

STUDENTS OF THE WEEK FROM AREA HIGH SCHOOLS

Vergennes Union High School

Quincy Sabick

Quincy Sabick is Vergennes Union High School's newest Student of the Week. Quincy lives in Vergennes with her parents, her younger brother, who is a ninth-grader, and the family's three cats and dog.

She appreciates VUHS's tight-knit community: "Everyone feels like we have been friends forever. We get to make close connections with our classmates." She enjoyed AP Literature and Humanities, where Mr. Thomas "really taught me to look at the world differently" by encouraging students to consider their choices and their impact. She has also valued the chance to study German throughout her four years of high school.

Earning high honors every semester, it's no surprise that Quincy scored 5s on all four of her AP exams. Her other accomplishments are wide-ranging. She was elected Governor at the 81st Girls State, earned a gold medal on the Level II National German Exam, founded the school newspaper, served as NHS President, led the Green Team, and participated in Vermont History Day every year since sixth grade. This year, she won first place at Vermont History Day with a paper later published in the Vermont History Journal. Quincy credits Rebecca Coffey and Josh Brooks for inspiring and sustaining her passion for Vermont History Day. Her leadership extends beyond academics. She is president of the Vergennes LEOs Club, a youth representative on the Vermont Climate Council, treasurer of the Class of 2026, and a student representative on the ANWSD School Board since 2023. Quincy also attended the Rotary Youth Leadership Academy in 10th grade, worked as a U.S. Senate page in Washington, D.C., during summer 2025 (sponsored by Sen. Bernie Sanders), and spends her summers working at the Lake Champlain Maritime Museum.

Quincy has also been active in track and field all four years, played clarinet in the band and jazz band, competed on the math team, and has worked backstage on the crew for musical productions since 9th grade. Outside of school, Quincy enjoys spending time with friends and family, reading and traveling. She is especially excited about the VUHS German Exchange Program, where she will host German students and visit them. Reflecting on her time at VUHS, Quincy says, "I've learned the importance of embracing the opportunities you can, and creating new opportunities. My advice for younger students is to work hard in high school. It does pay off. Seek out opportunities in your community so you can engage in as many things as possible. Find a balance between what you care about and what you have to do so you can pursue what you love and make a difference."

After graduation, Quincy plans to study Economics and Public Policy on a pre-law track while continuing her German studies and exploring other languages. The VUHS community wishes her all the best!



Quincy Sabick
VUHS

Middlebury Union High School

Mary Harrington

Mary Harrington, the daughter of Tracey and Jay Harrington, is Middlebury Union High School's latest student of the week. Older brother Baxter is a sophomore at Washington University in St. Louis. The family lives with their dog, Finch, in Ripton.

Mary has appreciated her time at MUHS, especially enjoying getting to know the students and teachers who are part of the community. Mary is a candidate for the full diploma as part of the International Baccalaureate Diploma Program. She is also an active member of the Music Department and an accomplished athlete.

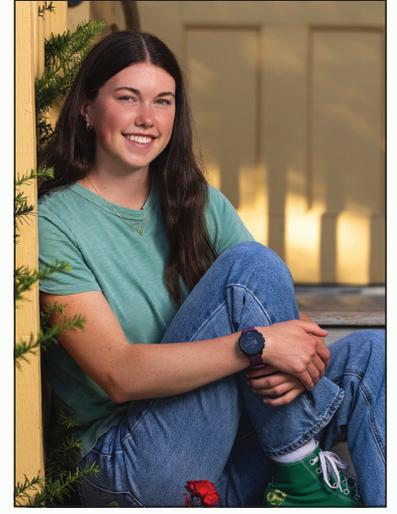
Especially interested in science and math, Mary noted that one of her favorite classes at MUHS was chemistry with Ms. Lloyd. She recalls that her two-year chemistry class was productive and that Ms. Lloyd made it fun. Mary also reflected positively on her math classes with Mr. Comar, saying that Mr. Comar's teaching style is a bit different from other teachers in a way that is especially enjoyable.

Last year, Mary was one of the two winners of the prestigious Dorey Cup, which is awarded to two juniors every year who have "attained the highest standing" in the areas of athletic ability, leadership, scholarship, moral integrity and habits. At MUHS, Mary is a member of SCOHR (Student Council on Human Rights) and Best Buddies, where she serves as a co-president. She is also preparing as a member of the pit band for this fall's musical production of "Newsies." In the summers, Mary works at Branbury State Park in Salisbury.

Mary has found significant success in the realm of athletics, both interscholastically and outside of school. She is a team captain on the cross country running team, and has been successful statewide in running pursuits. Her true passion, however, is Nordic skiing. Mary has won multiple high school Nordic skiing state championships in both individual and relay events. She's helped lead the Tigers to multiple team state championships. She competed nationally at Junior Olympics, achieving many top-10 finishes. Mary's success at these competitions ranks her as one of the best Nordic skiers in the country.

Mary is enjoying her senior year. She acknowledges that she has learned the value of time management throughout her experience at MUHS and is putting it into practice this year as she balances her rigorous academic load, athletic training and other activities. When asked about what advice she has for underclassmen, Mary said, "Go into things with an open mind and give it your best. There's a lot to be said for the mindset that you go into things with; it can shape your experience."

Mary hopes to attend college in New England and continue skiing competitively. Although not decided on what she will study, she is interested in psychology as a potential pathway. We at MUHS wish Mary the best for the remainder of her school year.



Mary Harrington
MUHS

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Students of the Week are chosen by school teachers and administration.

Congratulations, Mary and Quincy

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