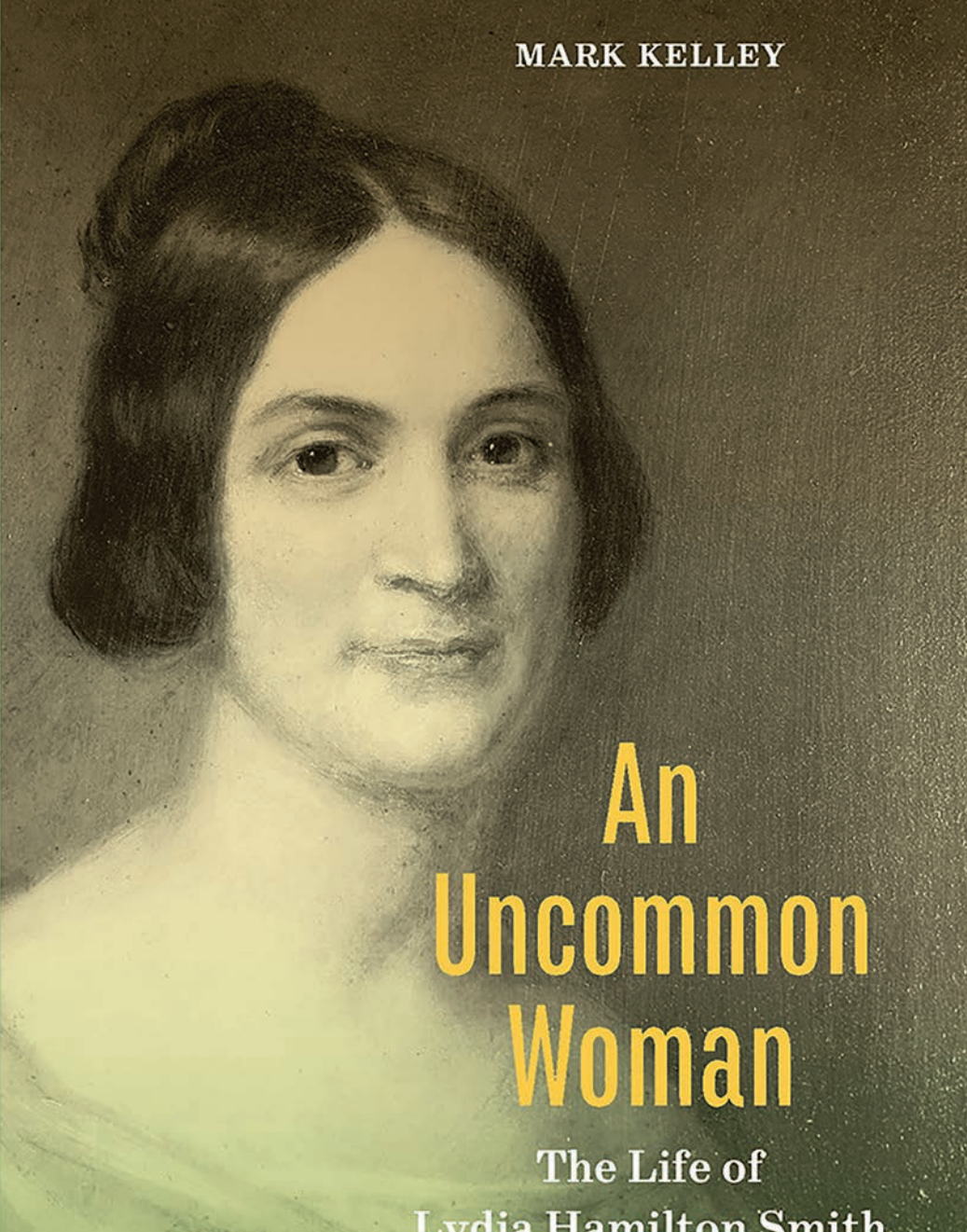
july 14 MONDAY

Metal detecting with Phil Wagner in Shoreham. Monday, July 14, 9-10 a.m., Platt Memorial Library, 279 Main St. Ages 5 and up.

The Art of Historical Writing in Shoreham. Monday, July 14, 10-11 a.m., Platt Memorial Library, 279 Main St. Ages 7 and up.

Needle-Felted chick in Shoreham. Monday, July 14, 6-8 p.m., Platt Memorial Library, 279 Main St. Join local fiber artist and designer Wendy-Ann Durkee to create a cute, needle-felted chick. This workshop by registration only at plattlib.org/programs-and-events. Cost \$20.

Preschool in the Park in Vergennes. Monday, July 14, 6-7 p.m., City Park. Join the Addison County community for a fun, family-friendly evening filled with kids' crafts, face painting, free



An Uncommon Woman

The Life of Lydia Hamilton Smith

An uncommon woman

AUTHOR MARK KELLEY will discuss his book about Lydia Hamilton Smith this Sunday, July 13, from 1-3 p.m., at Rokeby Museum in Ferrisburgh. Smith, a mixed-race businesswoman, was in a committed relationship with abolitionist Congressman Thaddeus Stevens. Together, they worked to secure the rights of African Americans, aided freedom seekers on their journeys north, managed two households, and established a real estate business.

july 15 TUESDAY

100 Women Who Care Addison County meeting. Tuesday, July 15, 7 p.m. Join 100+ Women who care and take part in fund-raising voting. Once you join you will be given the location. Cash bar available. It's not too late to join the good time — we always welcome new members. More info at 100WACVT.org.

Vergennes City Band concert in Vergennes. Monday, July 14, 7 p.m., City Green. A staple of Vergennes summer. Relax on the green and listen to live band music.

july 16 WEDNESDAY

American Red Cross blood donation in Ferrisburgh. Wednesday, July 16, noon-4 p.m., Cross Life Church, 1759 Route 7. All blood types are needed, and donors who don't know their blood type can learn it after donation. Book a time to give blood or platelets by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

Gnome storytime/gnome home slate painting with Ms. Abby and Ms. Kim in Shoreham. Wednesday, July 16, 3-4 p.m., Platt Memorial Library, 279 Main St. Ages 5 and up.

Cosplay workshop with Rachael Peden in Shoreham. Wednesday, July 16, 5-7 p.m., Platt Memorial Library, 279 Main St. Ages 9 and up.

Addison Branch of the Vermont Railroad presentation in Shoreham. Wednesday, July 16, 6:30 p.m., Old Stone School House, Route 22A. Shoreham Historical Society hosts Ed Barnard, who will speak on this subject and share his thoughts on the creation of a walking trail along this historic route.

Bristol Town Band in Bristol. Wednesday, July 16, 7-8:30 p.m., town green. Bristol Town Band will be holding their 155th season of weekly summer band concerts. Rain location will be Holley Hall. All are welcome to join the band. More information at 802-281-2315.

july 17 THURSDAY

Little Cloud hand painting in Shoreham. Thursday, July 17, 10 a.m., Platt Memorial Library, 279 Main St. Ages 0-5 and their parents or caregivers.

Shipwreck Tour in Ferrisburgh. Thursday, July 17, 10 a.m.-noon, Lake Champlain Maritime Museum, 4472 Basin Harbor Rd. Dive into Lake Champlain's underwater history without getting wet! This scenic boat tour will take you to the sites of some famous local shipwrecks as Museum experts recount their dramatic stories. Tickets \$25 kids/\$45 adults. More info at LCMM.org.

Historical Society meeting in Bristol. Thursday, July 17, 7 p.m., Howden Hall, 19 West St. At the monthly meeting of the Bristol Historical Society, Reg Dearborn will speak on "Early Fires on Bristol's Main St. from 1872 to 1974." There will be pictures, news stories and N. H. Munsill Hose Co. Fire Department Reports. Free, open to the public, and accessible to those with disabilities. More infoc: 802-453-3526 or dear4@gmavt.net.

july 18 FRIDAY

The Summer Party in Ferrisburgh. Friday, July 18, 5-8 p.m., Lake Champlain Maritime Museum, 4472 Basin Harbor Rd. An annual celebration, The Summer Party is a chance for our community, neighbors, friends, volunteers, partners and beyond to come together for one special evening to celebrate our unique Museum and raise a glass to our 2025 season. Delicious food and drink, live music and more. Tickets \$50 include one meal and one raffle ticket. More info at lcmm.org.

july 19 SATURDAY

Yard Sale fundraiser in Monkton. Saturday, July 19, 9 a.m.-1 p.m., Monkton Friends Methodist Church, 78 Monkton Ridge. Rain or Shine.

Midd Summer Market in Middlebury. Saturday, July 19, 10 a.m.-2 p.m., College Street Park. Welcome Middlebury College Language School Students. See what's on offer from Vermont artists, craftspeople and purveyors of fine Vermont products and prepared food. Shoppers can expect beautiful handmade items perfect for gifts, mementos, or staples for everyday use. Rain or shine. Learn more at ExperienceMiddlebury.com/midd-markets.

Kids' poetry workshop with Ted Scheu in Shoreham. Saturday, July 19, 1 p.m., Platt Memorial Library, 279 Main St.

july 20 SUNDAY

Blast from the Past: Historic Clock and Watches Afternoon in Addison. Sunday, July 20, noon-4 p.m., Chimney Point State Historic Site, 31 Route 17. Green Mountain Timekeepers Society members are in residence on the Chimney Point porch to keep time and talk with you about the history of your clocks and watches and how they can be repaired. Bring your old clocks and watches or photographs and learn more about your timepieces. Clock repair demonstrations throughout the afternoon.

july 21 MONDAY

Citizen science art - sun spot pictures / Square-foot census in Shoreham. Monday, July 21, 10-11 a.m., Platt Memorial Library, 279 Main St. Ages 7 and up.

Vergennes City Band concert in Vergennes. Monday, July 21, 7 p.m., City Green. A staple of Vergennes summer. Relax on the green and listen to live band music.

History Museum opening in Monkton. Monday, July 21, 7 p.m., Town Hall, 92 Monkton Ridge. The brand new Monkton History Museum will open for the first time. In a small 15-foot-by-9-foot space you'll find displays with clarity and care to reflect the vitality of the town. With a commitment to research based on citizen interest, locals will routinely rotate the exhibits so that the museum will never become ho-hum. Come for light refreshments in the Community Room, then explore the new museum downstairs.



Happy resident

A HOUSE WREN paused while making a comfy nest in the birdhouse at the front of a Weybridge house recently. According to spectators, maneuvering materials through the doorway was no easy task.

Photo by Susan Humphrey



Education grants & awards named

BRISTOL — Tari Shattuck Education Foundation awarded the 2025 Pat Pierce Excellence in Teaching Award to Kerry Lake, third grade teacher at Robinson Elementary School in Starksboro, at their all-school morning meeting on June 4. The award is presented annually to a distinguished public educator from the “five-town area.” Nominated by a peer, the recipient is one who advocates for students, has a willingness to support colleagues and expands their professional horizons.

According to foundation representatives, Lake is a personification of the kind of educator that the Pat Pierce Award recognizes by being a fierce advocate for her students, working tirelessly to ensure that the learning in her classroom is engaging and accessible to all, where her students feel empowered and excited about learning. Her Friday newsletters are eagerly awaited. Lake’s involvement in many committees at Robinson and her applying for grants demonstrates her deep commitment to the greater Robinson community. An example of her zeal for learning is that Kerry was the recipient of a Fulbright Teachers for Global Classrooms Program award in 2023. With a smile on her face and quick-witted comments that lift spirits, Kerry inspires all around her.

The foundation also awarded scholarships to Mt. Abraham Class of ’25 graduates Adeline Nezin (Lincoln), Elise Parker (Monkton), and Alison Wells (Bristol) to support their studies in education to become teachers. Nezin will be attending the University of New England, Parker will be attending Plymouth State University,

and Wells will be attending the University of Arizona. The scholarships will be awarded upon successful completion of their first semester and registration for the second semester.

Each year, TSEF makes grants totaling \$1,500 available to the elementary schools in Bristol, New Haven, Starksboro, Lincoln and Monkton. These grants are applied for by each school’s staff. This school year, TSEF awarded grants to:

- Bristol Elementary School to purchase flexible seating options for 1st graders as well as purchasing a class set of ukuleles for a Music in the Humanities Community Ukulele Project for 6th graders.
- Beeman Elementary School for the purchase of a variety of playground equipment to facilitate the youngsters’ play, a vital part of their development.
- Robinson Elementary School to support a visit by Carrie Cruz, The Planetarium Lady for the 1st and 3rd graders, as well as the

student construction of kits of self-regulation tools that can help them create ways to reboot and create for a positive learning mindset.

- Lincoln Community School to support their week long Estonia Culture Study.
- Monkton Central School to purchase a classroom set of headphones so that all members of a class can access audio resources (via audio books and Chromebooks) to access educational information in a format that supports a variety of learning styles while not distracting their peers.

TSEF’s purpose is to fund activities, projects and initiatives developed by local teachers and to foster excellence in teaching and learning in the Mt. Abraham Unified School District schools. TSEF’s ability to fund grant requests, book purchases, and scholarships relies on contributions. The foundation recognizes teaching excellence, awards college scholarships, and funds local elementary school projects

Public Notices

can be found in this ADDISON INDEPENDENT on Pages 5B, 9B and 10B.

STATE OF VERMONT

**SUPERIOR COURT
Addison Unit**

**CIVIL DIVISION
DOCKET NO: 22-CV-00857**

U.S. BANK TRUST NATIONAL ASSOCIATION, NOT IN ITS INDIVIDUAL CAPACITY, BUT SOLELY AS TRUSTEE OF CITIGROUP MORTGAGE LOAN TRUST 2020-RP2
PLAINTIFF

VS.

VICTOR R. GITTENS AND OCCUPANTS RESIDING AT 128 MAPLE RUN RD, LEICESTER, VT 05733

NOTICE OF SALE

In accordance with the Judgment and Decree of Foreclosure by Judicial Sale entered on August 12, 2024, in the above captioned action brought to foreclosure that certain mortgage given by Victor R. Gittens and Joan A. Cameron O’Neil to Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for First National Bank of Arizona, dated April 8, 2005, and recorded in Book 60, at Page 437 and re-recorded in Book 91, at Page 361, of the Town of Leicester Land Records, of which mortgage the undersigned is the present holder by virtue of the following Assignments of Mortgage: (1) Assignment of Mortgage from Mortgage Electronic Registration Systems, Inc. as nominee for First National Bank of Arizona to Aurora Loan Services LLC recorded in Book 64, at Page 58, (2) Assignment of Mortgage from Aurora Loan Services LLC to Citigroup Mortgage Loan Trust 2020-RP2 recorded in Book 85, at Page 320 and (3) Assignment of Mortgage from Citigroup Mortgage Loan Trust 2020-RP2 to U.S. Bank Trust National Association, not in its individual capacity, but solely as Trustee of Citigroup Mortgage Loan Trust 2020-RP2 recorded in Book 86, at Page 404, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction on **August 7, 2025 at 10:00 AM at 128 Maple Run Rd, Leicester, VT 05733** all and singular the premises described in said mortgage.

To Wit:

Being all and the same lands and premises conveyed to Joan A. Cameron O’Neil and Victor R. Gittens by Warranty Deed of Joan A. Cameron O’Neil dated December 6, 2002 and recorded December 19, 2002 in Book 56, at Page 557 of the Town of Leicester Land Records and further described therein.

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

The public sale may be adjourned one or more times for a total time not exceeding 30 days, without further court order, and without publication or service of a new notice of sale, by announcement of the new sale date to those present at each adjournment or by posting notice of the adjournment in a conspicuous place at the location of the sale.

Terms of Sale: \$10,000.00 to be paid in cash or by certified check by the purchaser at the time of sale, with the balance due at closing. The sale is subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens, if any, which take precedence over the said mortgage above described.

The Mortgagor is entitled to redeem the premises at any time prior to the sale by paying the full amount due under the mortgage, including the costs and expenses of the sale.

Other terms to be announced at sale.

U.S. Bank Trust National Association, not in its individual capacity, but solely as trustee of Citigroup Mortgage Loan Trust 2020-RP2

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Plainville, MA 02762
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Mount earns Eagle Scout rank

BRISTOL — James Mount of Bristol has earned the Boy Scouts of America’s highest advancement award, the Eagle Scout Rank. Mount will be recognized in ceremonies in the Fall of 2025

A member of Bristol’s Troop 543, Mount is one of only approximately 6% of all Boy Scouts who attain the Eagle rank, according to Scoutmaster Nathan Bouvier.

Each candidate must earn a minimum of 21 merit badges (Eagle Scout Required Merit Badges) and successfully

“It was a challenging project and took a lot of help from a lot of people.”

— James Mount

complete a community, church, or synagogue-related service project to earn the Eagle Rank. Mount chose to build a walkway and drainage project for the Addison County Early Learning Center’s playground, which alleviates flooding and mud in the play area and provides Handicap Access to the school’s porch. “It was a challenging project and took a lot of help from a lot of people,” said Mount.

Peg Sutlive of the Addison County Early Learning Center (CVOEO) said: “James took the

project on as an Eagle Scout candidate. He was punctual, communicative, and organized as he led this complex project which involved fundraising, coordinating volunteers, landscaping, and carpentry.”

Mount is an active member of Troop 543, the Order of the Arrow, Scouting’s Honor Society and is active in Cross Country and Track and Field teams at Mt. Abraham Union High School, where he will be a senior in the Fall of 2025. He is also actively employed both as a lifeguard and at Martin’s Hardware in Bristol.

Mount is the son of Kristi and Bill Mount of Bristol, both of whom are active in Scouting with Troop and Pack 543.

Area river E. coli results posted

ADDISON COUNTY — Addison County Riverwatch has released the latest numbers from its E. coli Monitoring Results in the New Haven and Middlebury Rivers

The collaborative sampled for E. coli at four Addison County recreation sites on Tuesday, July 1. E. coli is a bacteria found in the intestines of humans and other warm-blooded animals. It is used as an indicator of potential fecal contamination of waters. While most strains of E. coli are themselves not pathogenic, detection of E. coli suggests that other disease-causing pathogens may be present.

The Vermont Department of

Health sets a health-based safety standard for swimming at 235 organisms/100 mL of surface water. A water sample — taken as a snapshot — that contains a concentration of organisms/mL lesser than 235 is considered compliant with the safety standard for swimming. Results on July 1 were as follows:

NEW HAVEN RIVER

- Bartlett’s Falls (Bristol): 36 org/100 mL
- DeMers Park (New Haven): 20 org/100 mL

MIDDLEBURY RIVER

- Route 125 Bridge (E. Middlebury): 12 org/100mL
- Shard Villa Road Bridge (Middlebury): 228 org/100mL

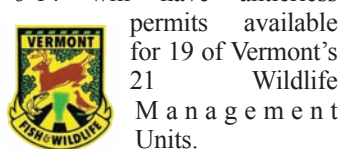
On July 1, 2025, E. coli concentrations at all sampling stations were compliant with safety standards. The reading at the Shard Villa Road Bridge was relatively higher in E. coli levels but still compliant with the safety standard. Based on past monitoring of these rivers, E. coli levels can become elevated after rain events. Those levels also can sometimes rise when weather is warm. In general, swimmers should avoid the river after significant or heavy rainfall

Riverwatch plans to post again after its Aug. 5 sampling. For more information, contact acrwcvt@gmail.com.

It’s time to apply for your muzzleloader doe permit

MONTPELIER — The Vermont Fish and Wildlife Department reminds hunters that muzzleloader season antlerless deer permit applications are available on its website until Thursday, July 31.

The muzzleloader seasons on Oct. 30-Nov.2 and Dec. 6-14 will have antlerless



permits available for 19 of Vermont’s 21 Wildlife Management Units. Landowners who post their land may not apply for a landowner priority muzzleloader antlerless deer permit. They are eligible to apply in the regular lottery for an antlerless deer permit.

“Our goal is to balance deer numbers with what the habitat can support,” said Nick Fortin, deer and moose project leader for the Fish and Wildlife Department. “To maintain a healthy and sustainable deer population, the 2025 recommendation aims to stabilize deer numbers in much of the state while reducing deer numbers in some areas.”

A lottery drawing of the permit recipients will be held Sept. 9.

ADDISON COUNTY INDEPENDENT 2025 Addy Indy Garden Game

Do you have veggies to share in our pages? We welcome entries from any of the listed 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.



Play the Garden Game!

CATEGORIES & FRONT-RUNNERS:

- Asparagus (length x circumference) - Pat Martin, 36" x 2.25"
- Beet (circumference)
- Broccoli (diameter)
- Cabbage (circumference)
- Cantaloupe (circumference)
- Carrot (length x circumference)
- Cauliflower (diameter)
- Corn (length x circumference)
- Cucumber (length x circumference)
- Edible Leafy Greens (length x width - leaf only) - Gary Miller, 16.25" x 8"
- Eggplant (circumference x circumference)
- Fennel (length x circumference)
- Green Bean (length)
- Kohlrabi (circumference)
- Leek (length x circumference)

- Melon (circumference)
- Onion (circumference)
- Parsnip (circumference)
- Pepper (circumference x circumference)
- Potato (length x circumference)
- Pumpkin (circumference x circumference)
- Radish (circumference)
- Rhubarb (length)
- Rutabaga (circumference)
- Summer Squash (length x circumference)
- Sunflower (diameter)
- Tomato (circumference)
- Turnip (circumference)
- Winter Squash (length x circumference)
- Zucchini (length x circumference)

*PLEASE NOTE: EACH INDIVIDUAL IS ELIGIBLE TO WIN ONE GIFT CERTIFICATE, EVEN IF THEY WIN MULTIPLE CATEGORIES.

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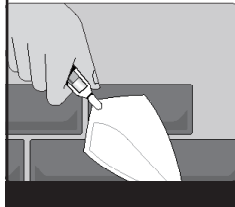
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Philosurveying.com • References available

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Advertise your business on these pages for under \$10 per week.

Call 802-388-4944 or email advertising@addisonindependent.com for details.

CLASSIFIEDS

Public Meetings

AL-ANON OFFERS HELP and hope to anyone who has been affected by a loved one's drinking. Middlebury hosts an online meeting Sunday night 7:15pm and a face to face one Wednesday at 1:30pm at CVUUS (2 Duane Court Middlebury near the high school) that you can also access by Zoom. Visit vermontalanonlateen.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.

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.

ALCOHOLICS ANONYMOUS in person meetings are available. For a list of local virtual meetings visit <http://bit.ly/district9aa>. For more information visit <https://aavt.org/> or call the 24 hour hotline at 802-802-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, 79 Court St, 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.

Services

BROWN'S CONSTRUCTION renovations, interior/exterior painting, drywall, plumbing/electrical services. Fully insured w/ 30+ years of experience covering Northern Addison and Southern Chittenden, references available. Call 802-238-4864

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

MELISSA'S QUALITY CLEANING Services. Residential and commercial. Fully insured. Great rates. Reliable and thorough cleaning. 802-345-6257.

Services

SPRING PROPERTY CLEAN UPS, some landscaping, brush cutting, lawn work, weed flower beds, grocery pick up. Call us today, we do other jobs too. low rates. 802-999-2194, John.


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!

Lost and Found

FORGOTTEN ITEM Great Yard Sale Last Weekend At 323 Foote St. CLAIRE you left something here. Please call Henry.

Help Wanted



Assistant Treasurer

The Town of Monkton is seeking a trustworthy, organized, and detail-oriented candidate to serve as its Assistant Treasurer. This position offers a competitive hourly wage based on experience, a flexible, welcoming, and casual work environment, and an opportunity to serve the community while assisting with managing the Town's finances. Town residency is not required.

Competitive candidates will have accounting experience, preferably with municipal fund accounting. Experience with NEMRC software is a plus. Accuracy, attention to detail, and a sense of humor are highly valued.

To apply, please submit a resume and cover letter with references to:
Town Administrator, Town of Monkton
 PO Box 12, Monkton, VT 05469
 or email townadministrator@monktonvt.com

Note "Assistant Treasurer Search" on your correspondence. Applications will be accepted until the position is filled.

Garage Sales

RAIN OR SHINE SALE July 17-20 Thursday 4-7 pm, Friday 8-4, Saturday 8-4, Sunday 9-12. We have: vintage Tupperware, vintage toys, vintage clothing and newer, 100's of books from very old to new, Army clothes and patches from the 50's, bottles from 1800s-1900s, old political button pins, furniture, blankets, sewing supplies (bins of new material) old sewing machine, kids clothes and toys, DVDs, albums, record player, kitchen supplies, crocks, pottery, salt and pepper sets, numerous cameras, comic books, Garfield books, aviation books, old maps, Popular mechanics and car magazines from the 50s, Avon bottles, old sleds, bicycles, ramps, assorted nails/screws and garden tools, AG Doll clothing sets (many vintage), frames, pictures, guitar, violin, fishing gear, StarCraft boat, planters, Red Rose tea figurines, mini tea sets, cast iron, and so much more! **RAIN OR SHINE**, 477 Doolittle Road Shoreham VT 05770

Help Wanted

Help Wanted

YARD SALE Best Annual Yard Sale, East Rd in Middlebury. July 12, 9:00. Used, new and beautiful hand made items

Help Wanted

DENTAL HYGIENIST Full Time or Part Time. David E. Congalton, DDS 106 Main Street, Vergennes. Dr. Congalton's office is seeking a full or part time dental hygienist. Excellent pay and full benefits. Please contact the office at drcongalton@yahoo.com for more information.

Highway Maintenance Technician

The Town of Ferrisburgh is looking for a highly motivated individual to fill the role of Highway Maintenance Technician 1 or 2. This is a full-time 40-hour per week position with required overtime during the winter months. The Ferrisburgh Highway Department is responsible for the maintenance of approximately 80 miles of roads. To include grading, ditching, rebuilding, mowing, cutting trees and plowing.

- Applicants must possess the following:**
- Valid Driver's License with Class B CDL or higher
 - Experience with heavy equipment is preferred
 - Experience with winter maintenance is preferred
 - Applicants must reside within 30 minutes of Town Garage
 - Work a 10-hour day, 6am-4pm
 - Follow instruction, work with others and by themselves
 - Ability to maintain vehicles and equipment
 - Pre-employment drug screening

- Benefits include:**
- 4 10-hour days (Fridays off)
 - Paid holidays
 - Health insurance
 - Retirement
 - Paid Vacation
 - Personal time
 - Sick time
- Compensation:**
 \$22-\$27 per hour based on experience and education.

For a complete job description and application, visit the Ferrisburgh Town Clerk's Office.

To apply, please send cover letter, resume and references to Pam Cousino at
townclerk@ferrisburghvt.org or mail to:
 Ferrisburgh Town Clerk
 3279 US Route 7
 Ferrisburgh, VT 05456

Must be received by July 31, 2025 at 4:00 p.m.

The Town of Ferrisburgh is an Equal Employment Opportunity Employer.

Help Wanted

PART-TIME PERSONAL CARE assistant wanted to help 77 year old man in Addison for 3-4 hours a day for 4 days a week. Help with housekeeping, cooking, and chores. \$25 an hour. Reply to ellenresnik@gmail.com

Help Wanted

For Sale

2011 38' CAMPER needs little work. \$6500, must sell. Call 802-349-2918.

ENCORE WOOD STOVE porcelain green with glass door. \$1200 or best offer, must sell. Call 802-349-2918.

EXERCISE EQUIPMENT Life Fitness Series X 5i total body elliptical cross trainer, excellent condition. \$200. johnmorgan8@aol.com, 860-301-2407

FIREWOOD STOVE in excellent shape. \$1800 or best offer, must sell. Call 802-349-2918

TWO ITEMS Kenmore 12k BTU multi-room window AC. Energy star rated, good condition \$75 cash. Drywall/panel hoist 150lb capacity like new, \$125 cash. Call 802-989-0721, leave a message or a text.

Help Wanted

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.

Help Wanted

For Rent

1000 SQUARE FEET OF RETAIL available with parking on Bakery Lane in downtown Middlebury. 802-349-8544.

Help Wanted



Nutrien Ag Solutions

NOW HIRING

Administrative Coordinator for our Addison, VT Branch

This is a full-time opening with excellent pay, retirement, healthcare, and time-off benefits. **Must be computer literate.**

Will train the right individual for the rest.

Apply online at nutrienagsolutions.com/careers or in person at 4923 VT Route 22A, Addison, VT. **802-759-2022**

We're **HIRING!**

The Addy Indy is looking to hire an enthusiastic and motivated **Digital and Calendar editor.**

If you are tech savvy, curious about community events and quick with technology, this position could be perfect for you!

The Digital Editor will work with the news and publishing teams to manage all digital content on our websites (AddisonIndependent.com and MiniBury.com), social media and newsletters.

Experience with WordPress and MailChimp preferred, along with a strong commitment to learn new systems and improve our platforms to reach and engage our readers. Additional responsibilities include copy editing, proofreading and working with our audience development team to analyze patterns and reach more readers!

Expected starting range based on \$20 - \$25/hour commensurate with experience.

The Addison Independent is an equal opportunity employer.



Please send a cover letter, resumé and references to: news@addisonindependent.com

ADDISON COUNTY INDEPENDENT

Learn more about us at addisonindependent.com

Opportunities

Opportunities

Opportunities

Opportunities

Opportunities

Opportunities

Food Shelf Volunteers



Volunteer with Have-A-Heart Food Shelf in Bristol!

Volunteers will help with restocking shelves, picking up orders and donations, organizing distribution days, and more.

Contact haveaheartvt@gmail.com or call Allison at 802-233-3561 to learn more.



Addison Independent CLASSIFIED ORDER FORM

ADDISON INDEPENDENT
 58 Maple Street, Middlebury, VT 05753
 802-388-4944
addisonindependent.com • email: classifieds@addisonindependent.com

Cash in on our 4-for-3 rates! Pay for 3 issues, get 4th issue free! An ad placed for consecutive issues runs the 4th time for free!

Name: _____
 Address: _____
 Phone: _____
 Email: _____

Or, submit your classified ad on our website: addisonindependent.com

DEADLINE: Monday at 5 p.m.

- RATES**
- 25¢ per word • minimum \$2.50 per ad
 - 50¢ internet listing per issue • minimum 2 insertions

• Special 4 for 3 rates not valid for the following categories: Services, Opportunities, Real Estate, Wood heat, Attn. Farmers, For Rent & Help Wanted

- | | | |
|------------------------------------------|--------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Notices | <input type="checkbox"/> Work Wanted | <input type="checkbox"/> Att. Farmers |
| <input type="checkbox"/> Card of Thanks | <input type="checkbox"/> Help Wanted | <input type="checkbox"/> Motorcycles |
| <input type="checkbox"/> Personals | <input type="checkbox"/> For Sale | <input type="checkbox"/> Cars |
| <input type="checkbox"/> Services | <input type="checkbox"/> Public Meetings** | <input type="checkbox"/> Trucks |
| <input type="checkbox"/> Free** | <input type="checkbox"/> For Rent | <input type="checkbox"/> SUVs |
| <input type="checkbox"/> Lost 'N Found** | <input type="checkbox"/> Want to Rent | <input type="checkbox"/> Snowmobiles |
| <input type="checkbox"/> Garage Sales | <input type="checkbox"/> Wood Heat | <input type="checkbox"/> Boats |
| <input type="checkbox"/> Lawn & Garden | <input type="checkbox"/> Real Estate | <input type="checkbox"/> Wanted |
| <input type="checkbox"/> Opportunities | <input type="checkbox"/> Animals | <input type="checkbox"/> Real Estate Wanted |
| <input type="checkbox"/> Adoption | | <input type="checkbox"/> Vacation Rentals |

** no charge for these ads Spotlight with large ✓ \$1

PLEASE PRINT YOUR AD...

Number of words: _____
 Cost: \$ _____
 # of runs: _____
 Spotlight Charge: \$ _____
 Internet Listing: \$ _____
 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

For Rent

5,000 SQUARE FEET available. Exchange Street, Middlebury, VT. 802-349-8544.



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.

COMMERCIAL/OFFICE SPACE - 2000 sq ft to 7000 sq ft - Tall ceilings, loading docks, plenty of parking. Middlebury - 802-558-6092

MIDDLEBURY, OFF CAMPUS HOUSING available. 802-388-4831, AJ Neri Property Rentals.

Help Wanted

For Rent

FERRISBURGH: Share spacious rural home with stunning views with vibrant woman in her 70s who enjoys yoga, book groups, hiking. Seeking housemate who might enjoy walks or occasional meals together! \$650/month plus utilities. Private bath. 6 miles to Vergennes. 802-863-5625 or HomeShareVermont.org for application. Interview, references, background checks required. EHO

MIDDLEBURY BRIARWOOD APARTMENTS is currently taking waitlist applications for 2- br apartments. No smoking/No pets. Income limits apply- rent based on income- 2 person minimum occupancy. Equal Housing Opportunity. Handicapped accessible. 802-247-0165 TTY: 800-253-0191 www.SummitPMG.com.

RUTLAND: Share home with outdoorsy woman in her 70s who enjoys antiquing and gardening. \$650 plus small utilities share. Private bath. Must be cat/dog-friendly! 802-863-5625 or HomeShareVermont.org for application. Interview, references, background checks required. EHO

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

WEYBRIDGE: Private apartment offered in the home of senior woman who enjoys theater and community events. \$650/month plus utilities. Seeking female housemate to share conversation and outings together. Must be dog-friendly! 802-863-5625 or HomeShareVermont.org for application. Interview, references, background checks required. EHO

Wood Heat

DRY OR GREEN firewood for sale. Delivery available. 802-349-4212.

Att. Farmers

1ST CUT, SMALL square, \$3.25. 2nd cut small square, \$4.25. 802-377-5455.

HAYFIELDS AVAILABLE 30 acres, Whiting/Cornwall line. Free. Ready to be cut and baled. farmer who cut retired. 802-989-8354

WHITNEY'S CUSTOM FARM WORK Pond agitating, liquid manure hauling, drag line aerating. Call for price. 462-2755, John Whitney.

Help Wanted

ONLINE AUCTION

(1684) MID-CENTURY MODERN & DESIGNER FURNITURE & ACCESSORIES
AUCTION CLOSES: Tues., July 22 @ 11AM
PREVIEW: MONDAY, July 14 from 11AM-1PM
ITEMS LOCATED IN SHELBURNE, VT

Over 135 lots of Mid-Century Modern designer furnishings, fine home accessories, and global treasures in this online auction. This sale offers something for every taste and interior.

THOMAS HIRCHAK COMPANY
 THCAuction.com • 802-888-4662

REAL ESTATE AUCTION

FORECLOSURE: 3 BR/1 & 3/4 BTH HOME ON 0.51 ACRES IN BRANDON, VT
LIVE AUCTION: Tues., July 15 @ 11AM
LOCATION: 335 Deer Run Road, Brandon, VT 05733

Real Estate Foreclosure Auction: Built in 1988, this home offers comfortable living with 3 bedrooms and 1 & 3/4 baths across 1,008 sq. ft. of thoughtfully designed space. Enjoy the outdoors from the 14' x 12' back deck, perfect for relaxing or entertaining, and take advantage of the convenience of an attached garage.

THOMAS HIRCHAK COMPANY
 THCAuction.com • 802-888-4662

AUCTIONS

GREAT BRANDON AUCTION

37th
Thursday, July 3rd ~ Saturday, July 12th

In the Brandon Town Hall
 Thu, July 3rd: 11-7:30pm
 Fri, July 4: 11-7:30pm
 Sat, July 5: 11-9pm - also Brandon's 4th of July celebration & Parade!
 Sun, July 6: 11-5pm
 Mon, July 7 thru Thu, July 10: 11-7pm
 Fri, July 11: 11-7:30pm
 Sat, July 12: 8am-2pm (Auction Closes!)
 Sun, July 13: 10am-2pm (For pick up of items only)

IF YOU WANT TO ATTEND A GREAT AUCTION THIS SUMMER, MAKE IT THIS ONE. The Chamber is in our 3rd year in our beautiful Brandon Town Hall!

Our great air-conditioned indoor location will be staffed by volunteers for 10 days, and items will be set up for silent auction bidding and eBay style "Buy It Now" format so you can walk out the door with your treasure!

The Auction offers antiques, collectibles, new merchandise, Vermont-made items, and surprises & treasures from attics and barns. Featuring work from many of our famous local artists and lots of gift certificates to local businesses including restaurants, brew pubs, fuel oil, massages, services, and much more!

802-247-6401 info@brandon.org
 Go to www.brandon.org for more info and pictures.

MARKET REPORT

ADDISON COUNTY COMMISSION SALES

RT. 125 • EAST MIDDLEBURY, VT
 Sales for 7/3/25 & 7/7/25

		COST	
BEEF	LBS.	/LB	\$
Danyon Farm	1420	1.80	\$2556.00
J. Farrell	1340	1.65	\$2211.00
Blue Spruce	1935	1.62	\$3134.70
Goodrich	1545	1.60	\$2472.00
Westminster	1550	1.58	\$2449.00
Vorsteveld	1895	1.55	\$2937.25
Nop Bros	1805	1.55	\$2797.75

		COST	
CALVES	LBS.	/LB	\$
A. Brisson	89	15.00	\$1335.00
Wilcon	78	15.00	\$1170.00
Barnes Bros	92	14.00	\$1288.00
M+L Quesnel	91	13.20	\$1201.20
Vorsteveld	86	13.10	\$1126.60

Total Beef - 148 Total Calves - 201
 We value our faithful customers.
Sales at 3 pm - Mon. & Thurs.
 call 1-802-388-2661

calendar @ addisonindependent.com

NOTICE OF SELF-STORAGE LIEN SALE

116 SELF STORAGE, BRISTOL, VT
 Notice is hereby given that the contents of the self-storage unit listed below will be sold at public auction by sealed bid at the 116 Self Storage facility. This sale is being held to collect unpaid storage unit occupancy fees, charges and expenses of the sale.
 The entire contents of the self-storage unit listed below will be sold, with the proceeds to be distributed to 116 Self Storage for all accrued occupancy fees (rent charges), attorney's fees, sale expenses in relation to the unit and its sale. Any proceeds beyond the foregoing shall be returned to the unit holder.
 Contents of the unit may be viewed on 7/22/2025 commencing at 10 a.m. Sealed bids are to be submitted on the entire contents of the self-storage unit. Bids will be opened one-quarter of an hour after the unit has been viewed on 7/22/2025. The highest bidder on the storage unit must remove the entire contents within 48 hours after notification of their successful bid. Purchase must be made in cash and paid in advance of the removal of the contents of the unit. A \$50.00 cash deposit shall be made and will be refunded if the unit is broom cleaned. 116 Self Storage reserves the right to accept or reject bids.
Unit #12 - Kiser

Public Notices

can be found in this
ADDISON INDEPENDENT on
Pages 5B, 9B and 10B.

TOWN OF LINCOLN PUBLIC NOTICE

Wednesday, August 6, 2025, 6:00 PM
Lincoln Town Office, 62 Quaker St., and virtually via Zoom
 The Lincoln Development Review Board will hold a public hearing for:
 1. Conditional Use Application #25-025 on behalf of Gillian and Russell Comstock for Metta Earth Forest Sanctuary Natural Burial site. Located at 334 Geary Rd., Lincoln, VT. Parcel ID # 27-10-01-16.300
 Participation in the local proceeding is a prerequisite to the right to take any subsequent appeal. Please call the town office at 802-453-2980 to arrange a time to view the complete application.
 The Zoom link will be included in the agenda which can be found on the town's website, https://lincolnvermont.org, in the week prior to the hearing.

NOTIFICATION OF INFORMATIONAL MEETING

LARGE FARM PERMIT AMENDMENT and CONSTRUCTION PERMIT APPLICATION

Notice is hereby provided that Blue Spruce Farm in the town of Bridport, Vermont has applied to the Vermont Agency of Agriculture, Food and Markets for a Large Farm Construction Permit and Operation Permit Amendment.
 Blue Spruce Farm is proposing the following changes at their farm, located at 1796 VT Route 22A Bridport, VT 05491:
 o Increase in permitted maximum number of animals
 o Construction of animal housing
 An informational meeting will be held by the Vermont Agency of Agriculture, Food and Markets on July 16, 2025, at 8:00 am. The meeting will be held at Bridport Masonic Hall located at 52 Crown Point Road, Bridport VT 05734.
 The purpose of the public informational meeting shall be to provide an opportunity for the public to learn about the proposed project.
 The public comment period regarding the application closes five business days after the meeting date mentioned above. All comments must be submitted by close of business on July 23, 2025. The request for any application materials is considered a public record request. All inquiries or comments regarding the application or the meeting may be submitted to agr.wqpermits@vermont.gov.

STATE OF VERMONT, SUPERIOR COURT PROBATE DIVISION, ADDISON UNIT

DOCKET NO.: 25-PR-02273
IN RE ESTATE OF: CLARKE THIBAUT
NOTICE TO CREDITORS
To the Creditors of: Clarke Thibault, late of Monkton, 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: 07/07/2025
 Zarabeth Duell
 267 Browns Road, Lincoln, VT 05443
 802-324-9205
 zarabeth.duell@gmail.com
 Publication: Addison Independent
 Publication Dates: 07/10/25
 Name of Probate Court: Vermont Superior Court, Addison Unit, Probate Division
 Address of Court: 7 Mahady Court, Middlebury, VT 05753

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).

NOTE: The six rules below have been promulgated by the Agency of Human Services who has requested the notices be combined to facilitate a savings for the agency. When contacting the agency about these rules please note the title and rule number of the proposed rule(s) you are interested in.

- Health Benefits Eligibility and Enrollment Rule, General Provisions and Definition (Part 1). Vermont Proposed Rule: **25P025**
- Health Benefits Eligibility and Enrollment Rule, Eligibility Standards (Part 2). Vermont Proposed Rule: **25P026**
- Health Benefits Eligibility and Enrollment Rule, Nonfinancial Eligibility Requirements (Part 3). Vermont Proposed Rule: **25P027**
- Health Benefits Eligibility and Enrollment Rule, Special Rules for Medicaid Coverage of Long-Term Care Services and Supports- Eligibility and Post-Eligibility (Part 4). Vermont Proposed Rule: **25P028**
- Health Benefits Eligibility and Enrollment Rule, Financial Methodologies (Part 5). Vermont Proposed Rule: **25P029**
- Health Benefits Eligibility and Enrollment Rule, Eligibility-and-Enrollment Procedures (Part 7). Vermont Proposed Rule: **25P030**

AGENCY: Agency of Human Services
CONCISE SUMMARY: These proposed rules amend Parts 1-5 and 7 of the 8-part Health Benefits Eligibility and Enrollment (HBE) rule. Parts 1, 4, and 5 were last amended effective January 1, 2024. Parts 2, 3, and 7 were last amended effective January 1, 2025. Substantive revisions include: adding coverage of pre-release services for up to 90 days before release for sentenced, incarcerated individuals enrolled in Medicaid; using the Low Income Subsidy (LIS) family size definition for Medicare Savings Program (MSP) eligibility determinations; raising the income limit for Qualified Medicare Beneficiaries from 100% to 145% of the Federal Poverty Level (FPL) and Qualifying Individuals 135% to 195% FPL; changing the household composition for the Access Plan; modifying noticing requirements for eligibility verifications; providing earlier Qualified Health Plan (QHP) effective dates for special enrollment periods and voluntary terminations.
FOR FURTHER INFORMATION, CONTACT: Dani Fuoco, Agency of Human Services, 280 State Drive, NOB 1 South, Waterbury, Vermont 05671-1010 Tel: 802-585-4265 Fax: 802-241-0450 E-Mail: dani.fuoco@vermont.gov URL: https://humanservices.vermont.gov/rules-policies/health-care-rules.
FOR COPIES: Jessica Ploesser, Agency of Human Services, 280 State Drive, NOB 1 South, Waterbury, Vermont 05671-1010 Tel: 802-241-0454 Fax: 802-241-0450 E-Mail: jessica.ploesser@vermont.gov.

Addison County Parent/Child Center

Join the Parent/Child Center Team

CHILDCARE WORKER/PARENT EDUCATOR

Childcare Staff Position: We are seeking a childcare worker who will work with children and parents in our therapeutic program. This is a full-time position with generous benefits. We are a therapeutic childcare program that supports children birth through 5 and their families.

Strong candidates must have knowledge of **child development, family systems,** excellent communication skills, and want to work with young families. Flexibility and collaboration are a must. Experience with children and families wanted: a minimum of a Bachelor's degree preferred.

Salary range \$50,200 to \$59,500 depending on degree.
 Please send a resume and cover letter, along with 3 references to **Donna Bailey at dbailey@addisoncountypcc.org**

TOWN OF MONKTON DEVELOPMENT REVIEW BOARD

The Monkton Development Review Board will hold the following hearing on Monday, July 28, 2025, beginning at 7:30 P.M. The hearing will be held in person at the Town Office, located at 92 Monkton Ridge. The hearings will also be available via Zoom and login information is below.

1. Final Plat Application #2021-03-MAJ of Lynne Caulfield for a 2-lot subdivision located at 886 Bristol Rd (Parcel ID 05.103.017.001) in the RA-2/RA-5 Zoning Districts.

An electronic copy of the applications can be obtained by emailing zoning@monktonvt.com. A hard copy of the application is available at Town Hall by appointment. Please call 802-453-3800 to make an appointment.
Remote Access: Join Zoom Meeting
 https://zoom.us/j/Meeting ID: 802 453 3800 * Passcode: 1762
 Phone In: 1-646-558-8656 * Meeting ID: 802 453 3800 * Passcode: 1762

TOWN OF ADDISON DRB PUBLIC NOTICE

The Town of Addison Development Review Board will convene a public hearing on Monday, July 28, 2025 at 6:00PM at the former Addison Central School located at VT Rte 22A and VT Rte 17 West, Addison, VT.

1. Application DRB (25-17) Will Duane, VT Dept. of Fish & Wildlife Dept. requesting to do a 2-lot subdivision at 815 Gage Road, Addison, ahead of the acquisition of 176 acres of VDFG.
2. Application DRB (#25-22) Richard & Joanne Reynold request to subdivide land into two (2) parcels located at 6935 VT Rte 22A, Addison, VT. 05491.
3. Application DRB (#25-24) Keith and Gerry Trudo requesting to subdivide land into two (2) parcels located at 799 Norton Town Road, Addison, VT 05491

The applications are available for inspection at the Town Clerk's Office during normal office hours. Interested parties who wish to appeal or to be heard must attend the hearing or may be represented by an agent or an attorney. Communications relating to the application may be filed in writing with the Board either before or during the hearings.

N.B.: Participation in a hearing is necessary to establish status as an "interested party" and the right to appeal a decision rendered in that hearing, according to the provisions of 24 V.S.A. 117 S.S.4464 (a) (1) (C), 4465(b) and 4471 (a). Participation consists of offering through oral or written testimony, evidence or a statement of concern directly related to the subject of the hearing.

Respectfully Submitted,
 Alden Harwood, Chair
 Starr Phillips, Board Secretary
 Daniel Rossignol, Zoning Administrator

TOWN OF MIDDLEBURY ORDINANCE FOR THE REGULATION OF THE DOWNTOWN IMPROVEMENT DISTRICT

Pursuant to the authority of Chapter 1, Section 104 (L) of the Town Charter, the Select Board of the Town of Middlebury hereby enacts the following ordinance establishing a special assessment district to be called the Downtown Improvement District (hereinafter referred to as "the DID" or "District"); defining the District; and establishing the regulations for governance of the District.

ARTICLE I - PURPOSE

To establish a special assessment district for downtown improvements, and to provide additional taxing authority to the Select Board, revenues from which shall be designated funds to be utilized in providing partial financing, and to leverage financing from other sources, for implementing public improvements and benefiting properties in the District.

ARTICLE II - BOUNDARIES AND COMPOSITION OF THE DISTRICT Section 201

The District shall be comprised of all non-residential real properties (hereinafter referred to as "assessed property") located in the area shown on the map in Appendix A. In the case of a property or structure containing both residential and non-residential uses, only the portion used for non-residential purposes shall be considered part of the District.

A general description of the included properties and current businesses at the district limits is as follows:

- On Seymour Street, to include 52-60 Seymour St.;
- On Exchange Street, to include 33-105 Exchange St.;
- In the Elm Street area, to include 21 MacIntyre Lane and 30 MacIntyre Lane and 3 Elm St ((and properties on both side of Elm Street extending to North Pleasant St.);
- On Route 7-North Pleasant Street to include 57 North Pleasant St and 24-25-27 Stewart Lane and and 60 North Pleasant St;
- On Seminary Street, to include 14 Seminary St;
- On Washington Street, to include 8-10 Washington St, 14 Washington St , and 24 Washington St;
- On Court Street, to include 49 Court Stand 50 Court St.
- On the north and west, to include Middle Seymour St. and Willard St. and Maple St.
- On Mill Street, to include properties on both sides up to 12 Mill St.;
- On College Street, to include 54-56 College St.;
- On Main Street, to include 94 Main St.) and 91 Main St.;
- On Main St/Bakery Lane, to include 89 Main St. and 25 Bakery Lane;
- Along the Cross St. Bridge and Cross Street, it includes the properties on both sides extending to Court St/Route 7.

The Town Lister's Office shall maintain a current list of DID assessed properties.

Section 202. Definitions

"Residential" properties include one family dwellings, two family dwellings, multiple family dwellings (apartments, townhouses and residential condominiums are included in this definition), rooming houses, and home occupations, as those terms are defined in the Middlebury Zoning Regulation.

"Non-residential" properties are all other properties not included in "residential" properties. For purposes of this ordinance, a tourist home or bed & breakfast establishment is included as nonresidential. Non-residential properties shall include utilities within the District boundaries, including land and improvements, but shall not include utility poles.

"Assessed Property" shall include only real property in the District as defined by the taxing sections of State statute

ARTICLE III - USE OF FUNDS

Section 301

Revenues generated from the District shall be used for implementing a broad range of major and minor public improvements located on public and private property within the District and providing a benefit to the assessed properties within the District. Determination of said projects shall be made by recommendation of the Commission, as described in Article IV, the Select Board and then voted by the Select Board as part of the Capital Improvement Plan.

Section 302

Annually, \$15,000 of District revenues shall be paid to the Better Middlebury Partnership (BMP), its successors and/or assigns, for services to secure grants for downtown improvements and other activities benefiting the district. The Selectboard may make adjustments to this annual figure through a separate action.

Section 303

Up to 10% of the annual revenues shall be used for the maintenance of District improvements which have been funded by District Tax Assessments or other funding of the District.

ARTICLE IV - DOWNTOWN IMPROVEMENT DISTRICT COMMISSION (DIDC)

Section 401

A Downtown Improvement District Commission, appointed by the Select Board, shall identify and develop the budget for improvements and make recommendations to the Select Board for inclusion during the annual Town budget process. The Commission shall also have responsibilities for handling appeals as outlined in Article VI.

Section 402

The Commission shall consist of six members with representation as follows: a) three (3) members shall, at the time of appointment and during their respective terms, own or be agents for assessed property in the District; b) one (1) member shall, at the time of appointment and during his/her term, own or manage a business in the District; c) one (1) member at large who is a legal resident of the Town of Middlebury; d) one (1) Select Board member.

Section 403

The Select Board shall make appointments for three-year terms; in order to achieve staggered terms and maintain continuity on the DIDC the Select Board may make appointments for shorter terms or to fill a vacancy for an unexpired term.

Section 404

The Select Board may remove Commissioners for cause, but only after a public hearing duly warned, and vote of the Select Board is taken.

Section 405

The Commission shall elect from its own number a Chair and Vice Chair. If there are an even number of Commissioners voting, the Chair may vote to make or break a tie.

Section 406

The Commission shall meet as determined by the majority of its members, but shall, at a minimum, hold one duly warned public hearing prior to making annual recommendations to the Select Board to correspond with the Town budget preparation, which begins in the fall of each year.

Section 407

Projects submitted to the Select Board may be approved as is, or with deletions. The Select Board, however, shall not make additions to or substitutions from the recommended list submitted by the Commission, without prior Commission review and approval.

Section 408

The Town shall administer improvements made with funds generated from the District. Such improvements shall be subject to the purchasing policies and bid procedures followed by the Town.

ARTICLE V - TAX ASSESSMENT

Section 501

District taxes are charges levied upon the owners of taxable real properties located within the District, as defined in Article II, during the levy period set forth in Article VII. Taxes so generated shall be used for the purposes set forth in Article III.

Section 502

The DIDC should annually recommend to the Select Board a budget for downtown projects for the ensuing year. The tax rate shall be determined by the Select Board by dividing the amount to be raised by taxes, by the total value of the

assessed property in the Grand List in the District subject to the District tax. Under no circumstances shall the amount raised by taxes in the District exceed \$100.00 per \$100,000.00 of assessed value.

Section 503

In the first year of a DID assessment, the Board of Listers shall send a notice in writing of the value of the property to be assessed to the owner of record as of April 1. In subsequent years the Town will not send a notice unless the value of the assessed property on the Grand List or the owner of record has changed.

Section 504

The Select Board shall set the District tax rate at the same time that the Board sets the Town tax rate.

Section 505

A separate tax bill in the name of the owner of record in the Town Clerk's office shall be mailed at the same time as other Town tax bills are mailed.

Section 506

Payment shall be due on the same date that other taxes are due and in the installment format as may be determined by the voters at Town Meeting.

Section 507

District taxes shall be a lien on the properties when assessed and shall continue until the tax is paid, or the lien is otherwise discharged by operation of law. In addition this assessment shall be subject to penalties and interest as are charged to any tax payments not paid on the due date.

Section 508

The Town shall collect District taxes following the procedures established in Town Charter, State Statutes, and procedures adopted by the Select Board.

Section 509

In the case of any property used for both residential and nonresidential purposes within the District as of each April 1, the Board of Listers shall adjust the listed value for the purposes of determining the DID District Tax under this section to exclude that portion of the property used exclusively for residential purposes. The method for determining the adjusted listed value of the non-residential use portion by applying the percentage of square footage of the building in non-residential use to the full listed value of the building. The Board shall determine the adjusted Grand List value of the portion of the property and give notice of the same as provided under Chapter 131 of Title 32 of the Vermont Statutes (4401-4452). In subsequent years if no change has taken place then no notice shall be sent.

ARTICLE VI - APPEALS

Section 601 - Grievances Any property owner may file a grievance with the Board of Listers and appeal the decision of the Board as provided for in Title 32 VSA Chapter 131.

Section 602 - Other Appeals

a. Appeals as to determination related to the Tax District only, i.e. number of square feet included for an assessed property which is both residential and non-residential, shall be filed with the Downtown Improvement Commission within thirty (30) days of the assessment (the Town Boards, State Board and Superior Court shall have no jurisdiction for such appeals).

b. An aggrieved property owner may also appeal such assessment to the Downtown Improvement District Commission, if the owner is a non-profit, tax exempt organization and has received an Internal Revenue Service letter of determination of such status pursuant to section 501© of the Internal Revenue Code. The Commission, in making a determination of whether such an organization should be exempted from the Tax Assessment of the District, shall consider the following factors:

- 1) Whether the owner will receive any benefit from the improvements to the District; or
- 2) Whether the benefits are likely to exceed the tax assessment; or
- 3) Whether some portions or all of the building (or none) will receive some benefit related to the activities or use of that portion or all of the building (an allocation may then be made as to the assessable portion); or
- 4) Whether the activities or uses of the building are similar to other activities or uses of non-tax exempt owner (i.e. retail sales are conducted on the premises); or
- 5) Other factors which would reflect on the cost/benefit issues for non-exempt owners, as well as an owner claiming such tax-exempt status.

Section 603 - Status of Collection of Taxes During Appeal

The filing of any appeal of the determination of the Listers, the Civil Board or the Downtown Improvement District Commission and tendency of the appeal shall not vacate the lien on the property assessed, and the owner shall pay the District taxes and continue to pay the said taxes as they become due.

ARTICLE VII - EFFECTIVE DATES OF ORDINANCE AND LEVY PERIOD

This Ordinance shall take effect forty days from date of adoption by the Select Board and shall be effective until repealed. In the event that the levy period expires prior to being extended, the Ordinance shall remain in effect, but no district taxes shall be imposed hereunder unless and until the levy is reinstated pursuant to the amendment procedures of Section 801. The existing seven-year levy period in place under the November 14, 2017 amendment to this Ordinance is hereby extended for an additional seven-year period beginning on the first day of the Town of Middlebury FY2026 tax year (July 1, 2025 through June 30, 2026) and ending on the final day of the FY 2032 (July 1, 2031 - June 30, 2032).

ARTICLE VIII - AMENDMENT PROCESS; ADDITION AND REMOVAL OF PROPERTIES

Section 801 - Amendments to Ordinance

Any amendments to this Ordinance, including but not limited to any extension of the levy period set forth in this Ordinance, reinstatement of the levy if it expires prior to being extended, alteration of the district boundaries as defined in Section 201, and alteration of the definitions of which types of properties are subject to the levy as defined in Sections 201 and 202, shall only be effective if adopted in accordance with Sections 104 (L) and 107 of the Town Charter and all other applicable laws.

Section 802 - Addition or Removal of Properties from District Based on Changes in Use

a. The addition or removal of properties from the District based on changes of use shall take place annually as set forth in this Section and shall not require an amendment to this Ordinance.

b. The Lister's Office shall review all the properties within the district boundaries as of April 1 in any tax year and shall add or remove properties according to the following procedure:

- 1) If the property has been converted from residential to non-residential use, (in whole or part) the owner shall be notified by certified mail that the affected portion of the property has now become subject to the District tax and will receive the tax bill in June of that year for the next fiscal year.
- 2) If the property has been converted from non-residential to residential use (in whole or part), the owner shall be notified by certified mail that the affected portion of the property, as long as it remains in residential use, will not be subject to the tax.
- 3) Consistent with Sections 502, 503, and 504 above, the DID Tax District Grand List will be adjusted to reflect the alteration of the District.

c. Appeals to inclusion in the District shall be filed with the Downtown Improvement District Commission consistent with Section 602 of this Ordinance.

ARTICLE IX - SEVERABILITY

If any section or subsection of this ordinance is declared unconstitutional or otherwise invalid by a court of competent jurisdiction, such judgment shall not offset the constitutionality or validity of the remaining sections or subsections.

ADOPTED: JANUARY 23, 1996 EFFECTIVE: MARCH 3, 1996

AMENDED: AUGUST 12, 1997 EFFECTIVE: SEPTEMBER 22, 1997

AMENDED: DECEMBER 9, 1997 EFFECTIVE: JANUARY 18, 1998

AMENDED: AUGUST 27, 2002 EFFECTIVE: OCTOBER 7, 2002

AMENDED: APRIL 27, 2010 EFFECTIVE: JUNE 6, 2010

AMENDED: NOVEMBER 14, 2017 EFFECTIVE: DECEMBER 24, 2017

AMENDED:

Monkton

Have a news tip?
Contact Liz Pecor at
rascal0406@gmavt.net

NEWS

MONKTON — An ongoing activity at the Russell Memorial Library is Saturday Morning Yoga. On July 12 from 8 to 9 a.m. you can combine meditation and movement to music while connecting with your inner self. This free event is open to all ages and abilities.

On Thursday, July 17, from 3:30 to 4:30 p.m. join others at the library for a Chess Class. Join chess coach and expert Andrea Gorostiaga to let her guide you in

learning or improving your game skills. All level of players are welcome.

Stitch and Spin, meeting on the third Sunday every month, will continue on July 20 from 10 a.m. to 1 p.m. Watch for more information on that and upcoming events or check the library's website.

Also, there are many activities around town in August. Keep your eyes peeled to the *Addison Independent* for updates.

Public Notices Index

Public Notices for the following can be found in this
ADDISON INDEPENDENT on Pages **5B, 9B and 10B.**

116 Self Storage (1)

Addison (2)

Blue Spruce Farm (1)

Lincoln (1)

Middlebury (1)

Monkton (1)

State of Vermont (1)

Email your Public Notices

to legals@addisonindependent.com
and Jenna makes sure it gets in the paper

TOWN OF ADDISON

NOTICE OF TAX SALE

The resident and non-resident owners, lien holders and mortgagees of real property in the Town of Addison in Addison County are hereby notified that the taxes assessed by such Town remain, either in whole or in part, unpaid on the following described lands in such Town, to wit:

Property Owners: Gary Blanchard and Deanna Blanchard

Property Address: Ten Acre Campground #73

Parcel ID # TA0073-T

A travel trailer located at Ten Acres Drive, Lot 73 Ten Acres Drive Campground & RV Park.

Tax Years: 2022-2023

Amount of tax, interest, cost and penalties: \$2,328.00

Property Owners: John Hinkell, Sr.

Property Address: Sportsman Campground #62

Parcel ID # VR0062-T

A travel trailer located at Sportsman Campground, Lot 62.

Tax Years: 2021-2024

Amount of tax, interest, cost and penalties: \$3,222.48

Property Owners: James Koerber

Property Address: 144 Cedar Drive

Parcel ID # CD0144

Land and premises described in a Quitclaim Deed from Louise Koerber to James Koerber dated June 1, 2018, and recorded at Volume 115, Page 280, of the Town of Addison Land Records.

Tax Years: 2022-2024

Amount of tax, interest, cost and penalties: \$4,462.32

Property Owners: Jim McLain

Property Address: Sportsman Campground #49

Parcel ID # VR0049-T

A travel trailer located at Sportsman Campground, Lot 49.

Tax Years: 2018-2024

Amount of tax, interest, cost and penalties: \$2,587.89

Property Owners: John E. Oliva

Property Address: 9 Oven Bay

Parcel ID # OB0009

Land and premises described in a Quitclaim Deed from Donald Freda to John E. Oliva dated January 23, 2020, and recorded at Volume 111, Page 823, of the Town of Addison Land Records.

Tax Years: 2022-2024

Amount of tax, interest, cost and penalties: \$20,658.72

Property Owners: John E. Oliva

Property Address: 392 Tritown Road

Parcel ID # TR0392

Land and premises described in a Quitclaim Deed from Donald Freda to John E. Oliva dated January 23, 2020, and recorded at Volume 111, Page 821, of the Town of Addison Land Records.

Tax Years: 2022-2024

Amount of tax, interest, cost and penalties: \$20,428.43

Property Owners: David Stanilonis

Property Address: 4581 VT Route 22A

Parcel ID # VA4581

Land and premises described in an Executor's Deed from Paul B. Stanilonis, Executor for the Estate of Wilma W. Stanilonis to David Stanilonis dated October 31, 2006, and recorded at Volume 90, Page 245, of the Town of Addison Land Records.

Tax Year: 2023-2024

Amount of tax, interest, cost and penalties: \$5,289.04

Property Owners: Shayne Thompson

Property Address: 3313 VT Route 17W

Parcel ID # VW3313

Land and premises described in a Warranty Deed from Daniel Devries to Shayne Thompson dated February 21, 2017, and recorded at Volume 107, Page 240, of the Town of Addison Land Records.

Tax Years: 2022-2024

Amount of tax, interest, cost and penalties: \$3,796.46

Reference may be had to said instruments for a more particular description of said lands and premises, as the same appear in the Town Clerk's Office of the Town of Addison.

So much of such real property will be sold at public auction at the Addison Town Clerk's Office, 65 VT Route 17 West, Addison, VT 05491, on July 24, 2025 at 10:00 a.m., as shall be requisite to discharge such taxes with interest, costs and penalties, unless previously paid. Property owners or mortgagees may pay such taxes, interest, costs and penalties in full by cash or certified check made payable to the Town of Addison. At tax sale, successful bidders must pay in full by cash or certified check. No other payments accepted. Any questions or inquiries regarding the above-referenced sale should be directed to the following address:

Kristen E. Shamis, Esq.
Monaghan Safar PLLC
27 Main Street
Burlington, VT 05401
kshamis@mshamlaw.com

Monaghan Safar PLLC, and the Town of Addison give no opinion or certification as to the marketability of title to the above-referenced properties as held by the current owner/taxpayer.

Dated at Addison, Vermont, this 18th day of June, 2025.

Alden Harwood
Collector of Delinquent Taxes
Town of Addison

ARTS + LEISURE

The Addison Independent

July 10, 2025



CORNWALL BARN PROVIDES INTIMATE SETTING FOR LARRY & JOE

Larry & Joe will bring their mix of Venezuelan and Appalachian folk music to The Barn at Bread Loaf View Farm in Cornwall on Sunday, July 20, at 4 p.m.

PHOTO / ZION MCKNIGHT

There's no denying the magic of live music. There's incredible grandeur going to a show in a giant stadium, and incredible intimacy watching a friend play a gig at a local bar, where we can literally park-it and listen an elbow's-length away. While both are amazing in their own ways, the two experiences couldn't feel more different.

BY **ELSIE**
LYNN PARINI

On Sunday, July 20, Leicester and Weybridge audiophiles Lloyd Komesar and Don Sheldon will present a show featuring duo Larry & Joe at The Barn at Bread Loaf View Farm, 564 Cider Mill Road in Cornwall. (A big thanks to Churchill and Janet Franklin for offering their barn for the venue.) The show starts at 4 p.m.

Komesar hopes that the size of the concert — maxing out at 70 guests — will strike just the right

chord of high quality production and intimacy. "When the performers are right in front of you, you get that intimacy," Komesar said, who we all know for his incredible accomplishments spearheading the Middlebury New Filmmakers Festival for its first 10 years. "Watching the faces of performers and seeing the joy they have — that's number one! And, number two, is observing the musicians' artistry... like 'Oh-My-God-that's-amazing!'"

"We're trying to create an environment where somebody can see without being jostled or squeezed or standing on their feet for hours," Komesar added, who's been to his fair share of shows. "We want to provide quality music and good entertainment in a small space where connections can be had."

So next Sunday, 70 lucky guests will get to connect with Larry & Joe as they perform a

fusion of Venezuelan and Appalachian folk music for one night only in Cornwall. The show is a bit of a pit-stop in the duo's summer tour, which includes Joe's Pub (New York City), Grey Fox Festival (Oak Hill, N.Y.), CitySpace (Boston, Mass.), the MAC (Milford, Conn.) and more. Larry & Joe are coming directly from Silver Bay, N.Y., for their summer concert series, and after the stop in Cornwall will then head to the Zenbarn in Waterbury.

"It means so much to us to play in these intimate settings," Larry & Joe said in a written response. "It really allows us the chance to connect to folks and build community. Plus Bread Loaf View Farm is absolutely beautiful."

The duo said they are "First and foremost, looking forward to reconnecting with friends at this show. But a close second is getting our hands on some maple candy!"

SEE LARRY & JOE ON PAGE 3

Milk & Honey Guild invites quilters to submit for the show

In preparing for their biennial show, the Milk & Honey Quilters Guild (MHQG) invites local quilters to submit quilts to be part of the display. Taking place at the Middlebury Rec Center on Oct. 11-12, the show will include about 200 quilts made by local quilters, along with a special travel exhibit, Quilts of Valor, raffles, homemade items, vendors and more.

All quilts included in the show must be clean, odor free, pet hair free and in good condition. Any quilt that was displayed in a previous MHQG show is not eligible for this event. All

items should be constructed of three layers of fabric (top, middle batting and backing) and secured with quilting or tied. Exceptions may be made for Cathedral Window and Crazy quilts. Guild-sanctioned special exhibits may include other mediums, such as wood for barn quilts. While this is a non-judged show, there will be Vendor's Choice and Viewer's Choice Awards. Displayed quilts may be offered for sale, with a percentage of the sale price going to the guild. Submissions must be received by Sept. 1. The Milk & Honey Quilters Guild reserves the right to limit the number of

submissions per quilter.

For more information about show entries and a copy of the registration form, quilters are invited to visit the guild's website at milkandhoneyquilters.com or email milkandhoneyquilt@yahoo.com.



Milk & Honey Quilt Guild members Martha Keagle, Virginia Heidke, Laura Marcell, and Debra Ash work alongside each other at a recent quilting workshop.



Milk & Honey Quilt Guild members (clockwise from left) Lisa Patten, Martha Keagle, Laura Marcell, Nancy Meffe, Debra Ash, Emmy Alford, and Beverly Desforges watch a demonstration at a recent quilting workshop.

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LARRY & JOE

CONTINUED FROM PAGE 1

ABOUT THE MUSICIANS

Larry & Joe are Larry Bellorin who hails from Monagas, Venezuela, and is a legend of Llanera music, and a master

of the harp, and Joe Troop who resides in North Carolina and is a Grammy-nominated bluegrass and old time musician, gifted on guitar, banjo, fiddle and more. Larry left Venezuela under duress and landed in North Carolina. Joe, after a decade in South America, got stranded back in his Carolina stomping grounds during the pandemic. Larry worked construction to make ends meet. Joe's acclaimed "Latingrass" band Che Apalache went into hiatus, and he shifted into action working with asylum-seeking migrants. Then Larry met Joe.

It was December 2021. Joe was hosting a residency series in Durham, N.C. His plan was to feature local musicians, and he'd heard about Larry from a mutual friend.

Having had to hang up a 25+ year career in music in his home country of Venezuela after migrating to Raleigh with his family due to safety concerns, Larry suffered many workplace injuries while working construction. He thought his life as a musician was over, so he was excited to get a call and invitation from Joe about the residency show.

Just before the duo's showtime on Dec. 2, 2021, Joe got COVID, so they couldn't rehearse or even meet each other before the show. "But the show was electrifying," reported their manager, Kayla Oelhafen, who's been producing their residency series since that first year. "They received multiple standing ovations throughout the night. And Larry ended up playing three out of four of those residency shows. The crowd swelled each week!"

Larry & Joe played more gigs in 2022, having to work around Larry's long days at construction sites. Until January 2023, when he quit construction to go on a three-week tour with Joe.

"It was a big leap of faith and took a tremendous amount of energy from our little team and families," Oelhafen said. "It's really hard to make a living as a touring musician."

It was on that tour that the guys played their first show together in Vermont — one hosted by Sheldon in January 2023 at the Richmond Congregational Church. They actually have played six shows now in the Green Mountain State, including the latest in March of 2024 for the Burnham Presents series in Lincoln.



Larry & Joe are stopping in Cornwall on their way from New York to the Zenbarn in Waterbury. They'll perform to a crowd of just 70 people in The Barn at Bread Loaf View Farm in Cornwall next Sunday.

PHOTO / TOMMY COYOTE

Larry & Joe are extraordinarily versatile multi-instrumentalists and singer-songwriters on a mission to show that music has no borders. As a duo they perform a fusion of Venezuelan and Appalachian folk music on harp, banjo, cuatro, fiddle, maracas, guitar, upright bass and whatever else they decide to throw in the van. The program they offer features a distinct blend of their musical inheritances and traditions as well as storytelling about the ways that music and social movements coalesce.

This concert will be perhaps one of many that Komesar produces... we'll see. For now he's got his sights set on two shows for the year: Larry & Joe and then maybe one more in the fall.

"Music is my first love," said Komesar, who got into tunes back when he was a freshman at Wesleyan University. "One of my closest friends in college got me into it: TJ the DJ."

He showed Komesar thousands of records, and let Komesar sit in the adjoining studio and watch him produce the show. One day, it became Komesar's turn to run the booth.

"I was on the air Thursdays from 11 p.m.-2 a.m.," he remembered over a coffee during a recent interview. "I learned to be aware. The music isn't just going out into the ether — it's the community."

Radio became extraordinarily personal for Komesar and music became "a currency of life." He continued on after undergrad to earn his Master's in Radio and Television from City University of New York-Brooklyn College in 1984.

Now, in what is supposed to look something like retirement, it makes sense that Komesar is turning to music for his next project.

"I'm a restless person," he said unabashedly. "And music is a very nourishing aspect of my life. It's a way to fill me up."

Komesar attended several shows through Sheldon's own production company, Valley Stage Productions, and said he's glad to have Sheldon's expertise to help produce this first show. "He's a nice addition to the town."

"Lloyd originally sought me out 15 years ago during a Valley Stage Productions show," remembered Sheldon during an interview on Monday. "When I moved to Weybridge, he was like, 'Let's do something together.'"

Sheldon helped arrange the Larry & Joe show and is responsible for the audio (mixing and amplification, etc.) at the event.

"Lloyd really opened doors into places I wouldn't have a clue about," Sheldon said. "He's been very appreciative of what I've done in the past and he's really attentive; he's on his game."

The new venue is exciting for both Komesar and Sheldon.

"I love the novelty of the barn," Sheldon said, adding that the Franklins have been incredibly supportive. "We do wonder how many cars we can fit on the property... so — yeah — please carpool if you can."

Don't miss Larry & Joe next Sunday at The Barn at Bread Loaf View Farm in Cornwall. "This will be a wonderful opportunity to experience the distinctive style and dynamism of two brilliant musicians in a small, lovely setting," Komesar promised.

Advance tickets to Larry & Joe's show in Cornwall are \$30 and are available via Venmo @daskom, calling 802-557-7589 or by visiting valleystageproductions.com. Tickets at the door will be \$35. All proceeds go directly to the musicians.

"MUSIC IS A VERY NOURISHING ASPECT OF MY LIFE. IT'S A WAY TO FILL ME UP."

— Lloyd Komesar

UPCOMING MUSIC

Free music pops up in Hancock this summer

The Hancock Green Summer Concert series opens on **Thursday, July 10, from 6:30-8 p.m., with the newly formed trio of Greg Ryan, Adda Kridler and Michael Caterisano.** This free concert is the first in a series of six weekly concerts on the Hancock Town Green bandstand, and is sponsored by the Hancock Town Pride Committee.

Greg Ryan is a multi-instrumentalist, singer, composer, and co-founder of the modern gypsy jazz group They Might Be Gypsies. Ryan plays an instrument of his own design, something of a cross between a gourd banjo and a Turkish oud. Recently relocated to New Mexico, Ryan is making his first Vermont concert in a year and his first collaboration with Kridler and Caterisano.

Violinist and violist Adda Kridler comes to Vermont from the rich diversity of the New York City music scene where she established herself as a musician with a unique and versatile voice. Kridler is the Artistic Director of the Rochester Chamber Music Society.

Michael Caterisano is a multi-instrumentalist, composer, and recording artist who splits his time between

the Bronx, N.Y., and Rochester, Vt. Caterisano's work with professional ensembles includes The New York Philharmonic, The New York City Ballet, The Metropolitan Opera, and The Los Angeles Philharmonic as well as with Steve Reich, Yo Yo Ma, Bela Fleck and Dawn Upshaw.

The Thursday night concert series continues with the following groups:

- July 17: Jennings and McComber**
- July 24: Granville Daze; Hassett and Hart**
- July 31: The Tap Sappers (with Freeman Corey)**
- Monday, Aug. 4: Pete Seeger Memorial Concert with Camp Killlooleet**
- August 14: The John Lackard Blues Band**

At all outdoor concerts, food will be available from The Hancock Volunteer Fire Department and The Hancock Recreational Committee. Audiences are encouraged to bring a chair and to enter their names in a weekly free raffle for gift certificates from Heart of Hancock and Hubbard's Store. Rain site will be at the Hancock Town Hall.

MORE TUNES

THREE FRESH TRACKS FROM A VERGENNES MUSICIAN

Teacher, musician, storyteller and father, Kevin Kareckas, has released another EP.



Out on the first of July, "Kitchen Table Island EP" was released on digital platforms. The three tracks were written by the Vergennes musician during countless bath times with his daughters. The title track captures the evolution of escapism pre and post kids.

Inspiration for "Mourning Dove" (track 2) stems from listening to his older daughter coo with the doves in the pleasant morning hours. And track 3 is a nod to the late Irene Evanoika. Kareckas had the pleasure of working with Evanoika towards the end of her 40+ year career at Castleton State. Her song wrote itself.

Take a listen wherever you stream.

OTTER CREEK MUSIC FESTIVAL KICKS OFF WITH FREE CONCERT IN SALISBURY

OCMF '25 marks the 46th annual celebration of live, local music up and down Otter Creek. *Weekend 1* kicks off in Salisbury, and then concerts will be featured in Middlebury, Brandon and Rutland. See below for the *Weekend 1* schedule.

July 19, at 7:30 p.m.
Salisbury Congregational Church
Nicholas Tocci and Claire Black perform songs by Vaughan Williams, Copland, Strauss, Bellini and Tosti.

July 20, at 11 a.m. & 4 p.m.
Middlebury Town Hall
Internationally renowned folk ensemble Windborne will lead a community sing and give a performance, bringing people together in song and featuring folk styles from around the globe. This performance is in partnership with the Middlebury Town Hall Theater.

July 21, at 8 p.m.
Mahaney Art Center
The Toomai String Quintet makes their OCMF debut with works by Cuban and Brazilian composers. This performance is presented in partnership with the Middlebury Spanish School and will be delivered entirely in Spanish.

Visit ottercreekmusicfestival.com for more information and tickets.



SUNDAY SUPPER

A comforting three-course prix fixe dinner at a special price! Regular menu also available.

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ART ON EXHIBIT

EDGEWATER AT THE FALLS

1 Mill Street, Middlebury

For more info visit edgewatergallery.com, call 802-458-0098 or email info@edgewatergallery-vt.com.

"Pastoral Impressions," featuring the landscapes of local artist Joe Bolger. Bolger's paintings are characterized by his commitment to plein air painting, a practice that allows him to observe and depict the transient effects of light in real-time. On view June 7-July 27.

JACKSON GALLERY

68 S Pleasant Street, Middlebury

Visit townhalltheater.org/jackson-gallery or call 802-382-9222 for more info.

"Above Vermont: Photographs by Caleb Kenna."

Come see Kenna's bird's-eye view drone photographs capturing breathtaking views of Vermont in all its glorious seasons. A reception for the artist will be held on Friday, July 11, from 5-7 p.m. On view June 27-Aug. 31.

MIDDLEBURY COLLEGE MUSEUM OF ART

72 Porter Field Road, Middlebury

For more info visit middlebury.edu/museum/exhibitions

"Series Without Limits: Photographs, Prints, and Film by Andy Warhol" presents Andy Warhol's artistic legacy through a selection of prints, photographs, and film to illuminate the complex tensions animated within his artistic practice. Warhol investigates how images function as currency within society. The selection of screenprint portraits on view reveal Warhol's fascination with fame and celebrity culture. On view May 23-Aug. 10.

PHOTOPLACE GALLERY

3 Park Street, Middlebury

For more info visit photoplacegallery.com.

"Color + Space." Showcases how color not only enhances composition but also influences depth, perspective, and perception. Whether vibrant or restrained, structured or organic, let color guide the viewer's experience of space. Juror Ann Jastrab selected approximately 35 images for exhibition in the Middlebury gallery, and 40 more for the online gallery. On view July 3-July 25.

ROKEBY MUSEUM

4334 Route 7, Ferrisburgh

For more info visit Rokeby.org or call

802-877-3406

"Inspired by Nature: The Women Artists of Rokeby,"

shares a small portion of the work made by Ann Stevens Robinson and her daughters Rachael Robinson Elmer and Mary Robinson Perkins. On view May 10-Oct. 12.

SHELDON MUSEUM

1 Park Street, Middlebury

For more info visit henrysheldonmuseum.org

SEE EXHIBITS ON PAGE 12

Cosmic Forecast

ARIES: March 21/April 20. Aries, your confidence is peaking and people are noticing. Even though you are on a roll, don't let it go to your head. Midweek might test your patience, but you'll keep your cool.

TAURUS: April 21/May 21. You are craving creature comforts, Taurus. This week you might be happy with keeping things slow and relaxing. You also may want to splurge.

GEMINI: May 22/June 21. Gemini, this week your brain may be best compared to a Wi-Fi signal. In other words, moving fast, seeking new information and maybe a little glitchy. Slow down enough to focus on necessary tasks.

CANCER: June 22/July 22. Cancer, you might be feeling tender this week, and others may be realizing that you're giving off warm-and-fuzzy vibes. That will suit you at home, but you may need to be more firm at work.

LEO: July 23/Aug. 23. Your charisma is showing this week, Leo, and people could be eating it up. You're giving off lead character energy right now, but don't forget to let others share some of your spotlight.

VIRGO: Aug. 24/Sept. 22. This week you are completely focused on organizing your life, Virgo. Whether you need to use spreadsheets or label makers, do whatever it takes to fix what you think needs it most.

LIBRA: Sept. 23/Oct. 23. Libra, it's time to embrace some social events, or at least get them on the calendar. Practice your small talk and get ready to mingle. You will be ready to be the life of the party.

SCORPIO: Oct. 24/Nov. 22. Scorpio, if you've been holding on to secrets, one may slip out this week. It could be a confession or a breakthrough, but it will be intense to reveal.

SAGITTARIUS: Nov. 23/Dec. 21. You may be halfway out the door and ready for some adventure, Sagittarius. Spontaneity will look good on you this week, but reserve some time for your responsibilities.

CAPRICORN: Dec. 22/Jan. 20. Take inventory of what you have accomplished thus far and enjoy what you have built, Capricorn. You don't need to prove anything because you've been rocking it.

AQUARIUS: Jan. 21/Feb. 18. What to-do list, Aquarius? Your ability to focus on tasks and knock them off one by one is monumental this week. Your brain definitely has been firing on all cylinders.

PISCES: Feb. 19/March 20. Someone might

surprise you this week with an unexpected compliment or an offer of help, Pisces. Accept either gladly and then figure out how to pay it forward.



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FAMOUS BIRTHDAYS

JULY 11 — E.B. White, writer (d)

JULY 12 — Pablo Neruda, poet, Nobel-laureate (d)

JULY 13 — Harrison Ford, actor (83)

JULY 14 — Woody Guthrie, singer/songwriter (d)

JULY 15 — Jacques Derrida, philosopher (d)

JULY 16 — Shoeless Joe Jackson, baseball player (d)

JULY 17 — Wong Kar-wai, filmmaker (67)

CALENDAR

JULY 10-17
2025



THURSDAY, JULY 10

BASIN BLUEGRASS FESTIVAL

IN BRANDON. Thursday, July 10-Sunday, July 13. 1 Basin Rd. A weekend of bluegrass, food and craft concessions, cover for rain or shine Family-friendly. More info and full schedule at basinbluegrassfestival.com/flyer.

BOOK DONATION DAY IN

VERGENNES. Thursday, July 10, 3 p.m., Bixby Library, 258 Main St. Donate your summer reads (and anything else) to the Bixby Library Book Sale. Donations accepted in the back parking lot from 3-6 p.m. Fiction should be published after 2014 or written by a popular author, and non-fiction should be current and saleable. Donated books will be featured at the book sale on Saturday, July 12.

O & SCHU IN GOSHEN.

Thursday, July 10, 5-8 p.m., Blueberry Hill Inn, Ripton Goshen Rd. \$34 per person (age 13 and older), includes all-you-can-eat pizza, lemonade and live music. Kids 7-12: \$20. Kids 6 and under, free when accompanied by their parent or guardian.

ART OPENING IN MIDDLEBURY.

Thursday, July 10, 5-6:30 p.m., Edgewater Gallery on the Green, 6 Merchants Row. Opening reception with Tracy Burtz.

TRUE CRIME PODCAST CLUB

IN MIDDLEBURY. Thursday, July 10, 6 p.m., Ilsley Public Library, 30 Main St. Join fellow sleuths to discuss this month's podcast. We will be discussing the case of Michael Iver Peterson an American novelist who was convicted in 2003 of murdering his second wife, Kathleen Peterson. Listen to the podcast on your own before the discussion. This program is for participants 18+. Listen to the podcast wherever you get your podcasts or ask Renee for assistance. Location: NBM meeting room.

GREG RYAN, ADDA KRIDLER

AND MICHAEL CATERISANO IN HANCOCK. Thursday, July 10, 6:30-8 p.m., on the green. The Hancock Green Summer Concert series opens with this newly formed trio. First in a series of six weekly concerts on the Hancock Town Green bandstand. Free.

FRIDAY, JULY 11

THEATER WALK IN

WEYBRIDGE. Friday, July 11, 3-4 p.m., Otter Creek Gorge northern trailhead, Morgan Horse Farm Rd. Explore the enchanting Otter Creek Gorge and experience the magic of MALT campers putting on a play along the TAM. Enjoy a unique performance brought to life by MALT campers in collaboration with Town

Hall Theater. Free. Space is limited. More info and registration at maltvt.org/events.

SWEET ROOTS IN NEW

HAVEN. Friday, July 11, 6-8 p.m., Lincoln Peak Vineyard, 142 Rier Rd. Free Live music at the vineyard featuring local musicians and food trucks. Bring a blanket and a friend and celebrate the weekend with Vermont wines and Vermont vibes. Food: A Taste of Abyssinia available for purchase.

OPEN MIC NIGHT IN

VERGENNES. Friday, July 11, 6-8 p.m., The Holt, 11 Main St. Calling all singers, songwriters, poets, musicians and creatives! This is a family-friendly event and all age and experience levels are encouraged to come and showcase their talents in a supportive and fun atmosphere. Sign up for an open mic slot at The Holt the day of or when you arrive.

ARTISTS' RECEPTION IN

BRANDON. Friday, July 11, 7-8:30 p.m., Brandon Artists' Guild, 7 Center St. Come meet and celebrate artist of the Month Joy Oxley. Refreshments served.

POINT COUNTERPOINT

FACULTY CONCERT IN MIDDLEBURY. Friday, July 11, 7:30 p.m., Town Hall Theater, 72-76 Merchants Row. Constance Holden Memorial Concert. Admission

is free; goodwill donations are gratefully accepted. More info at townhalltheater.org.

SATURDAY, JULY 12

BIRD BANDING IN

WEYBRIDGE. Saturday, July 12, 8-10 a.m., Hurd Grassland, Route 23. MALT welcomes folks for a morning of bird banding with Audubon Vermont Biologist Mark LaBarr. You'll get the chance to get hands-on with birds while contributing to a better understanding of their life cycles and migration patterns. Activities for families and youth. Bring food for a small picnic following banding. Light refreshments provided by MALT. Free. No bird banding experience required! More info and registration at maltvt.org/events.

BATTLE OF HUBBARDTON

REVOLUTIONARY WAR ENCAMPMENT IN HUBBARDTON. Saturday, July 12, 10 a.m.-5 p.m., Hubbardton Battlefield State Historic Site, Monument Hill Rd. This living history weekend encampment honors the 248th anniversary of the July 7, 1777, Revolutionary War battle fought here. Scores of reenactors portray the American, British and German soldiers. Tactical military and other special demonstrations, camp life activities, guided tours and talks. Admission \$8 adults/\$1 children age 6 -

14/under 6 free.

ART AND CHOCOLATE IN

SALISBURY. Saturday, July 12, 10 a.m., Salisbury Meeting House (Church), 853 Maple St. Come for art and craft vendors, chocolate and other treats, a silent auction of art pieces, raffle of a handmade quilt, music and friends. Under the tent or, in case of rain, inside the Meeting House. A fundraiser for the Salisbury Free Public Library.

WYATT WATTERMAN, KEYBOARD EXTRAVAGANZA

IN BRANDON. Saturday, July 12, 11 a.m.-1 p.m., Kennedy Park, Off Center St. Free live music.

MAGNETIC HORSE IN

SALISBURY. Saturday, July 12, 1-4 p.m., Branbury State Park, 3570 Lake Dunmore Rd. Based in Middlebury, this group plays a range of popular music that includes classic rock, folk rock, blues, country, and jazz fusion as well as original songs from band member Jon Randel's "Filters Force the Light" album. Free with park entry.

NATURAL INK ART IN

SHOREHAM. Saturday, July 12, 2-3 p.m., Platt Memorial Library, 279 Main St. Ages 5 and up.

BRISSON AND GILL IN

BRANDON. Saturday, July 12, 4-6 p.m., Red Clover Ale, 43 Center St. Free live music with beer and goodies for

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 802-388-3062.	
Channel 1071 Through the Night: Public Affairs, Bulletin Board	4 p.m. Congregational Church 5:30 p.m. All Things LGBTQ 6:30 p.m. Eckankar 7 p.m. Catholic Mass 7:30 p.m. Moments with Melinda	4 p.m. Energy Week 7 p.m. Selectboard 10 p.m. Energy Week	Thursday, July 11 5 a.m. Press Conferences 8 a.m. Congregational Service 12 p.m. Selectboard, Public Affairs 8 p.m. Energy Week 9:30 p.m. Eckankar 10 p.m. Selectboard	Saturday, July 12 4:30 a.m. Tai Chi 5 a.m. Chair Yoga 6 a.m. Charity and Sylvia 12 p.m. Kindergarten Orientation 5 p.m. Sharpe Takes 7 p.m. Charity and Sylvia 8:30 p.m. Meg Madden - Mushrooms	Tuesday, July 15 5:30 a.m. Tai Chi 6 a.m. Yoga 12 p.m. Sharpe Takes 1:15 p.m. Festival On the Green '25 5 p.m. Tai Chi 5:30 p.m. The Story Matters 7 p.m. Festival On the Green '25
Friday, July 11 5 a.m. Press Conferences 7:30 a.m. Congregational Service 9 a.m. All Things LGBTQ 10 a.m. Selectboard, Public Affairs 4 p.m. Memorial Baptist Service 5:30 p.m. Energy Week 6:30 p.m. Public Affairs	Monday, July 14 4:30 a.m. Energy Week 5:30 a.m. Eckankar 6 a.m. Press Conferences 10 a.m. Selectboard 12 p.m. Public Affairs 5 p.m. Press Conferences 7:30 p.m. Public Affairs	Friday, July 11 5 a.m. Press Conferences 8 a.m. Congregational Service 12 p.m. Selectboard, Public Affairs 8 p.m. Energy Week 9:30 p.m. Eckankar 10 p.m. Selectboard	Sunday, July 13 5 a.m. Sharpe Takes 6:15 a.m. Yoga for Kids 6:30 a.m. Tai Chi 7 a.m. Kindergarten Orientation 12 p.m. Charity and Sylvia 8:30 p.m. From Our Archives 10 p.m. Festival On the Green (archives)	Wednesday, July 16 5 a.m. Tai Chi 6 a.m. Chair Yoga 7 a.m. Festival On the Green '25 12 p.m. Kindergarten Orientation 4 p.m. All Things LGBTQ 5 p.m. Sharpe Takes 7 p.m. Festival On the Green '25	
Saturday, July 12 10 a.m. Selectboard, Public Affairs 4 p.m. Memorial Baptist Service 5:30 p.m. Eckankar 7 p.m. Catholic Mass 9 p.m. All Things LGBTQ 10 p.m. Press Conferences 11 p.m. Energy Week	Tuesday, July 15 5 a.m. All Things LGBTQ 6 a.m. Press Conferences 9:30 a.m. Eckankar 10 a.m. Selectboard 4 p.m. Congregational Service 5:30 p.m. Energy Week 7 p.m. Selectboard	Channel 1091 Friday, July 11 5:30 a.m. Tai Chi 6 a.m. Yoga 7:30 a.m. Charity and Sylvia - Eva Garcelon-Hart 9 a.m. Authors & Poets 12 p.m. Sharpe Takes 6 p.m. Mary Hogan Kindergarten Orientation 7 p.m. From Our Archives 10 p.m. Charity and Sylvia	Monday, July 14 6 a.m. Chair Yoga 7:30 a.m. Authors & Poets 12 p.m. Tai Chi 12:30 p.m. Chair Yoga 5 p.m. Sharpe Takes 7 p.m. Festival On the Green '25 10 p.m. Festival On the Green '25	Thursday, July 17 6 a.m. Tai Chi 6:30 a.m. Chair Yoga 7:30 a.m. Festival On the Green '25 10 a.m. Authors & Poets 5 p.m. Sharpe Takes 7 p.m. Festival On the Green '25 10 p.m. Festival On the Green '25	

purchase.

THE GOSHEN GALLOP RACE IN

GOSHEN. Saturday, July 12, 4 p.m., Blueberry Hill Outdoor Center, Ripton-Goshen Rd. Tackle either the famous 10 km + or the equally awesome, but more merciful 5 km + run. From lush forest to a stunning surprise view from the south end of Hogback Mountain, the Gallop's elevation profile and rugged terrain have earned the race the nickname "the toughest 10k in New England." Revel in a relaxed post-race wood-fired pizza party and pond dipping at the after party. All proceeds go to the Blueberry Hill Outdoor Center. More info and registration at blueberryhilltrails.com/goshengalloptrailrace.

"A MIDSUMMER NIGHT'S

DREAM" IN MIDDLEBURY. Saturday, July 12, 4:30 p.m., plaza, Town Hall Theater, 72 Merchants Row. A rollicking festival of fools collides in Shakespeare's beloved comedy "A Midsummer Night's Dream," realized onstage at Town Hall Theatre's newly built outdoor plaza by an ensemble of eight talented young actors, ages 11 to 13. The ensemble fluidly shifts roles throughout the play, with every actor stepping at least once into the worlds of the lovers, the fairies and the mechanicals. Suggested Donation \$5-\$10 to help raise money for future free programs at the Center for Learning and Engagement.

JULIANNA LUNA & FRIENDS

IN MIDDLEBURY. Saturday, July 12, 5:30-7 p.m., Maloney Outdoor Performance Plaza, Town Hall Theater, 72-76 Merchants Row. THT's free Summer Sounds Concert Series. Julianna Luna Vasquez is an Afro-Dominican singer, actress and event producer with Vermont Public. Julianna performs with several jazz bands, and is a performer at the 2025 Burlington Discover Jazz Festival. More info at townhalltheater.org.

TWENTY-SEVENTH ANNUAL

BACH BASH IN GRANVILLE.

Saturday, July 12, 7 p.m., Granville Town Hall, 4157 Route 100. Join Rochester Chamber Music Society for their annual celebration of all things Bach.

SUNDAY, JULY 13,

BATTLE OF HUBBARDTON

REVOLUTIONARY WAR ENCAMPMENT IN HUBBARDTON. Sunday, July 13, 7:45 a.m.-2 p.m., Hubbardton Battlefield State Historic Site, Monument Hill Rd. See July 12 listing.

SUNDAY SESSIONS IN

MIDDLEBURY. Sunday, July 13, 1 p.m., Ralph Myhre Golf Course, 317 Golf Course Rd. Join an afternoon of live music as we welcome Vermont-based musician James C. Sullivan to the Sunday Sessions series. Free and open to the public.

ROCHESTER CHAMBER MUSIC

SOCIETY CONCERT IN ROCHESTER. Sunday, July 13, 4 p.m., Federated Church of Rochester, 15 N. Main St. Adda Kridler, violin; Gabriel Boyers, violin; Maren Rothfritz, viola; Kirsten Jermé, cello. Gatherings: Music by Paul Wiancko, Leilehua Lanzilotti and Beethoven String Quartet Op. 59, No. 1.

"A MIDSUMMER NIGHT'S

DREAM" IN MIDDLEBURY. Sunday, July 13, 4:30 p.m., plaza, Town Hall Theater, 72 Merchants Row. See July 12 listing.

DURHAM COUNTY POETS IN

MIDDLEBURY. Sunday, July 13, 7-9:45 p.m., on the green. Middlebury's Festival on the Green kicks off with this Juno Award nominated ensemble, which covers a variety of musical genres including Blues, Soul, Folk, R&B and Gospel with a distinctly Canadian Flair. Free.

MONDAY, JULY 14

MATHIS, GAELLE & MARC IN

MIDDLEBURY. Monday, July 14, noon-1 p.m., on the green. Festival on the Green brown bag lunch. This trio will make you clap, sing along, discover and practice words (and

animal sounds) in French and German — always making sure you never get lost in between languages. Free.

VERGENNES CITY BAND CONCERT IN VERGENNES.

Monday, July 14, 7 p.m., City Green. A staple of Vergennes summer. Relax on the green and listen to live band music.

CAITLIN CANTY IN MIDDLEBURY.

Monday, July 14, 7-8:15 p.m., on the green. Come hear this Vermont native with a casually devastating voice and unshakable poise. A Festival on the Green event. Free.

RAY VEGA AFRO-CARIBBEAN JAZZ ENSEMBLE IN

MIDDLEBURY. Monday, July 14 8:30-9:45 p.m., on the green. Festival on the Green welcomes Vega and his Vermont-based Salsa Band that focuses on Afro-Caribbean Dance Music. Prepare for a night of dancing! Free.

TUESDAY, JULY 15

MIDDLEBURY COMMUNITY MUSIC CENTER FACULTY CONCERT IN MIDDLEBURY.

Tuesday, July 15, noon, on the green. This Jazz Ensemble will perform selections in the tradition of New Orleans jazz and swing music, playing on a variety of instruments including clarinet, saxophone, trumpet, trombone, keyboard, guitar and percussion. A Festival on the Green brown bag special. Free.

MACO DONOR AND ARTIST APPRECIATION NIGHT IN

MIDDLEBURY. Tuesday, July 15, 5-7 p.m., Swift House Inn, 25 Stewart Ln. Middlebury Acting Company would like to thank you for completing the circle, whether you've donated your time, creativity, financial support or just been a good friend. Join us at the for cocktails, snacks, theater trivia, prizes and live entertainment (outdoors if weather permits). Board member Caitlin Sausville will provide vocals for her three-piece jazz band, accompanied by Dan Alan Levine on keys and AJ Sausville on drums. Andrew Ritter, who also graced our stage this year in the one-man show "The Absolute Brightness of Leonard Pelkey," will give us a peek into his upcoming fall show "Parent on Board," a sketch comedy show centered on the theme of parenting.

ORDINARY ELEPHANT IN

MIDDLEBURY. Tuesday, July 15, 7-8:15 p.m., on the green. Winners of the 2017 International Folk Music Awards Artist of the Year, Crystal and Pete Danmore have since gained national recognition and appeared on many festival stages. Their songs focus on character-driven storytelling and their music is intertwined with banjo, guitar and octave mandolin parts wrapping

around the duo's captivating vocals. A Festival on the Green event. Free.

HONEY & SOUL IN

MIDDLEBURY. Tuesday, July 15, 8:30-9:45 p.m., on the green. Honey & Soul is an Indie Band offering ballads with rich harmonies as well as boisterous rock and roll for your dancing pleasure. A Festival on the Green event. Free.

WEDNESDAY, JULY 16

NO STRINGS MARIONETTE COMPANY IN MIDDLEBURY.

Wednesday, July 16 noon-1 p.m., on the green. Puppeteers Dan Baginski and Barbara Paulson's traveling stage transforms any space into an intimate theater, where the seamless blend of movement, music and masterful manipulation captivates young and old alike. A Festival on the Green brown bag special. Free.

SUMMER BROWN BAG BOOK

GROUP: T KINGFISHER IN MIDDLEBURY. Wednesday, July 16, noon, Mini Ilsley, 30 Main St. Join Renee for a discussion of T Kingfisher's novel "Nettle & Bone." This isn't a fairytale where the princess marries a prince. It's one where she kills him. Kingfisher writes adult horror novellas, dark fantasy and YA fantasy. Bring your lunch and enjoy some stimulating conversation. Soft drinks and

SEE CALENDAR ON PAGE 11



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FILM SCREENING

Need a laugh? Timeless Harold Lloyd feature film to be screened in Brandon

The silent film era returns to the big screen at Brandon Town Hall with the showing of "Grandma's Boy" (1922), a classic silent comedy accompanied by live music.

Showtime is Saturday, July 19, at 7 p.m. at the historic Brandon Town Hall and Community Center, 7 Conant Square, Route 7 in Brandon. Admission is free; donations are welcome to help defray expenses.

The screening will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating scores for silent films.

"Grandma's Boy," starring popular 1920s film icon Harold Lloyd, tells the story of a cowardly young man who seeks the courage to battle a menacing tramp terrorizing his small hometown.

Audiences loved "Grandma's Boy" when it was first released, and the picture helped establish Lloyd as a major star for the rest of the silent film era.

In revival, "Grandma's Boy" continues to delight movie-goers and serves as a great introduction to the magic of silent film. It also

provides a marvelous window into small town American life as it was lived a century ago.

Despite his mega-star status in the 1920s, Lloyd is largely unknown to today's audiences, mostly because he retained control of his films in later life and refused to let them be shown on television.

"People today remember Charlie Chaplin, but the silent era had many popular stars," Rapsis said. "Harold Lloyd's 'average American' character was immensely popular in the 1920s, not just in the U.S. but around the globe."

With the release of Lloyd's films on DVD, audiences are rediscovering his timeless genius. The reissue sparked a demand for screenings in theaters, where the Lloyd films continue to cast their spell on audiences.

Shown in a theater with live music, Lloyd's features maintain their power to delight movie-goers.

"Times have changed, but people haven't," said Rapsis, who has performed music for silent films in venues ranging from the Donnell Library in New York City to the Kansas Silent Film Festival. "The Lloyd films were designed



An original poster for "Grandma's Boy" (1922), a classic silent comedy to be screened with live music on Saturday, July 19 at 7 p.m. at the Blazing Star Grange Hall, 15 North Road, Danbury, N.H. The program is open to the public. Suggested donation \$5. (Courtesy Image)

to be shown in a theater with an audience, and to appeal to a worldwide audience, and their universal themes haven't lost any relevance."

Using original themes, Rapsis improvises the music live as the films are shown.

"When the score gets made up on the spot, it creates a special energy that's an important part of the silent film experience," said Rapsis, who uses a digital synthesizer to recreate the texture of a full orchestra for the accompaniment.

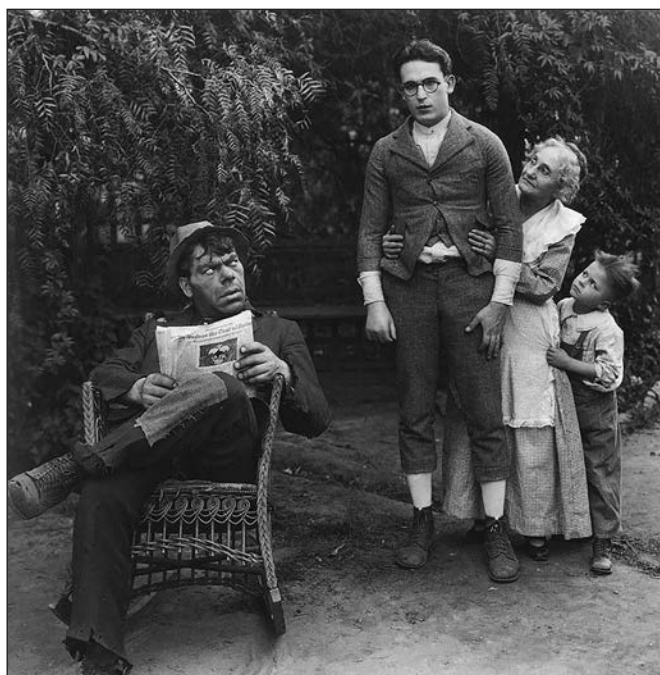
It's the 14th year of the Brandon Town Hall silent film series, which gives residents and visitors a chance to see great movies from the pioneering days of cinema as they were meant to be shown — on the big screen, with an audience, and accompanied by live music.

Screenings are held once a month, generally on Saturday nights starting in May and running through November. Admission is free; donations are encouraged.

Next up in this year's Brandon Town Hall silent film series will be:

Saturday, Aug. 16, 7 p.m.

"Manhandled" (1924) starring Gloria Swanson. Uproarious comedy from silent screen legend Swanson tells the story of a down-on-her-luck salesgirl who climbs the social ladder by pretending to be a Russian countess.



Harold Lloyd stars in "Grandma's Boy" (1922), a classic silent comedy to be screened with live music on Saturday, July 19, at 7 p.m. at the historic Brandon Town Hall and Community Center, 7 Conant Square, Route 7 in Brandon. Admission is free; donations are welcome to help defray expenses.

PUZZLES

sponsored by **SPARROW ART SUPPLY**

ACROSS

1. 50 percent
5. Records electric currents
8. Charlize Theron flick “__ Flux”
12. More frosty
14. Disfigure
15. Sky color
16. A thoroughfare in a town or city
18. Actress de Armas
19. Spend time in a relaxed way
20. California peak
21. Lodging option
22. Small amount of a thing
23. Expresses sorrow
26. Keeps an ear warm
30. Babies (Spanish)
31. A conceited and

- self-centered person
32. No seats available
 33. Pouches
 34. Hip joints
 39. A place to bathe
 42. Evading
 44. Minute, one-celled unit
 46. Losing one's hair
 47. A country in W Africa
 49. One point north of northeast
 50. Pointed end of a pen
 51. Extreme
 56. Norse personification of old age
 57. Doctors' group
 58. Member of U.S. Navy

59. Mens' fashion accessories
60. A way to allow
61. Gloomy
62. Grads wear one
63. Between south and southeast
64. Jaguarundi cat

DOWN

1. Snakes do it
2. Hormone
3. The standard monetary unit of Turkey
4. Fixed charges
5. Electronic communication
6. Artilleries
7. “Strangers on a Train” actor Farley
8. Burning

1	2	3	4		5	6	7		8	9	10	11		
12				13					14			15		
16					17				18			19		
20									21			22		
				23		24				25				
26	27	28	29						30					
31									32					
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59					60					61				
62					63						64			

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

Sudoku

Each Sudoku puzzle consists of a 9x9 grid that has been subdivided into nine smaller grids of 3x3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9. Puzzles come in three grades: easy, medium and difficult.

Level: Medium

This week's puzzle solutions can be found on Page 12.

9. Makes ecstatically happy
10. Greek liqueurs
11. Tropical Old World tree
13. Someone who takes vengeance
17. Style of cuisine
24. Select
25. Immunized against disease
26. Old world, new
27. Honorable title (Turkish)
28. Court case: __ v. __
29. Supervises interstate commerce
35. Not divisible by two
36. Twelve
37. Commentator Coulter
38. Encourage
40. Plumbing fixtures
41. Early
42. One point north of due east
43. King of Thebes
44. Short-tailed
- Wade
- martens
45. Impose a penalty on
47. Consort of Poseidon
48. A way to lessen
49. Brooklyn hoops team
52. Female of a horse
53. Do as one is told
54. A way to prepare meat
55. Unit of measurement

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ASK A MASTER GARDENER

TOMATO CAGE ALTERNATIVES

For some people, tomatoes are the pinnacle of summer gardening. Who doesn't love fresh from the vine juicy tomatoes?

Tomatoes can be easy to grow with some inexpensive equipment and a little know-how about this crop. First, when choosing a tomato variety, recognize there is a distinction between determinate and indeterminate tomato varieties that can make a big difference in your garden.

BY **BENJAMIN
BLOCK**

Determinate varieties are bushy and compact. The standard tomato cages work well for these plants. On the other hand, indeterminate varieties continue to grow throughout the growing season and can easily reach more than 7 feet tall!

For indeterminate varieties, consider one of three alternative trellis options for in-ground beds or one alternative for growing tomatoes

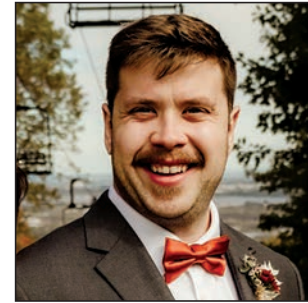
in containers.

The "Florida Weave" system is foolproof and economical. Basically, twine is used to weave among the tomato plants and the ends are anchored to a set of T-posts.

Use 7- to 8-foot T-posts to accommodate indeterminate tomatoes. With this setup, it is important not to mix and match indeterminate and determinate tomatoes because the weave is strongest when wrapped among all the tomatoes in a row.

The "Conduit Trellis" system uses more costly materials but is equally easy to install as the Florida Weave. Two vertical metal conduits and a single horizontal conduit create a tall, anchor point for twine to hang from.

Tomatoes are planted in line with the horizontal conduit and are supported by the twine using tomato clips. So, as the tomatoes grow, you simply add another clip to the line every foot or so.



Benjamin Block is a UVM Extension Master Gardener intern from Montpelier.

Hoop house growers utilize a similar trellis system called the "Lower and Lean" system. This system is unique in that there is no fixed amount of twine between the anchor point on the top and the tomato plant.

Rather, a spool (various options available on the market) feeds out more twine, which causes the stem of the tomato plant to sag. This is useful to keep the top of the tomato plant within easy reach while preventing the tomato from making contact with the soil (where potential soil pathogens exist).

Lastly, for those gardeners growing in containers in small spaces, consider high quality, tall tomato cages on the market that will support tomatoes as they grow tall.

Many are made of durable plastic or steel and come in a variety of aesthetically pleasing shapes and colors. My recommendation for container tomato gardeners is to invest in high quality trellises and consider determinate tomato varieties to avoid the frustration of your tomatoes overgrowing and/or toppling your cages.

With some upfront investment in equipment that can be reused year after year, tomato growing can be an enjoyable and delicious endeavor.



Indeterminate tomato varieties can grow several feet high so will require staking using one of several trellis options available to support growing plants.



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CALENDAR

CONTINUED FROM PAGE 7

snacks available. Stop at the circulation desk to pick up a copy of the book each month.

NATURE OF A SKETCH IN

FERRISBURGH. Wednesday, July 16, 1:30 p.m., Lake Champlain Maritime Museum, 4472 Basin Harbor Rd. Participants can develop observation and drawing skills in basic techniques of field sketching, a combination of art and qualitative note taking, all while enjoying the natural beauty of the Lake Champlain Basin. All ages and experience levels are welcome. More info at lcmm.org.

BLUEGRASS EXTRAVAGANZA

IN BRISTOL. Wednesday, July 16, 5-8 p.m., The Tillerman, 1868 North 116 Rd. The band's name says it all. Music is free. Food and beverages for purchase.

BLOODROOT GAP IN

BRANDON. Wednesday, July 16, 6 p.m., behind the Brandon Inn. Locally Sourced Free-Range Bluegrass. Rain location Brandon Town Hall.

BRISTOL TOWN BAND IN

BRISTOL. Wednesday, July 16 18, 7-8:30 p.m., town green. Bristol Town Band will be holding their 155th season of weekly summer band concerts. Rain location will be Holley Hall. All are welcome to join the band. More info at 802-281-2315 for further information.

ALI MCGUIRK IN MIDDLEBURY.

Wednesday July 16, 7-9:45 p.m., on the green. A Boston musician, Ali McGuirk performs across many musical genres ranging from folk, R&B and soul with twists and turns into rock & roll. Inspired by classic Jazz vocalists such as Dinah Washington and Etta James, Ali's songwriting addresses contemporary themes with a nod to tradition. A Festival on the Green event. Free.

THURSDAY, JULY 17

PARTS TO WHOLE - AN ALCOHOL INK COLLAGE WORKSHOP IN

MIDDLEBURY. Thursday, July 17, 9-11:30 a.m., Henry Sheldon Museum, 1 Park St. This two-part workshop will take inspiration from some of the artifacts in the Sheldon Museum as a basis for

collage-making. Participants will meet over two classes, creating decorative papers using alcohol ink in the first class and assembling a collage with parts and pieces of those papers in the second class. Second class runs Thursday, July 24. No experience necessary. Free. Registration required at henrysheldonmuseum.org/events/parts-to-whole-an-alcohol-ink-collage-workshop.

MAGICIAN TOM VERNER IN

MIDDLEBURY. Thursday, July 17, noon-1 p.m., on the green. Magician Tom Verner is the Founder of Magicians Without Borders. He has toured the world entertaining children wherever a little magic and laughter is desperately needed including multiple trips recently to Ukraine. A Festival on the Green brown bag special. Free.

JENNINGS AND MCCOMBER

IN HANCOCK. Thursday, July 17, 6:30-8 p.m., on the green. At all outdoor concerts, food will be available from the Hancock Volunteer Fire Department and the Hancock Recreational Committee. Audiences are encouraged to bring a chair and to enter their names in a weekly free raffle for gift certificates from Heart of Hancock and Hubbard's Store. Rain site will be at the Hancock Town Hall.

MATHIS ANDERSEN TRIO IN

MIDDLEBURY. Thursday, July

17, 7-8:15 p.m., on the green. Mathis Andersen is the latest musical alter ego of Paris-based singer-songwriter, playwright and actor Mathieu Gerhardt. When he plays his electric guitar you can definitely hear the influence of '70s classic rock along with some West African inflections. He loves to interweave French, German, English and Spanish songs, making the audience feel comfortable hearing songs in a language they do not know. A Festival on the Green event. Free.

DOBET GNAHORÉ IN

MIDDLEBURY. Thursday, July 17, 8:30-9:45 p.m., on the green. Grammy-winner Dobet Gnahoré is a virtuosic singer, dancer, percussionist, songwriter and one of Africa's most amazing talents. Besides her powerful voice, this Combancha recording artist graces the stage with music, dance and theatre. Gnahoré has taken the modern Afropop sounds of her country in exciting new directions, showcasing her incredible range as an artist with soul stirring energy and mission driven lyrics. A Festival on the Green event. Free.

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Pets In Need

HOMeward BOUND

Addison County's Humane Society

 **Chaplin**



Chaplin is a goofy and affectionate guy who came to us as a stray. His favorite things include food and head pets. We are unsure about his history with other animals, but he seems unsure about other cats.

 **Enola**



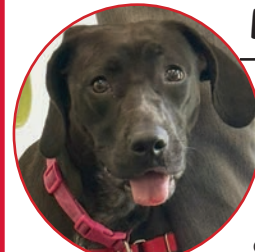
Enola is a 1-year-old sweetheart who came to Homeward Bound from a Florida transport. She is an Abyssinian mix and has that "wild cat" energy! Enola is looking for an active lifestyle with plenty of toys and interactive play. She has lived and gotten along with other cats, but can also play rough with others. Enola would be an excellent hunter and may like to explore outdoor life. She can be very sweet and affectionate, but also likes to give "love bites" which may be too much for young children.

 **Plunkett**



Plunkett is a shy but sweet boy. He loves Churu and wet food and enjoys chin rubs. He has lived with other cats. Plunkett is FIV+ and would need to be an indoor-only cat. Positive cats typically have the same life expectancy as those who are negative.

 **Baci**



Hi, I'm **Baci**! I came to the shelter as a stray. I'm only around 8 months old, so I have a bit of growing still to do. If you want to bring in a lovely, wiggly girl to your home I'd love to be the one! My history with dogs and cats is unknown but I seem to like the other dogs here at the shelter. I love people and to learn new things.

 **Polly**



I'm **Polly**, a medium-sized mixed breed weighing 50 pounds. At 9 years old, I'm a happy senior with a lot of love to give. I'm looking for a quiet home where I can get the attention I need. I'm still active and would love to go for daily walks and be outside a lot - my favorite thing! I do get along with some dogs, but I would prefer to be an only pet since I tend to guard my food from other animals. I've never been around small children before, but I would do fine with older kids.



Homeward Bound
Addison County's Humane Society



Want to learn more?

Call or check our website. We may have a pet for you!
802-388-1100 | HomewardBoundAnimals.org
236 Boardman Street | Middlebury, VT



548 WATCH POINT ROAD, SHOREHAM
\$725,000

THE HOME

A LOOK AT ADDISON COUNTY PROPERTIES FOR SALE

Victorian details style this tranquil home

Beautifully-maintained 1890's Queen Ann Victorian-style home, where distinctive period architecture, mature landscaping, and pastoral views will evoke an instant sense of place. The striking antique front door opens into a gracious foyer, flanked by original pocket doors that lead into spacious living and family rooms on either side, with a central hall and staircase straight ahead. The living room, with southeastern exposure and an ornate hearth, connects to a charming eat-in kitchen with a second hearth with a wood stove for cozy gatherings. From here, enjoy easy access to outdoor living, including a back-entry porch, a covered porch overlooking a tranquil pond, and a connecting shed ideal for storage or workspace. On the home's western side, discover a versatile family room currently used as an artist's studio alongside a welcoming office or library. A convenient three-quarter bath completes the main level. Upstairs, a bright landing offers clear sight lines down the central hall to five bedrooms and a second three-quarter bath. The northwest bedroom includes a charming staircase that leads to a finished attic bonus space-ideal as a reading nook, playroom, or fun hideaway. Outside, three covered porches invite you to relax and take in the serene, park-like surroundings. Loved and cared for by the same family for 47 years, this exceptional property is ready for its next chapter. Embrace the opportunity to become the next steward of this special property.



This week's property is managed by The Real Estate Company of Vermont. More info at therealestatecompanyvt.com.





ADDISON NEW LISTING!
1104 GRANDEY ROAD
 MLS #5049912 | \$950,000
 5 BD | 2 BA | 3659 SF | 52.53 ACRES

A tree-lined drive leads you to incredible Adirondack views. Post & Beam addition adds rustic charm. Rear patio, in-ground pool, 2-car garage, two barns—just imagine what you can create from this estate.



VERGENNES NEW LISTING!
299 COMMODORE DRIVE
 MLS #5049954 | \$729,000
 3 BD | 2 BA | 1705 SF | 0.65 ACRES

Modern, one-level living with an open concept layout, gas fireplace, beautiful primary suite, fully insulated basement, 2-car attached garage and 60 acres of common area to share! Sidewalks take you into town!



MIDDLEBURY NEW LISTING!
70 MAPLE STREET, UNIT 108
 MLS #5049440 | \$725,000
 2 BD | 2 BA | 1345 SF

First-floor renovated condo (2018, Silver Maple Construction) with luxurious finishes, built-ins, a fireplace, covered porch, stone patio, and two parking spaces. Enjoy all that downtown Middlebury has to offer!



BRANDON NEW LISTING!
5 PEARL STREET
 MLS #5049987 | \$599,000
 5 BD | 3 BA | 3876 SF | 1.02 ACRES

Handsome brick Colonial close to downtown with a detached garage, plenty of lawn, and just enough privacy. Historic details and architectural features mix seamlessly with smart updates throughout.



BRANDON NEW LISTING!
46 PARK STREET
 MLS #5049988 | \$399,500
 3 BD | 2 BA | 2406 SF | 0.28 ACRES

Delightful cottage style Victorian in the center of town with French doors, wood floors, built-ins and an updated kitchen/sunroom with a Jotul stove. The detached barn will make a great studio or workshop!

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New Haven
1349 Lime Kiln Road
3.3 Acres

Beautiful open meadow with country views, state WW permit for 3 BD home. Well-located to Middlebury, Vergennes, Burlington.

\$245,000

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SOLD!

PROPERTY TRANSFERS

ADDISON SALES

By **ANDY KIRKALDY**

ADDISON — The following real estate sales were recorded in the town of Addison in 2024 and in the first six months of 2025. Some sales that were not arms-length are not included.

Of note is that three properties sold in Addison for more than \$1 million since October, but none fronted on Lake Champlain. There were also three land sales of less than a tenth of an acre for between \$500 and \$5,000.

4/10/24: Judith Lewis to Clyde Lavallee, 0.07 acre at 8498 Route 22A, \$500.

5/13/24: Gregory Sleeper et al. to Michael Quinlan, 0.04 acre at 300 Fisher Point Road, \$4,967.

6/14/24: Timothy Ryan et al. to Thomas Klemmer, seasonal home on 0.44 acre at 52 Fisher Point Road South, \$335,000.

6/28/24: Dianne Connors to Brendan Hogie, home on 5.1 acres at 6090 Goodrich Corner, \$549,000.

7/1/24: Antonia Cavalier to Diana Musco, home on 1 acre at 1907 Mountain Road, \$253,500.

7/3/24: Gary Shores to Rani Kronick, home on 5.8 acres at 1299 Mountain Road, \$252,500.

7/12/24: Amanda Wheeler to Kevin Dohoney, home on 2.18 acres at 4658 Route 22A,

\$330,000.
8/9/24: Gregory Sleeper et al. to Stacy Valcourt, home on 1 acre at 6102 Route 17 West, \$351,000.

8/22/24: Debra Tremblay to Heather Danis, home on 0.67 acre at 6208 Route 125, \$369,550.

8/28/24: Judith Sutter to Matthew Perry, home on 0.28 acre at 6724 Route 125, \$525,000.

10/4/24: Nelson Mahan Trust to Nathan Anderson, home with two outbuildings and indoor pool on 175 acres at 1357 Route 17 East, \$1.75 million.

10/4/24: Nelson Mahan Trust to Nathan Anderson, 15.45 acres at 1357 Route 17 East, \$250,000.

11/15/24: Thomas Turley to Laura Krahn, 26.54 acres at 3217 Lake St., \$275,000.

12/5/24: Gerald Grant to

Mason West, 6 acres at 204 Town House Road, \$25,000.

12/20/24: Stephen Koller to Kevin Mogerly, seasonal home on 0.32 acre at 256 Lakeside Lane, \$755,000.

1/16/25: Michael Dubois to Kathleen Ferretti, home on 30.02 acres at 2561 Route 17 East, \$1.1 million.

1/24/25: Lisa Miller to Saum Gregory, home on 142.65 acres, \$275,000.

2/19/25: Raymond Dykema to Gregory Rougier, mobile home on 0.72 acre at 2283 Nortontown Road, \$130,000.

4/15/25: Kim Goodell to Ethan Gevry, 33.16 acres at 3857 Route 22, \$150,000.

5/13/25: Addison Community Baptist Church to Kaitlyn Cunningham, parsonage on 1 acre at 183 King Hill Road, \$147,000.

5/15/25: Matthew Passaro to Daniel Knox, home on 11.03 acres at 267 Church St., \$610,000.

5/19/25: Timothy Davis to Michael Kennedy, 5.11 acres on Noonan Lane, \$225,000.

5/27/25: Nottonson Family Trust to Jeremy Stover, home with guest house on 10.1 acres at 912 Grandey Road, \$1.145 million.

6/15/25: Phillip Culver to Bushey Trust: 0.06 acre at 4856 Route 22A, \$4,000.

6/18/25: Steven Heitkamp to Evan Plankey, home on 0.63 acre at 60 Cedar Drive, \$390,000.

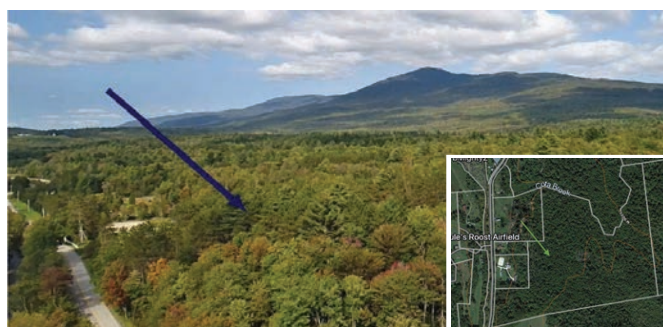
the REAL ESTATE COMPANY OF VERMONT



548 Watch Point Rd, Shoreham

This beautifully maintained 1890s Queen Anne Victorian blends distinctive period architecture, mature landscaping, and pastoral views. A grand foyer opens to spacious living and family rooms, with a central hall leading to an eat-in kitchen and multiple porches. The home includes five bedrooms, two baths, and a finished attic bonus space. Lovingly cared for by the same family for over 45 years, it offers warmth, character, situated on a park like 2.7 acre lot with pond.

MLS No. 5047185 | \$ 725,000



TBD South Lincoln Rd, Lincoln

62.3-acre wooded parcel with western view potential and Cota Brook along its northern edge, featuring waterfalls and swimming holes. Ideal for recreation or future development. Close to the New Haven River, hiking, skiing, and a vibrant community. This special land offers natural beauty with long-term potential.

MLS No. 4971457 | \$ 475,000



UNDER CONTRACT

418 E. Main Street, Middlebury

This 3 bedroom, 2 bath, East Middlebury Village home was tastefully renovated from the studs up in 2016, retaining much of the original charm while benefitting from the convenience and peace of mind that comes with all new systems.

MLS No. 5047066 | \$ 495,000

for more information, contact our office:



Jill Fraga
Broker/Owner/Realtor

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46th
Annual
Middlebury

Festival on-the- Green

July 13-19
2025

A family-friendly music series on the Village Green in Middlebury, VT
Supported entirely by community donations

Sunday, July 13, 2025

7:00 Durham County Poets
Canadian band offering blues, folk,
soul, country, gospel &
New Orleans jazz

Monday, July 14, 2025

Noon - Gaëlle, Marc & Mathis
Songs, poetry, music

7:00 Caitlin Canty
Singer/songwriter whose music carves a
line through folk, blues & country ballads

**8:30 Ray Vega's
Afro-Caribbean Jazz Ensemble**
VT's own jazz, Latin & funk band

Tuesday, July 15, 2025

Noon - New Orleans Jazz and Swing
presented by the Middlebury
Community Music Center faculty

7:00 Ordinary Elephant
Louisiana duo offering rich storytelling
& original songs with banjo, guitar &
mandolin

8:30 Honey & Soul
VT's own indie/folk/soul songwriting
band with three-part harmony

Wednesday, July 16, 2025

**Noon - No Strings Marionettes
present "The Stinky Cheese Man"**

7:00 Ali McGuirk A rocking
guitarist and her Bay State band
perform a double set

Thursday, July 17, 2025

Noon - Magician Tom Verner

7:00 Mathis Andersen Trio
Led by an up-and-coming French musician
performing original music accompanied by
piano, accordion & guitars

8:30 DobetGnahoré
World music Grammy winner & her band
of French & Tunisian musicians present a
repertoire of song, percussion & theater

Friday, July 18, 2025

**Noon - Juggler
Extraordinaire Jason Tardy**

7:00 Buffalo Rose Six-person
Americana band from PA featuring
spiraling harmonies & propulsive rhythms

8:30 Madaila VT's psych pop rock
band is back. Bring your dancing shoes!

Saturday, July 19, 2025

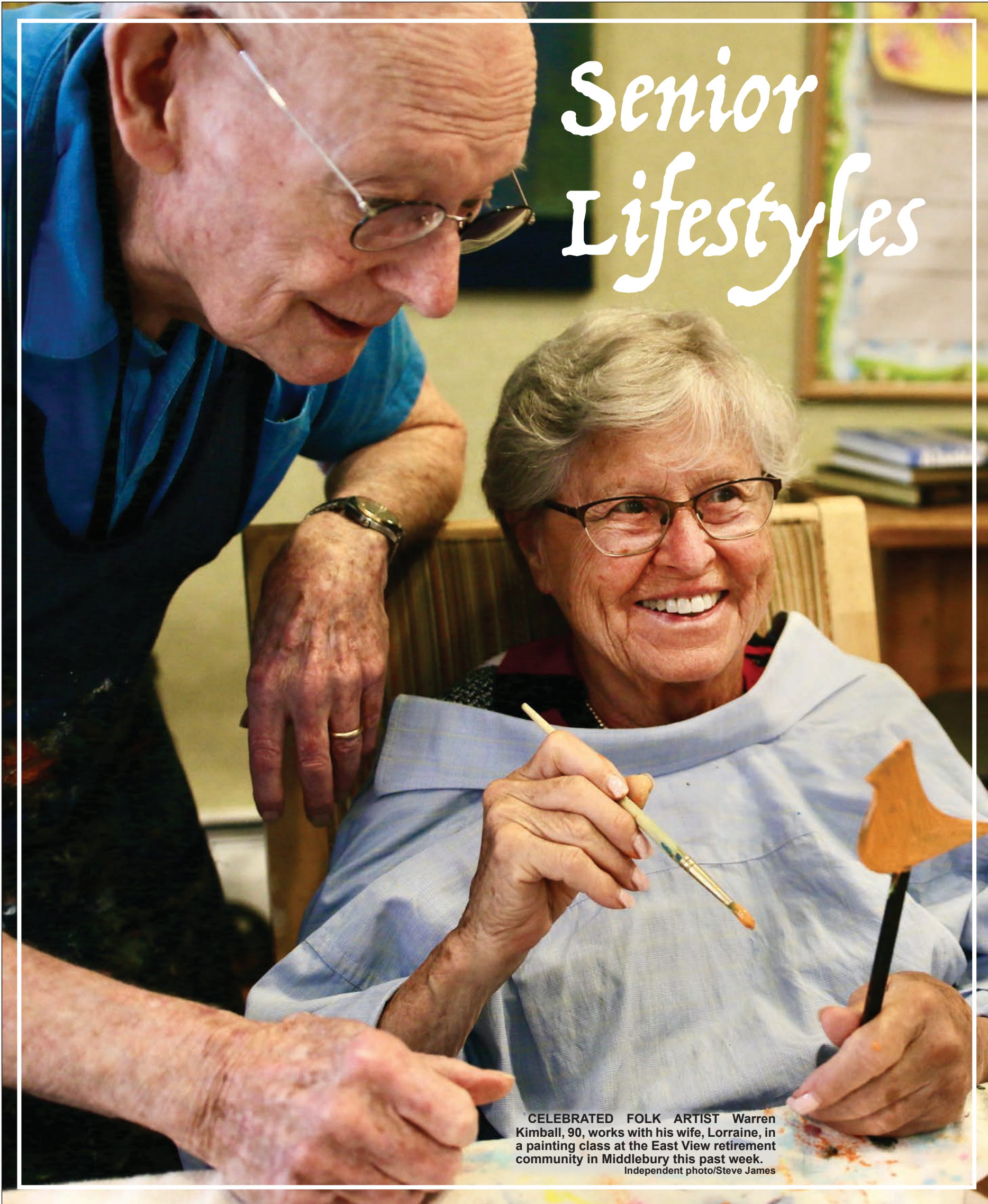
7:00 Vermont Jazz Ensemble Street Dance
Big band sounds welcome you to boogie & jive!

Rain or shine! Check our website prior to shows for schedule changes.

festivalonthegreen.org

visit us online for more information





Senior Lifestyles

CELEBRATED FOLK ARTIST Warren Kimball, 90, works with his wife, Lorraine, in a painting class at the East View retirement community in Middlebury this past week.
Independent photo/Steve James

Program helps seniors age at home in Addison County

By IAN CURRY

WEYBRIDGE — With 18 bird feeders hanging outside his window, Joe Roberts, 87, has a front row seat to what he calls nature's television.

Having driven nearly two and a half million miles across the country, the former long-distance trucker and business owner has retired to a quiet home overlooking one of the more pleasant parts of Addison County.

Living on a large, rural property doesn't get any easier as you get older, Roberts said. Realizing he needed companionship and help with keeping the house in good shape, Roberts applied to HomeShare Vermont to find a housemate.

The nonprofit matched Roberts, who needed someone to just be around the house, with Wayne Roy, who was looking for a new place to live that fit his lifestyle.

Roy, 71, came to Vermont over 15 years ago and has no plans to ever leave, saying he loves the peace and quiet of the forest surrounding Roberts's property.

Roberts and Roy have been living together for seven years and say that

things couldn't be better.

Founded in 1982, HomeShare Vermont is a non-profit organization that enables Vermonters to offer a private bedroom and shared common space in exchange for rent or help around the house ranging from chores to transportation and meal support.

"If the pandemic taught us anything, it's that social connection is not a luxury as much as a necessity for health, happiness and vitality."

— Ric Cengeri, HomeShare Vermont

Ric Cengeri, a spokesperson for HomeShare Vermont, said that the organization has an extensive matching process that aims to make compatible matches based on interests, lifestyles and needs of different individuals. Cengeri said that many elderly hosts would prefer to live with older guests whom they have an easier time relating to while others love to connect with younger individuals just starting out in their careers.

HomeShare Vermont also conducts extensive background checks on all applicants to ensure the safety and compatibility of potential housemate matches.

Roberts and Roy said that being honest and understanding are essential to being a good housemate. Both said that neither of them had any anxiety going into the matching process, noting that HomeShare



JOE ROBERTS, LEFT, and Wayne Roy spend much of their time together sitting on their verandah overlooking Addison County. They participate in the HomeShare Vermont program, which matched Roy, who was looking for better housing, with Roberts, who was looking for a tenant who could help the aging homeowner stay in his home.

Independent photo/Ian Curry

Life is GRAND Here
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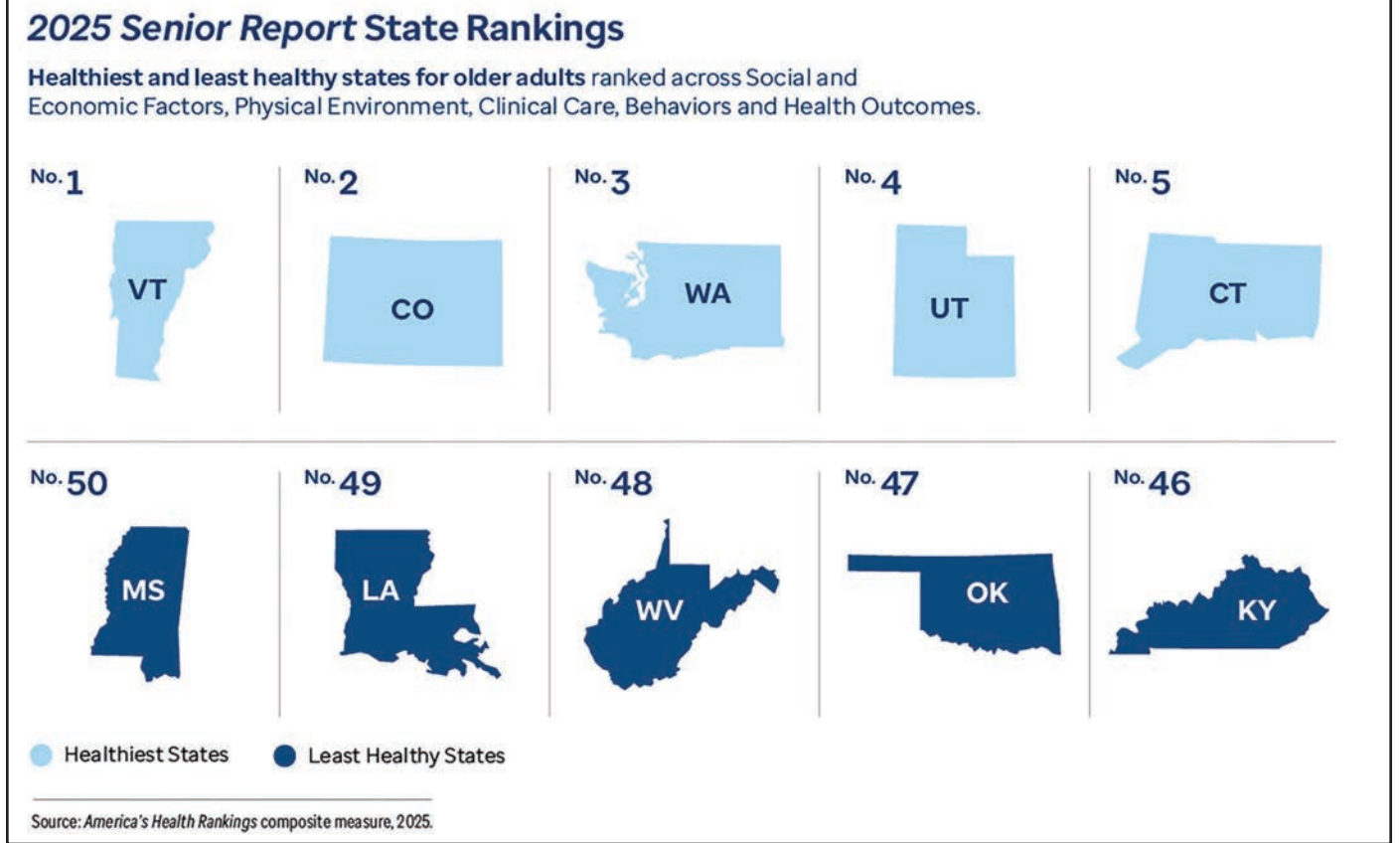
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Recent report: Vt ranked #1 in the nation for healthy older adults

VERMONT — Each year the United Health Foundation releases its America’s Health Rankings Senior Report as a portrait of the health and wellbeing of older adults nationwide. In the newly released 2025 Senior Report, Vermont ranks first in the nation, up from third in 2024.

What makes Vermont the healthiest state for older adults? Vermont receives high marks for social and economic factors impacting health as well as for healthy behaviors. For example, Vermont has a high rate of volunteerism among older adults and a high prevalence of older adults who exercise regularly. These are helped by Vermont’s focus on supporting local communities and encouraging outdoor recreation. The Department of Disabilities, Aging and Independent Living (DAIL) works closely with partners, including the Area Agencies on Aging, health care providers, individuals who receive services, families and communities to support healthy living for older Vermonters.



These successes align with the state’s new multisector plan on aging called Age Strong VT. Age Strong VT is a 10-year vision for making Vermont a great place for all ages and stages of life. Co-led by DAIL and the Department of Health, Age Strong VT includes goals, objectives and strategies that directly contribute to Vermont’s high

ranking in the Senior Report, including a focus on affordability, housing, healthy aging, and social connection.

“The work here in Vermont on our multi-sector plan, Age Strong VT, has now entered into year two of implementation of the 10-year plan.” notes DAIL Commissioner Jill Bowen. “This plan

is significant in its coordination and collaboration across many sectors that influence the experiences, the health and the wellness of older Vermonters.

“We hear a lot about our aging demographic here in Vermont, and for older Americans across the nation. The (See Ranking, Page 4)



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Ranking

(Continued from Page 3)

values and supportive communities of Vermont, our emphasis on nature and the great outdoors, the generosity of seniors who share their time helping others as volunteers, are just a few of the reasons why our state has ranked number one in the nation in this year's Health Rankings Senior Report."

The report notes that Vermont, and the country as a whole, still has work to do to address challenges, including the high cost of housing, risk of suicide and a high rate of falls.

"It's because of the hard work, dedication, vision and creativity of so many state and community partners that we have the Age Strong VT plan and have achieved such a high ranking in the Senior Report," said Angela Smith-Dieng, deputy commissioner of DAIL. "This could not have been accomplished by any one state agency or organization. Through strong partnerships and collaborations across the state, we are seeing these positive outcomes now and hopefully more to come as we continue this collective work."

The report notes that Vermont, and the country as a whole, still has work to do to

A quick look at the numbers

In this year's report Vermont was ranked No. 1 in overall health, and key findings include:

- Poverty increased 57% from 6.1% to 9.6% of adults age 65 and older between 2019 and 2023.
- High-speed internet access increased 26% from 68.4% to 86.4% of households with adults age 65 and older between 2015 and 2023.
- Preventable hospitalizations decreased 5% from 1,271 to 1,210 discharges per 100,000 Medicare beneficiaries ages 65-74 between 2021 and 2023.

address challenges, including the high cost of housing, risk of suicide and a high rate of falls. These areas are part of Age Strong VT's goals.

Learn more: America's Health Rankings 2025 Senior Report provides a portrait of the health and wellbeing of older adults nationwide. It examines 55 measures of health from 24 distinct data sources to present a comprehensive overview of the health and well-being of the nation's older adults.

HomeShare

(Continued from Page 2)

Vermont did a great job catering to their needs and values as seniors.

While HomeShare Vermont is open to Vermonters of all ages, backgrounds and incomes, Cengeri said the organization's primary focus is on helping Vermont seniors age in place safely and sustainably. A report released by HomeShare found that the average age of those sharing their homes is 72, with 86% of those individuals saying they felt safer in their home while having someone living with them.

"The health outcomes for seniors are clearly more positive for those who can stay safely at home and stay socially connected. If the pandemic taught us anything, it's that social connection is not a luxury as much as a necessity for health, happiness and vitality," Cengeri said.

HomeShare Vermont is also keenly aware of the state's struggle with affordability. Not only are high housing costs making it harder for the state to attract younger workers to bolster the workforce, but more and more elderly Vermonters are having a harder time making ends meet, especially when living on a fixed income. Around 30% of Vermont seniors are cost burdened, meaning they spend more than a third of their income on housing costs.

"This is not a sustainable way to live and is paired with a hardworking but overtaxed assisted and supportive living infrastructure. Investments in those options need to happen but, in the meantime, we need to focus on giving older Vermonters more options," Cengeri said.

Roy, who is now retired, said that when he arrived in Vermont, he would struggle to afford rent and Vermont's higher-than-average cost of living despite waking up at 4 a.m. every morning and working full-time. It was not until he applied to HomeShare Vermont and started living with Roberts that he was finally able to achieve financial stability.

Living under the same roof, Wayne Roy checks up on Joe Roberts throughout the day and helps run errands.

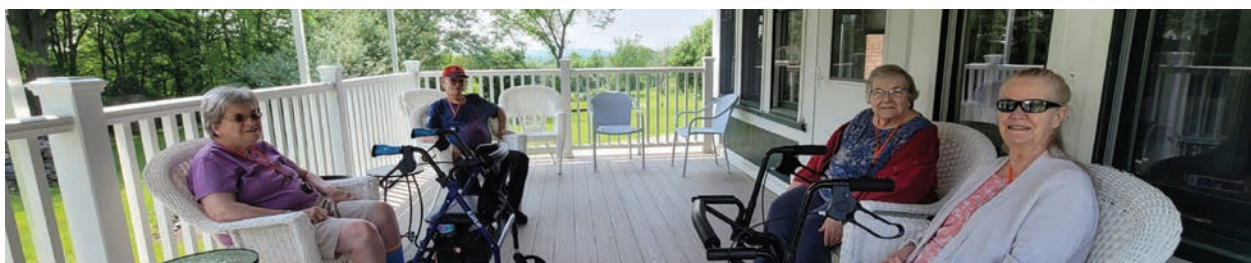
Living under the same roof, Roy checks up on Roberts throughout the day and helps run errands. They often work outside together, cutting and stacking wood in preparation for Vermont's long winters, or sit outside and chat for hours. The two of them said that each other's companionship was the most significant thing they've gained since entering HomeShare Vermont's program.

"I know where my bread is buttered. I wake up every morning and do something to help Joe," Roy said.

"I can't give him enough credit. I would have a hard time surviving out here without Wayne," Roberts said.



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Back and forth

WHEN IT WAS too hot for outside games like croquet and bocce last week, seniors at the East View retirement community in Middlebury gathered in the rec room for some table tennis. Improving their eye-hand coordination and getting their competitive juices flowing are, clockwise from top left, Linda Chapman; Dick Hodgson taking a shot with doubles partner Cari Burkard; and Dee Hodges making a difficult shot look easy.
 Independent photos/Steve James



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Depression in seniors is real and it's treatable

By TRACY RICHARDS, LCMHC
Community Health Rutland

Seniors often face an increased risk of depression, a fact that is commonly dismissed as a natural part of aging. It's important to recognize that depression is a legitimate medical condition that can be successfully addressed.

As we age, it's important to prioritize mental health alongside physical health. Seniors face an increased risk of depression, which is often overlooked as a normal part of aging. However, depression is a legitimate illness that can be treated.

When negative feelings begin to

interfere with daily life, it's time to talk with your healthcare provider about potential depression symptoms. Major life changes, such as losing a loved one, transitioning into retirement, or losing social connections can trigger depression. Other factors, like changes in family relations, loss of mobility, or side effects from medications, may also contribute.

Depression can lead to feelings that distort perceptions of minor issues. The World Health Organization recognizes depression as a leading cause of disability worldwide, while mental health issues can impact physical

health, including heart conditions.

SYMPTOMS OF DEPRESSION

Depression in seniors is often overlooked, particularly in those who are isolated. Factors such as inadequate nutrition, medications, and feelings of shame can make a person reluctant to talk about their feelings. Signs of depression include:

- Feelings of hopelessness or guilt
- Anxiety and irritability
- Loss of interest in once-pleasurable activities
- Fatigue and decreased energy
- Difficulty concentrating and making decisions
- Changes in sleep patterns and appetite
- Thought of suicide or self-harm
- Persistent physical aches that do not improve
- Talking with a primary care provider is important to rule out other medical conditions that could mimic depression, such as dementia or Parkinson's disease. Health screenings can lead to effective treatments, including medications, therapy, or sometimes both.

DEPRESSION & DEMENTIA
Depression can also appear differently across cultures, gender, and age. Memory loss and frustration can lead

to anxiety and difficult behaviors in dementia patients. They may struggle with basic tasks and experience increased aggression due to their inability to process information as they used to. Simplifying communications, maintaining routines, and offering clear explanations can help reduce their frustration.

CAREGIVER DEPRESSION

The stress of caregiving can take a toll on family members caring for seniors, particularly those with dementia. Recognizing and addressing caregiver depression is crucial. Support groups and self-care strategies are essential for managing caregiver stress. The Alzheimer's support group meets at Community Health North Main Street, 231 North Main Street, Rutland, VT on the second

Tuesday of each month.

Addressing mental health in seniors and their caregivers is essential for maintaining overall well-being.

Editor's note: This story was provided by Community Health Centers of the Rutland Region. Author Tracy Richards is a licensed clinical mental health counselor at Community Health Rutland.

When negative feelings begin to interfere with daily life, it's time to talk with your healthcare provider about potential depression symptoms.



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Healthy aging in the county

Vermont's population is growing older, and the Vermont Department of Health pulled together some statistics to shed some light on the aging populations in each of the state's 14 counties. Here is the data on Addison County as of 2023.

Older adults who live alone are at higher risk for loneliness, injury from falls, and cognitive decline.

One in three Addison County residents are over the age of 60 (30% or 11,100 adults), making it the 10th oldest population in the state. Since 2001, Addison County has experienced a decreasing youth and an increasing older adult population. An increasing older adult population creates new challenges and emerging health risks.

The 60-69 age group is the largest-by-decade age group in the county.

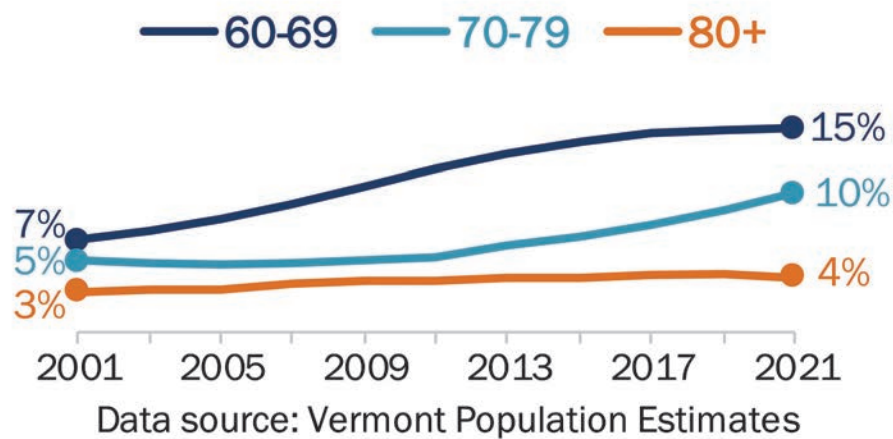
Approximately 1 in 3 adults 80+ years old live alone and 1 in 4 experience cognitive decline.

Age Strong VT is working to make sure all Vermonters can age well. There are health differences between age decades in Addison County, which should be considered when planning

institutional support for all older adults. Approximately one-third of adults 70 years and older live alone. Older adults who live alone are at higher risk for loneliness, injury from falls, and cognitive decline. Nine percent of 60-69-year-olds do not receive the social and emotional support they need. One-third of all older adults fell in the past year. Experiencing cognitive decline increases with age while not seeing a healthcare provider or drinking alcohol at a risk level decreases with age.

Here is the data by age group in Addison County.

Percent of Addison County Residents In Older Adult Age Groups from 2001-2021



Healthy Aging Indicators in Addison County by Age Group

Age	60-69	70-79	80+
Live alone	19%	33%	34%
Rarely or never gets the social and emotional support they need	9%	no data	no data
Fell during the past year	37%	27%	35%
Had worsening memory and confusion in the past year	9%	11%	28%
Did not see a healthcare provider in the past year	18%	11%	13%
Consumes alcohol at a risk level	29%	23%	10%

Source: healthvermont.gov/agestrongvt

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Vermont Aging Network Consortium awarded grant to modernize helpline

MONTPELIER — The Vermont Aging Network Consortium (VANC) recently announce that its proposal “Modernizing Vermont’s No Wrong Door Older Vermonters Helpline and Information Systems Network Infrastructure” has been selected as one of 12 national grant recipients by the U.S. Department of Health and Human Services’ Administration for Community Living.

Through this two-year, \$450,000 project, VANC — working in affiliation with all five of Vermont’s Area Agencies on Aging — will serve as the hub for an enhanced and modernized Information, Assistance, and Referral system. This includes a reimagined “Older Vermonters Helpline” and the development of updated technology infrastructure that enhances accessibility, consistency, and service quality statewide.

“We are so grateful for this tremendous opportunity,” said Cheryl Gilbert, VANC’s chief operating & financial officer. “This investment enables us to build a more connected, efficient, and accessible support system for older Vermonters.”

The project will modernize Vermont’s current “Senior Helpline,” which relies on landline technology expected to become obsolete by 2030. By investing in these upgrades now, VANC will improve access to services for older Vermonters, their families, and caregivers across the state.

The Senior Helpline — 1-800-642-5119 — connects callers statewide to a wide array of vital support services delivered

by friendly, knowledgeable professionals. These services include:

- Meals on Wheels and nutrition support
- Transportation assistance
- Medicare counseling and long-term care planning
- Caregiver support services
- Translation services
- Case management
- Options counseling
- Volunteer services

Key project components include:

- Upgrading call and referral technology
- Establishing consistent service delivery protocols across all Area Agencies on Aging.
- Standardizing staff training
- Launching unified marketing and communications materials
- Implementing an updated referral database with coordinated protocols

This streamlined approach will improve service quality, increase client satisfaction, and reduce variation in practice. The enhanced system will also generate cost savings at each of the five Area Agencies on Aging, allowing those funds to be reinvested in direct services that benefit older Vermonters.

This project is supported by the Administration for Community Living, U.S. Department of Health and Human Services, as part of a financial assistance award totaling \$450,000 with 100% funding by ACL/HHS.

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Keepin' creatin'

SENIORS IN THE Autumn Song unit (memory care) at East View in Middlebury this past week beautified their world by applying colorful paint to wooden flowers under the direction of celebrated Brandon artist Warren Kimble, who is 90 years old. Shown working on their projects are, counterclockwise from right, John Fuller sizing up the next color, Nancy Hinsdale applying plenty of red, Nina Bacon admiring the blues and yellows she swathed on an orange number, and East View Director of Engagement and Communications Cari Burkard joining Kimble to peer through a forest of flowers.

Independent photos/Steve James

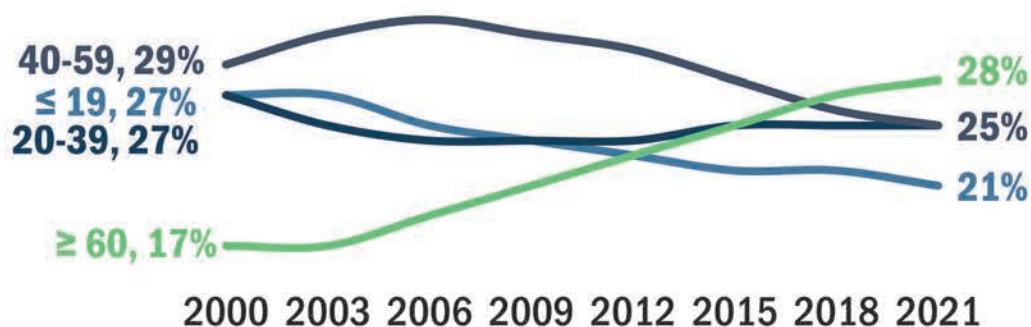




Vermont's Population is Aging

- Vermont has the 4th oldest population in the country.
- One in four Vermonters are 60+.
- By 2030, one in three Vermonters will be 60+.

Percent of Vermont Residents by Age Group



Data source: Vermont Population Estimates

Activities for seniors with limited mobility

Physical activity is a valuable tool in the fight against chronic disease and other conditions. In fact, the Cleveland Clinic highlights physical activity among its nine ways to prevent disease in an effort to live a long and rewarding life.

Children, adolescents, young adults, and even men and women in middle age may not face too many physical hurdles when they try to exercise, but seniors are not

always so lucky. Aging men and women with mobility issues may wonder if they can reap the rewards of physical activity, and thankfully there are many ways to exercise even if getting up and going isn't as easy as it might have been in years past. Sometimes referred to as "aerobic exercise" or simply "cardio," cardiovascular exercise is an umbrella term that encompasses a wide range of physical activities that raise the

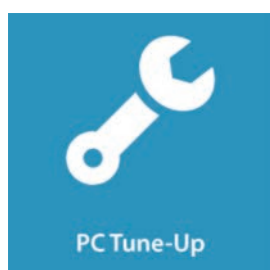
heart rate and improve endurance. Seniors with mobility issues can look to various forms of cardio for inspiration as they seek to be more physically active without compromising their overall health.

- Walk your way to a healthier you. Walking is a form of cardiovascular exercise that is ideal for older adults with mobility issues because it need not be physically demanding and it's safe to walk just about

anywhere. Walking in a place such as a local park can be particularly good for older adults because they can take periodic breaks on benches if aches, pains or stiffness is affecting their ability to keep moving.

- Take up swimming. Swimming might be tailor-made for seniors with mobility issues because it's a great workout and exercising in water tends to be less taxing *(See Mobility, Page 11)*

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UVMHealth.org/PMC



Metro Creative photo

Mobility

(Continued from Page 10)

on muscles and joints. The Cleveland Clinic notes that swimming promotes heart health, strengthens the lungs, helps to burn calories, and builds muscle, among other benefits. And many seniors find swimming is just as fun in their golden years as it was in their youth, which means aging adults might not face problems with motivation when the time comes to get in the pool.

- Use an exercise bike or portable pedal exerciser. Cycling is a wonderful exercise but one that seniors with mobility issues may feel is no longer possible. If doctors advise against riding a traditional bike, an exercise bike or portable pedal exerciser can provide many of the benefits of cycling without as great a risk for accident or injury. A portable pedal exerciser can be carried to

a park, where seniors can still spend time in the great outdoors, which is one of the most appealing reasons to get on a bike and go.

- Take beginner yoga or tai chi. HelpGuide.org notes that gentle yoga or tai chi can help to improve flexibility and reduce stress and anxiety. Though yoga and tai chi can provide as much demanding physical activity as individuals allow, beginner classes in each discipline don't require much movement but do provide enough for seniors hoping to be less sedentary.

Even seniors with mobility issues can find safe and effective ways to be more physically active. Prior to beginning a new exercise regimen, seniors with mobility issues are urged to discuss activities with their physicians.

— Metro Services

Retired and bored - Make an active retirement a reality

Scores of people view retirement as a time in their lives when they aren't beholden to schedules and can finally indulge in hobbies and interests they'd been dreaming about while sitting in meetings or commuting to the office. Although retirement often is billed as a time to enjoy life, research suggests a different scenario plays out all too often. According to a recent study commissioned by The Oddfellows, one of the oldest friendly societies in the United Kingdom, 39 percent of retirees have experienced feelings such as loneliness, boredom and a reduced sense of identity and purpose shortly after the retirement glow wears off.

Staying active and engaged during retirement may take some creative effort, especially for those who were used to the regimented schedule of work. But the following are some ways to maintain your active engagement with the world after calling it a career.

- **Take that trip.** According to AARP, travel is one of the most popular things to do during retirement. Odds are there are places retirees have always wanted to visit, and the world is just waiting. Taking a tour or being part of a travel group can simplify travel planning by leaving the organizing to someone else. Travelers just enjoy the ride.

- **Get moving physically.** The National

Council on Aging says regularly engaging in physical activity a person enjoys can help prevent bone loss, boost immunity, improve mood, and even prevent chronic illnesses. Team sport participation is a top choice for seniors looking to stay active because sports provide physical exercise and also an opportunity to socialize with friends or teammates.

- **Maintain a consistent schedule.** Some people thrive when they know what is coming next. If you need a routine in order to be happy, establish a consistent schedule that works. For example, people can wake up at the same time each morning and eat lunch during at the same time they did while working. Upon retiring, incorporate a daily plan for exercise if physical activity is not part of your traditional routine.

- **Try something new.** It is never too late to try a new activity, class, sport, or hobby. Challenging yourself can stimulate the mind and provide a pathway to new relationships. Individuals can even consider going back to college. According to Kiplinger, New Jersey residents age 65 and older can take regularly scheduled courses tuition-free at the state's public colleges and universities, provided classroom space permits. There are similar programs in other states across the country.

— Metro Services

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Make a plan to maintain a healthy weight as a senior

Achieving and maintaining a healthy weight is a lifelong process. Children tend to be so physically active and grow at such a consistent pace that it's easier for them to consume a high-calorie diet without becoming overweight. That's generally not the case after adolescence, and it might be particularly difficult for seniors to avoid gaining weight.

In a 2020 interview, Jillian Reece, a bariatric dietitian at Tufts Medical Center, noted that a person's basal metabolic rate slows down with aging. The basal metabolic rate indicates the rate at which the body uses energy while at rest. As that rate slows down, body weight can increase. But seniors should know they aren't helpless against nature and Father Time. In fact, there is much aging adults can do to maintain a healthy weight throughout their golden years.

- Limit portion sizes when eating. Controlling portion sizes is easier said than done, particularly for seniors who dine out with frequency. When dining out, seniors can order off the appetizer menu instead of ordering an entrée, especially when visiting an establishment known for its hefty portions. At home, pay attention to serving size data on product labeling. If necessary, measure portions when eating foods such as cereal so the

portion you eat reflects the serving size noted on the box.

- Eat breakfast each morning. Seniors who skip breakfast, which may be more likely upon retiring, could be doing their waists a notable disservice. A 2017 statement from the American Heart Association noted that several large, long-term, prospective, observational studies have found an association between breakfast consumption and lower risk of obesity. The less structured pattern of retirement living may compel some seniors to skip breakfast, but committing to a morning meal can help keep off extra pounds.

- Commit to routine exercise. Diet can go a long way toward helping seniors maintain a healthy weight. However, diet is not the only area where seniors can help their waists. Routine physical activity can help seniors maintain muscle mass and make it easier to be more mobile. Staying mobile can help keep pounds off, as a sedentary lifestyle is one of the more notable risk factors for overweight and obesity. The National Institute on Aging recommends seniors aim for at least 150 minutes of moderate-intensity aerobic activity each week. Moderate-intensity aerobic activities are those that raise the heart rate and help seniors break a sweat, such as walking,



Metro Creative photo

jogging, swimming and cycling.

- Make a concerted effort to remain hydrated throughout the day. The Cleveland Clinic notes that age-related body composition changes make seniors particularly vulnerable to dehydration. An aging body does not demand water like it once did, so it's easy for seniors to forget to hydrate because they don't feel thirsty. But remaining hydrated is important for

seniors looking to maintain a healthy weight because dehydration can mimic symptoms of hunger. Seniors may reach for snacks feeling they're hungry when all they might need is a glass of water to hydrate.

A healthy weight can allow seniors to live life to the fullest. Various strategies can help seniors achieve a healthy weight.

— Metro Services

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