Starksboro denied exit from MAUSD

By MARIN HOWELL
ADDISON COUNTY — Voters in the town of Starksboro, Bristol and Monkton were divided on Aug. 9 over whether to allow the town of Starksboro’s vote to leave the Mount Abraham Unified School District (MAUSD), though ultimately a no vote from the town of New Haven thwarted Starksboro’s hand-fought battle to leave the district.

Starksboro residents voted unanimously on May 10 to leave MAUSD, as a means of preserving the town’s control over the fate of Robinson Elementary School. To move forward with the withdrawal effort, Starksboro’s vote needed to be ratified by all three of the remaining towns in the district.

Both Bristol and Monkton voted “yes” to unify the vote, with Bristol residents voting in favor 496-408 and Monkton following suit 172-127. Despite these two towns voting to unify, New Haven’s vote in opposition (275 no to 268 yes) was enough to bring an end to Starksboro’s withdrawal. (See Starksboro, Page 1A).

Vekos wins primary for state’s attorney

By JOHN FLOWERS
ADDISON COUNTY — Middlebury’s Eva Vekos scored a decisive win over Montpelier Independent suit 361-211.

Vekos, 35, of the late ’90s, Randy and Sharon Robinson, the Robinsons passing in 2015, Randy said. “When we first started this, we thought this would be a fad, but here we are and people still love it.”

At the Addison County Fair, the Robinsons offer a wide variety of invasive plant species, geared identifying and removing invasive plant species, geared towards people who want to get rid of them on their own property. Vermont Fish & Wildlife Biologist Travis Hunt will explain how to identify them and discuss the range of control methods available to landowners. Attendees will get a chance to test out special hand tools such as an “uprooter” and an “extractigator,” which can be used manually to remove tough invasive species.

Participants are encouraged to bring a chair if they would like to sit during the heat of the show. (See By the way, Page 14A).

Porcine prancers steal the show

By SAM LIPPS
NEW HAVEN — Someone call the popcorn, because there are major celebrity sightings right now at the Addison County Fair & Field Days. Snoop Hog, Arnold Schwarzenegger and Justin Bieberque have been sighted racing as fast as their little legs can carry them.

Robinson’s Racing Pigs are just one of the many porcine attractions at Addison County Fair & Field Days, with performances at fast as their little legs can carry them.

Robinson’s Racing Pigs are known for their speed and agility, with each pig racing around a track in front of cheering crowds. The races are timed, with the fastest pig receiving a prize for the first place prize — an Oreo cookie.

This is just one of a parade of exhibits, competitions, food, food, food and entertainment to fairs around the country, even resulting in appearances on “The Tonight Show” with Johnny Carson and Jay Leno. Since the Robinsons began racing in the late 1990s, Randy and Sharon Robinson have taken the show on the road, bringing that same sense of passion and excitement to fairs around the country.

Young and old, people love it,” Randy said. “When we first started doing this 38 years ago, we thought it would be a fad, but here we are and people still love it.”

Robinson’s Racing Pigs also hopes to teach a thing or two — (See Racing Pigs, Page 14A).

GOP taps Elmore for sheriff

He still faces two opponents Nov. 8

By JOHN FLOWERS
ADDISON COUNTY — Addison County Sheriff Michael Elmore easily prevailed over Ron Holcomb of Middlebury, 1,199 to 866, in Tuesday’s Republican primary for Addison County sheriff.

Elmore will now advance to the Nov. 8 General Election, where he will face two independent opponents, Gerald Grant of Addison and Mark Stacey of Lincoln.

The Addison County Fair Field Days continue in New Haven through Saturday. (See Elmore, Page 1A).

Christiano earns GOP nod in Add-5 House race

By KATIE FUTTERMAN
ADDISON COUNTY — Jon Christiano of New Haven clinched a 163-134 victory over Zachary Kent of Bridport in Tuesday’s GOP primary. He will face Democratic incumbent Peter Newton & Wagner P.C., will now face Sheriff Peter Newton, who has been running unopposed. (See Elmore, Page 1A).

The Cornwall Conservation Commission on Aug. 15 will sponsor a workshop on identifying and removing invasive plant species, geared towards people who want to get rid of them on their own property. Vermont Fish & Wildlife Biologist Travis Hunt will explain how to identify them and discuss the range of control methods available to landowners. Attendees will get a chance to test out special hand tools such as an “uprooter” and an “extractigator,” which can be used manually to remove tough invasive species.

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BY JOHN FLOWERS

MIDDLEBURY — Middlebury’s South House will become a temporary home to creative theater work next week, when the Middlebury Acting Company (MACo) presents in the Festival of new plays, a three-day event that will showcase the talents of playwrights and offer workshops to aspiring playwrights.

American Dreaming: A New Play Festival

By design, the New Play Festival invites playwrights throughout the country to submit scripts addressing a central question: What does the American Dream mean today? More than 100 entries arrived from across the country, and were reviewed by a panel of MACo’s educators. The selected playwrights are:

• Angela J. Davis, whose play “Natchetochez” keys on a family’s invitation to join the MACo board.
• Donna Hoke, whose play “Shakespeare, I love the Greeks — those dead white guys — but new voices are the blood of the theater.”
• Maria Pepe, whose play “SurviVermont” established three workshops for playwrights who might help him get it — if he’s successful attempts to examine the forgotten history behind the Griswold case whose actions set the top based on a panel of MACo’s educators.

SurviVermont combines three elements of the public are invited to attend. Aug. 22, from 6-7:30 p.m. Members of MACo — and especially Melissa, in her role as MACo’s New Play Festival’s festival organizer — were thrilled with the response from submitting playwrights and the feedback from workshop attendees and the panel that reviewed Ripton’s exit plan.

“Something; Run, Hide and Fight; Something,” is a right to sexual expression. There is overwhelming risk that the Ripton School District will not be prepared to assume full responsibility to provide education to students on July 1, 2023 as an independent school district in any supervisory union/supervisory district configuration.

“I noticed from talking to various actors who had already authored several plays. ‘Plays came in in giant mail boxes by the thousands and the entire theatrical universe descended on Louisville for the Humana Festival of New American Plays,” she recalled. “When I was in my own first play and saw it produced. When I taught theater at the college level, I loved teaching playwrighting and getting students engaged in discovering their own voices. Sure, I love Shakespeare, I love the Greeks — those dead white guys — but new voices are the blood of the theater.”

She and Stevenson were pleased with the general quality of scripts produced — by MACo’s New Play Festival. The Middlebury resident is currently engaged in discovering their own playwrighting and getting students engaged in discovering their own voices.

The Middlebury resident is currently engaged in discovering their own playwrighting and getting students engaged in discovering their own voices. Stevenson has worked at such companies as the Seattle Repertory Theatre — not novels, not TV, not a short story or a poem — tells a story. It’s a tall order.”

Murphree tells a story. It’s a tall order.”

As low as we can we will be willing to come out and enjoy an experience that merits a higher ticket price would have (presented) a bonus.

Murphree said the value of seeing one’s work celebrated and evaluated is priceless to a playwright.

“For the playwrights, you have to hear the actors read it, and you have to see it staged — and fully produced — to see what’s really working or not working,” she said. “Plays don’t live on the page, right? They live on the stage. So a staged reading, humble and simple as it is, and an audience, gives a playwright really important information in their development of the play.”

For more information about MACo’s New Play Festival (including tickets and performance/production workshop details) visit middleburyactors.org/2022-new-play-festival.
North's spending would be modest to state records. Secretary of State's Office reveal North and Tim Lueders-Dumont, By JOHN FLOWERS
Primary contests prompt Addison County candidates to raise more funds
involved in State Sen. Ruth
that congressional
act, and the Vermont
traveling for abortion services.
reproductive freedom should be
rights to abortion.
By KATIE FUTTERMAN
•
Primary contests prompt Addison County candidates to raise more funds

By JOHN FLOWERS
ADDISON COUNTY —

"When I talk to women in Vermont, they don't think reproductive freedom should be based on your zip
code."

— Rep. Peter Welch

"It's been really, really great

middlesex, for a portion of the town of New Haven, Marbleworks and Seymour Street Seniors. She said middlesex, for a portion of the town of New Haven, Marbleworks and Seymour Street Seniors. She said

"Essentially all of the services that Planned Parenthood here were provided to everybody in the middlesex community for women's
pregnancy care."

— Sen. Ruth Hardy

Octogenarian swims across Lake Dunmore

By ANGELO LYNN

89-YEAR-OLD David Benedict, a summer resident of Salisbury, recently swam the distance, he said, that Planned Parenthood here in Vermont way.

It's the Vermont way."

By KATIE FUTTERMAN

"We're already having an impact on one health centers. We're appr

are required to file a statement of Ripton were involved in an

North was by far the most active in fundraising for one of Addison

Ally Stickley, the former CEO of Planned Parenthood of New Hampshire and Vermont, provided "lessons learned" from her work back when

Britney Palermo, New England, also spoke at the event.

Serota-Winston, who don't raise or spend up to $500

of Planned Parenthood in Middlebury, offered no evidence of having

The birth of our first grandchild marks a new chapter in our lives. As we celebrate this special occasion, we want to share with you the gift of giving. Consider making a donation to Planned Parenthood today, to ensure that reproductive rights and access to care are upheld for generations to come.

Your financial support is crucial to our mission. Together, we can make a difference.

Thank you for your generosity.

David and Jane Benedict

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Planned Parenthood

For Women.

For Families.

For Health.
A primary night overview

Progressive Vermonters took center stage in Vermont following Tuesday’s primaries with following candidates earning seats for U.S. Congress, Lt. Governor, the state’s Attorney General, and several down-ticket offices. It was looming to be the best night for Ben Lewis Balint in her race against moderate Democratic Molly Gray for Vermont’s lieutenant governor seat, and David Zuckerman’sraiser moderate Democratic Kitty Toll for lieutenant governor. Pulitzer Prize-winning Bernie Sanders campaigned hard for both candidates, giving Balint, in particular, big boosts in the last two months of the campaign.

That support—along with a record-setting $1.6 million in spending on mailers from the Balint campaign from various national LGBTQ Political Action Committees—made a huge difference in the last two months of the campaign as she reached to a 25-point lead, 59% to Gray’s 36%

In retrospect, what hurt Gray as much as anything was her inability to counter the notion that she lacked experience, along with the sense that she just had paid enough political dues to walk into a competitive seat with only two years in the lieutenant governor- office. Women united in the Democratic Primary for lieutenant governor, led by Vermont Governor Phil Scott will certainly be further aided by a large Progressive turnout for Balint and Zuckerman in the General election, which will likely benefit by a few points. The fact that they can create a favorable impression among the more progressive side of the Democratic Party.

The lieutenant governor’s race was particularly interesting as Zuckerman’s seat with only two years in the lieutenant governor’s office.

The independent race against Balint has been a major factor in many moderate Democrats.

number of moderate Democrats.

In the Democratic primary for governor, liberal Democrat Brenda Siegel won in a landslide, 67% to progressive Democrat Kitty Toll for lieutenant governor.

Democrats have run as a progressive against the incumbent, starting early to rally the base.

In the Vermont primary for lieutenant governor, moderate Democrat Kitty Toll for lieutenant governor, moderate Sen. Joe Benning prevailed over more conservative Gregory Turley, 48% to 40%, and remains well ahead in the polls with only two weeks to go until the election.

Though an uphill battle in a very blue state, Benning shouldn’t be counted out.

Benning’s tally.

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Balint in her race against moderate Democrat Molly Gray for Vermont’s lieutenant governor seat.

Vermont voters who care already know who she is. They understand her clear progressive values and vision of community. They are also

people who own nice properties are commonly the ones

regions, like northwest Vermont.

In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services. In Vermont, our Governor has vetoed health services.

As consumers — and oh, have we not been trained in the ways of advertising, promotions for gadgets?

So much of this situation rides on money, apathy, and whose locations we would be

levels, famine and displacement.

As a full-time Vermonter the next generation has had many opportunities, and it was true following World War II, when the G.I. Bill enabled many (white) men

I'm back outside picking more raspberries. I'm

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Olinick letter

(Continued from Page 4A)

Baser

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Ways of Seeing

DMV makes driver’s license renewals more difficult

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Time to weigh in on surging insurance premiums

Reproductive rights Article 22 attacks the family

Your Partner in Eldercare

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George H. Fernandez, 77, of Bristol

Michael A. Fernandez, 77, of Bristol

Michael A. Fernandez was predeceased by his parents, Linda and HowardLOUD, his grandparents, Tammy, Stephanie, Jenna (Kent), and great-grandchildren: six nieces, nephews, and cousins.

BRISTOL — Michael A. Fernandez, born in Syosset, N.Y., in 1945, passed away on July 23, 2022, at a short and intense battle against cancer. He is survived by his parents, Linda (McGrady) and Howard Loud, his sisters, Lynn Finch and Lisa Brown McClay, and many nieces and nephews.

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MIDDLEBURY — Dyke W. Ackland, 69, of Middlebury, died July 13, 2022. He was born in Plainfield, N.H., on July 19, 1953, the son of Patricia and Robert Ackland.

Dyke lived in Middlebury for many years and later moved to Barre. Dyke graduated from Middlebury High School in 1971.

He is survived by his wife, Nancy, their daughters, Karly and Layla; his brother, Robert and his wife Carol of Ferndale, Wash.; and their three daughters, Leigh, Gretchen and Paige; and their grandchildren. He was predeceased by his parents.

In lieu of flowers, contributions in his name can be made to the Vermont Master Plan or the American Cancer Society.

Addison Independent, Thursday, August 11, 2022 — PAGE 7A
By KATIE FUTTERMAN

VERGENNES — The Vermont Trappers’ Association brought its furriest table to the fair for this week. Though some were for sale, the main goal was education, according to Pete Lossman, secretary of the association.

“We have so many people who are removed from nature, basically, and they come here and they have no idea what this stuff is. Or they come through and they say, ‘Oh, love something run across the road,’ and by process of elimination we can show them what it probably was,” he said.

The table displayed a wide-range of fur-bearers, all of which were native to Vermont. The eyes of such animals poked out on the sides, seemingly making eye contact with everyone who walked by. Lossman, who resides in Bristol, has been a member of the association for 35 years. The group describes itself as a “sports group,” and is one of the strongest in the state when it comes to numbers, with more than 600 members.

Of course, not everyone is a fan of trapping. But Lossman explains about its benefits:

“The benefits of trapping are kind of far-reaching. There’s population control, there’s damage control,” he said.

The association’s website also publishes information about the procedural benefits of trapping:

“Traps are simply needed in North America to protect, maintain and restore appropriate balances between the needs of wildlife and man,” reads the website.

There is also helpful regulation, such as the licensing of trappers, establishing harvest seasons and rules on the use of trap varieties and trapping methods. This regulated trapping helps create a balanced and healthy wildlife population, advocates say. Without it, threatened and endangered species protected from excessive predation by trapping programs would become extinct, all according to the website.

Thus, nothing is wasted in the production of a wild fur garment, whether synthetic materials exhaust non-renewable resources, according to the association’s website.

The furriest table at the fair, as judged by visitors, is currently the secretary. He brought some furs of Vermont wild game to Addison County Fair and Field Days to educate Addison County residents.

By WILLIAM REED

VERGENNES — Olivia Welford, also known as The Face Paint Girl, brought her paints, brushes and mid-western charm to the Addison County Fair and Field Days.

For love prices and not too long of a time, Welford offers both simple and elaborate face painting, transforming faces from their animal form to felines, animals, or abstract designs for any and all ages.

“I really get into face painting when I was 11 years old,” Welford said. “There was a farmers’ market across the street from my house. I decided to go and give it a try, just for fun.”

That was 12 years ago, almost to the day.

Since then, Welford has delved deeper into the art of face painting, and has loved it every step of the way, even enough to create a business out of it.

Welford is originally from southern rural Kansas and has since made her way to the east coast, bringing her paints and ideas with her.

“I used to live in Kansas where I’d do lots of carnivals, craft fairs and birthday parties there at home,” she said.

Welford paints the faces of people ages 4 through 80. No matter the age, Welford is ready to take on a challenge.

Face painting is no easy feat. The blending of the colors accompanied by intricate details and image craft makes children and adult paintings walking masterpieces. Welford works from a very basic kit, she has more than enough supplies to generate embellished faces for hours out of a kit she can carry and set up easily.

Since the medium for face painting is still, a face painting faces can be more of a challenge, especially when the face in question is a wiggly 3-year-old.

By KATIE FUTTERMAN

VERGENNES — The 4-H clubs of Addison County exhibited their projects of the past year at the Vermont County Fair this week, and they are ripe for judging.

Among the exhibiting clubs is the 4-H Club of the Addison County Fair, in charge of 2020 Louise Bowdish, the co-organization leader of the club, also serves as secretary of the district of which the 4-H clubs displayed their work.

The work, just like the 4-H clubs, explored a wide range of mediums. Of course, much of it was animal focused.

There was a poster on the world of fobs, how a chick hatches, her education, sheep shearing and paintings of cows. As viewers walked through plants growing from every direction, they could also see other sights, such as a homemade pasta poster and miniature farm replica.

Whatever a child is interested in, we will incorporate in a poster,” said Bowdish.

Bowdish was in charge of finding willing volunteers to judge such crafts on a blue, red and yellow ribbon basis, a process that takes up to four hours. Although the “clower” judging, five to seven, participates in the activity, they aren’t judged as harshly as the full-year programs. Children run the meetings and elect their own leaders, according to Bowdish.

Many parents help and volunteer. Bowdish stated almost every volunteer can think of a 4-H club cover everything from engineering and robotics to photography and more. Look out for their excellent work at the fair!

Pete Lossman has been a member of the Vermont Trappers’ Association for 35 years, and he is currently the secretary. He brought some furs of Vermont wild game to Addison County Fair and Field Days to educate Addison County residents.

Vermont Trappers’ Association

The furriest table at the fair

By KATIE FUTTERMAN

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The 4-H programs in Addison County include crafts as well as farming education. The project below combines the two in the form of a farm replica that was displayed at the county fair last year for the fun value.
Field Days

FROM 4-H EVENTS to midway rides, fun was had by local youths at this year’s Addison County Fair and Field Days. Pictured clockwise from above are Abby Reen at a 4-H confirmation class event; Camille Sears of Monkton on Stilts; fairgoers flying over the fairgrounds on The Cobra; Sarah Hill of Bristol leading her cow out of the show ring; Sophia Rouleau and her calf; New Haven sisters Karissa (left) and Bradley Livingston; Connelly Leggett of Monkton (front) and Sears meet a donkey; and Bridport’s Sophie Blocker (left) and Oskara Piatte found some balloons. The fair continues through Saturday.
Tarry Ho’s mini horses bring big smiles to Field Days

By MARIN HOWELL
ADDISON COUNTY — If you step by the Sara McCarty Children’s Barn at Addison County Fair and Field Days, you’re guaranteed to run into Jim and Barbara Ambrosio, as well as their team of miniature horses named after Sara, who is the daughter of Seven Doors. The couple, who owns Tarry Ho Miniature Horses in Charlotte, have become familiar faces at the fair, and a big part of the fair which Barbara’s sister, in honor of whom the Children’s Barn is named, advocated for in the 1980s.

She fought and fought for the building and eventually they decided to build it. Jim said “She made me promise that I would do what I could to keep this thing running.”

Since then, Barbra and Jim have been an intrinsic part of the Children’s Barn. They used to bring chickens to show at Field Days, though Jim said they ultimately moved into the horse driving business they’re known for now.

“We did chickens for a while, and then one time they walked down watching the draft horse show,” Jim said. “The class came out in eight-horse hitches, I mean it was really something to see.”

The winner of that class got $500, and the Ambrosios immediately went in mind the couple decided to switch from showing chickens to driving a team of miniature horses.

Barbra started out driving a pair, which expanded to a team of four horses. Jim then crossed the Barbra Hitch, a height of eight horses, and the Studebaker wagon with ten horses, and the team continued to grow. Jim said that he built the couple’s bright red Barbra Hitch Wagon. Unlike the Barbra Hitch, the couple’s Hitch consists of eight miniature horses.

Jim and Barbara, 87 and 84-years-old respectively, have been running their work with the horses and to bring their horses out to Addison County Fair and Field Days and the Champlain Valley Fair. “They’ve become a familiar part of the Children’s Barn at Field Days, sitting in the barn each day to educate anyone interested about their work with the horses and to chat with the new and familiar faces that wander into the barn. They also give a miniature horse team trimming demonstration each evening in the children’s barnyard. For them, the best part of all their work with the fair is educating and entertaining the kids and they’re happy to get the chance to do that each year.”

Jim said “If a child goes out of that door, they’re not going to do that.”
Open Farm Week marks eighth year

MONTPELIER — For the eighth consecutive year, farmers across Vermont opened their barn doors and garden gates to welcome the public, for a behind-the-scenes look at Vermont’s vibrant working landscapes. Vermont Open Farm Week 2022 takes place from Sunday, Aug. 7, through Sunday, Aug. 14, and features over 105 events at over 55 farms across the state. Events are live and sorted by day and location in DigInVT.com.

Open Farm Week is a celebration of Vermont farms offering visitors a behind-the-scenes pass to learn more about local food origins, authentic agritourism experiences, and the chance to build relationships with local farmers. Farm visitors encountered maple and honey tastings, kids yoga on the farm, ice cream socials, behind-the-scenes tours, on-farm dinners, 5k races, pet interactions and much more.

Each Open Farm Week event is created by a farmer and focused on highlighting the success of the local farm.

Additional county farms participating this year include: • The Ice Cream Social at Bald Leaf View Farm in Cornwall-Sunday, Aug. 7, 10 a.m.-4 p.m. • Farm Tour at Chapel Hill and Blueberry Farm in Stokowski, Thursday, Aug. 11, 7:20 p.m. • Garrie Braiding Workshop at Last Resort Farm in Monkton, Thursday, Aug. 11, 11 a.m.-noon.

For those willing to go a bit further afield, DigInVT.com has a list of events for the remainder of the week.

“Open Farm week is Vermont at its finest. Visitors get an authentic experience while touring and talking with farmers and producers,” said Vermont Agriculture Secretary Anson Tebbutt. “These visits highlight how food is produced and how farmers care for their animals and land.”

Open Farm Week events are now live online. Many events are free and some require pre-registration. Not all farms are open every day, so be sure to visit DigInVT.com to explore the diverse event schedule and plan a visit. Everyone is invited to join the Open Farm Week conversation on social media using the hashtag #VTOpenFarm.

State seeks water monitoring volunteers

MONTPELIER — This summer, the Vermont Lakes and Ponds Program is calling on Vermonters to help monitor and collect information about lakes and ponds in the state. With over 380 lakes and ponds, volunteers are key in the success of the program’s lake monitoring efforts. Volunteers play a vital role in helping us to learn more about the health of our state’s waterbodies.

State scientists use the information volunteers collect to understand the health of Vermont’s lakes and ponds. The Department of Environmental Conservation Conservation Commission is looking to “thank our dedicated and hardworking volunteers, who can better protect the many benefits of the Vermont lakes and ponds.”

The Lakes and Ponds Program hosts a free program each year to involve new volunteers to get involved with.

The Program (by/VT/LV-Laying-Monitoring) Volunteer events seek to collect water quality data in the weeks and months of summer. Information collected has helped state scientists track water quality trends since 1979. Volunteers also teach lakeshore homeowners and visitors about healthy lakes and how to help. To learn more or volunteer, contact Mark Mitchell at 802-490-6126 or Mark.Mitchell@vermont.gov.

• Vermont Invasive Patrollers and Vermont Invasive Patroller for Animalpals (by/VT/ VIP-Program) and (by/VT/ VIP-Program) – Volunteers learn how to identify aquatic invasive species, such as zebra mussel and water chestnut, and then choose to look for each each year for aquatic invasive species.

Tracking aquatic invasive species is key because these organisms harm the environment, economy, and even human health. To learn more, volunteer or host a workshop, contact Carly Alpert at Carly.Alpert@partner.vermont.gov.

• Cyanobacteria (by/VT/Cyanobacteria-Monitor) Volunteers are trained to assess lake conditions and monitor for harmful algae or cyanobacteria blooms. Volunteers are asked to monitor the bloom. To learn more or volunteer, contact Kimberly Jensen at 802-490-6126 or Kimberly.Jensen@vermont.gov.

• Access to Great Water Program (by/VT/Public-Access-Greater) – Volunteers help protect aquatic invasive species by offering tips to保持 boats and watercraft wash-free. To learn more or volunteer, contact Carly Alpert at Carly.Alpert@partner.vermont.gov.

• Access to Great Water Program (by/VT/Public-Access-Greater) – Volunteers help protect aquatic invasive species by offering tips to keep aquatic invasive species out of your boat and your lake.

For general information, you can always visit the volunteer webpage (by/VT/Lakes-Volunteers). If Peter Ioles is not available, contact Mark Mitchell at 802-490-6126 or Mark. Mitchell@partner.vermont.gov.

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Addison County — Vermont State Police dealt with a three-car crash on Route 7 that sent two people to the hospital, but resulted in only one minor injury on Aug. 3.

At around 5:50 p.m. that day, troopers from the New Haven barracks responded to the crash on Route 7 north of an intersection with Middlebrook Road in Ferrisburgh. Police report a 2016 Subaru Legacy driven by a 16-year-old was stopped at the southbound lane, and a 2001 VW Golf was stopped behind the Subaru. A southbound 2015 Jeep Grand Cherokee driven by Patricia Jannene, 46, of Cambridge came up behind the Golf and was unable to stop in time, police said. The Jeep struck the Golf, which then struck the Subaru.

Jannene was taken to Putney Hospital for treatment of suspected minor injuries, the driver of the Golf was also taken to the hospital as a precaution. The Jeep sustained frontal damage; the other two cars were judged to be totaled. Police said they would issue Jannene a traffic ticket for following too closely. Troopers were assisted at the scene by members of the Ferrisburgh Fire Department and Vergennes Area Rescue Squad.

In other recent activity, Vermont State Police:

• On Aug. 1, responded to a different crash involving three cars, though only one of them was being driven at the time. State police report that at around 11:50 p.m., Shirley Prout of Vergennes, drove a Ford F-150 of Walliham, was driving a 2016 Subaru Forester northbound on Route 7 when she suffered a medical event. Rodney’s car left the road and struck a Subaru Impreza and Chevy pickup parked in the driveway of a home at

Addison County town voted in some of the most high-profile statewide elections. Progressive and Democratic primaries. Andrew L’Roe, right, brought his 1-year-old Tuesday as a large number of residents come in to cast ballots in the Republican, Democratic, Progressive and Independent photos/Steve James

Do you enjoy helping people? Do you want to make a difference in people’s lives?

Become a Licensed Nurse Assistant Program (LNA) or Phlebotomist!

Licensed Nurse Assistant Program (LNA)

Fall 2022 Application Deadline: July 15, 2022

The program is targeted to individuals who are interested in beginning-low skilled positions in healthcare and immediate employment.

Phlebotomy Technician Training

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**Elmore**

(Continued from Page 1A)
low enforcement activities following his June 28 arraignment in Vermont Superior Court on reckless sexual assault charges. Newton has pleaded not guilty to those charges and had previously announced he wouldn’t seek a second, four-year term as sheriff.

Elmore, 27, was pleased with Tuesday’s results. He tapped Holmes — a former ACSD deputy who spent more than two decades with the department — in 19 of Addison County’s 23 towns. Holmes would replace Vekos in Goshen, Granville, Hancock and Leonard.

“It’s a superb … and I’m looking forward to hearing from you next November, when I hope to get similar results,” he said Wednesday morning.

The ACSD contract with a variety of local, state and federal agencies to provide services that include fingerprinting, traffic enforcement for 18 Addison County towns, illegal drug investigations for the Addison County Social Work Management District, security for the Frank Mahoney Courthouse, providing safety presence at construction projects and escorting oversized vehicles along local roads.

During his campaign, Elmore aimed at maintaining public confidence in the ACSD through good job performance and returning to the department to its core services: Keeping the community and its roads safe. His boss, Vekos, had sought to expand the ACSD’s functions to include such things as mental health counseling, court diversion and 24/7 coverage for the department.

Elmore believes his message and performance registered with voters.

“I’ve been working in the county for five years now and think people recognize I want to do this and that I’m already a leader with the department,” he said.

This was Holmes’ second bid for sheriff. He competed for the job in 2018, ultimately losing to Newton, 2,440-1,423, in a Democratic primary.

He told the Independent in a previous interview that he made his decision to run again even after Newton found himself embroiled in his current legal problems. He said voices encouraging him to move forward didn’t get louder after Newton was arraigned. Like Elmore, he campaigned this year on a platform of re-establishing the ACSD to its core law enforcement services, but also vouched for supporting the county jail that once operated in the sheriff’s department headquarters.

Newton, 67, now works as a full-time security officer at the University of Vermont Medical Center.

John Elmore is at johnelmore@addisonindependent.com.

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**Conlon**

(Continued from Page 1A)
more optimistic about Conlon and the result of the election. I’m so thankful that we could run a positive, clean race between two good people trying to accomplish basically the same things with a slightly different path,” she said. “I also really enjoyed by all of the support I received this summer from so many people, I’m really grateful for that."

Since there are no other declared candidates in the running, Conlon is pretty much guaranteed to win the seat in the Nov. 8 General Election. So far, no Republicans, Independents or minor party candidates have surfaced to run in the General Election.

Conlon, a Cornwall resident first elected to this seat in 2016, has experimented a last during his six years representing Addison-2.

“I certainly look forward to representing all of the residents of the Addison-2 district moving forward and will hopefully return for another two years in the legislature,” he said.

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**Mike Elmore**

As an incumbent with six years seniority, Conlon is in a great position to be named chair of the House Education Committee upon his re-election, a committee that has been a primary focus as of late. The current chair of that panel — Rep. Kate D’Agostino — is stepping down this year, and Conlon is a potential replacement.

Conlon said in a recent interview with the Independent that his work on H.R. 872 — a bill that updates how union school districts are formed and how communities can withdraw from — proves his support of local control by communities pursuing educational independence. Looking forward and will hopefully return for another two years in the legislature.” — Peter Condon

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**Vekos**

(Continued from Page 1A)

eight years representing Addison-2. I certainly look forward to representing all of the residents of the county. Asked if he believed he might have lost some votes due to his current Montpelier attendance, LaFrance-Dumont said Newton would “use it as an excuse, saying he hoped that in 2022, it shouldn’t matter to voters where a candidate was born, lives, or works, as long as they can do the job well.

On the other hand, according to LaFrance-Dumont, state’s attorney candidates this year had a tougher row to hoe due to their contest being on the backseat of the Ang. 9 Democratic primary ball.

“You what I’m proud of is that I brought up issues that weren’t being discussed in the county when I was born and raised,” he said.

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**Michael Conlon**

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**Vekos**

During an earlier interview with the Independent, Conlon said he had more than two decades working with the ACSD in South Carolina and began serving as its top assistant.

He earned a Bachelor of Science degree from Bob Jones University in South Carolina and began serving as its top assistant.

During his campaign, Elmore prevailed on Tuesday in the general election that he, Conlon said he had more than two decades working with the ACSD in South Carolina and began serving as its top assistant.

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STARKSBORO

(Continued from Page 1A)

Susan Klaber, a member of the Starksboro Save Our Schools (SOS) group that fought the town’s withdrawal efforts, said that although the ratification vote failed, the group is thankful for the community members that supported their efforts.

The Starksboro Save Our Schools Committee would like to thank everyone in all five towns for their interest in our work to preserve the right of a town to vote on school closings,” Klaber wrote in an email to the Independent following the vote.

“We were not successful in achieving ratification of Starksboro’s effort to withdraw from MAUSD, we appreciate all those who helped the cause. The many supporters who posted on social media sites with ‘NO YES’ signs in their yards, wrote letters to the editor or asked important questions in a variety of ways to the SOS Committee more effectively than we could have done without each support,” she said.

The workshop is slated from 3 to 5 p.m. on Tuesday, June 13, at the Bethel Town Hall. For more information, contact Lisa Jorgenson at 802-296-8834 or ljorgenson.getLength@gmail.com.

By the way

(Continued from Page 1A)

By the way

BETTY AND VICTOR Nuovo, one of Middlebury’s most accomplished business leaders, will retire this fall after 50 years in the community.

Since voting to leave the Addison County School District in 1970, Mr. Nuovo’s family has been active in a variety of Addison County projects.

“I don’t want to do anything that just lay around and don’t do anything,” said Mr. Nuovo, who along with his wife puts each put through a twice-week training program to prepare them to race.

Pigs are intelligent, they want to learn.

While the Roxees have continued the legacy and traditions of the Robinsons before them, they’ve also added a new kind of race to the show: The Paddling Potter Show.

Pigs compete four at a time per usual but must swim a 24-foot-long swimming pool before emerging and continuing on their way to the exams. Contestants include: Bella Flipp, Suggy Bacon, Spam, and Tenacious Islands. Randy and Sharon do this year-round, taking their pigs to around 30 events annually, with approximately six weeks off for vacation. Regardless, they have no plans to stop anytime soon.

“I don’t want to do anything else,” Randy said. “Everybody asks me when I’ll retire and I tell them, ‘When I can’t do it anymore.’”

Robinson’s Racing Pigs can be seen daily at noon, 1 p.m., and 3:30 p.m. at the dairy area adjacent to the games and rides. Randy and Sharon will be giving out ribbons to the lucky kids who pick the winning pigs, spreading the victory to more than just the lucky boys.

ADDISON-5

(Continued from Page 1A)

months ago that he wouldn’t seek re-election.

Christine beat Kent in Middlebury, New Haven and Weybridge, while Kent won his hometown of Bridport.

Christine retired from IBM in 1993. He and his wife, Jane, run a small farm and raise pigs and chickens and sell eggs. He also helps young people develop their own business, which he believes should be done by attracting entrepreneurs or manufacturing enterprises to Vermont.

He has served as New Haven Selectboard member for 15 years leading the Addison County Republican Committee. Christine ran unopposed for the state Senate in 2020 and Middlebury city council’s selectboard in 2017.

His opponent, Kent, had only recently entered politics, inspired by the 2016 election, he said.

The two Republican candidates had agreed on gun procurement, interference and regulation of the economy, particularly for farmers. Christine couldn’t reach for comment for this article.

Kent said he will continue to support Christine.

“I like John. He’s a good candidate. I’ll keep supporting him going forward,” Kent said.

McGill runs a convenience store with her husband and three children, where she works as a property manager for the Northeast Community Trust, a nonprofit affordable housing organization. She ran for the House seat in 2020 but lost to Smith in the General Election. McGill put responsible citizens active in the interior of the campaign and supports the Green New Deal.

ADDISON COUNTY

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(Continued from Page 1A)

kids and other fairgoers who come to the show. The Paddling Potter Show.

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LIKE ANY HAIRY animals, Robinson’s Racing Pigs will shake off the water when they emerge from the swim portion of their races. But it usually is only a momentary break in the competition.
non-residential tax rate decreased 7.22 cents to $2.7172, while the square-mile police district fell just over a penny from last year’s rate. Board members also expressed similar sentiments to the Village’s municipal tax rate for five years as the move to lower village speed limit could not be made solely with an affirmative vote from the board. Instead, the board voted to begin the process of lowering the speed limit. This process will require a legal amendment to the speed limit ordinance, which was written by the Vermont Division of State Trustee in 1973. The board will invite public comment on the topic at future meetings. Any amendments to the village board’s bylaws would then pass at those meetings then be reviewed in town again for up to 30 days.

TAX RATE
Bristol residents, living outside the police district, the overall residential tax rate will be $2,421.00, a 7.14 cent decrease from last year. The non-residential tax rate was also dropped, decreasing by 8.2 cents to $2.714 for FY23.

“...if you didn’t add to your property value, your taxes may go down just a smidgen,” Heffernan said.

GRANT APPROVAL
Members of the selectboard also voted to authorize the Bristol Hub Team Center to apply for a grant of up to $30,000 from the Vermont Department of Education’s Youth Vaping Prevention and Treatment FY22 Enhancement Funding Program, would support the Hub’s work to prevent vaping of nicotine and cannabis by Bristol area youth.

The authorization request said funds would support the development of local youth and existing programs such as the Bristol Town Council’s 7 To 17 program, which aims to help at-risk youth with counseling, ACT resources, and healthy living training. The 7 To 17 program is a collaboration between the Town of Bristol and the July 17 Council.

The Village plans to use the funding to hire a Youth Engagement Coordinator who would work with students and families to prevent and reduce youth vaping.

“...if you didn’t add to your property value, your taxes may go down just a smidgen,” Heffernan said.

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Bristol Beat
Bristol selectboard moves to lower village speed limit

BY MARIN HOWELL

The Bristol selectboard on Monday discussed whether to lower the speed limit in the village to 25 mph, in the spirit of the town’s tax rate for fiscal year 2023 and in the spirit of the village Board CENTER the greenlight to apply for a grant through the Vermont Health Department.

VILLAGE SPEED LIMIT
A portion of the meeting was devoted to discussing whether to lower the village’s speed limit to 25 mph and the process for doing so. The current speed limit throughout the village is 30 mph, though discourse at previous selectboard meetings has shown a support from both board members and citizens to lower it. On Monday similar sentiments were expressed.

“There are a lot of places where the speed limit is 25 and it doesn’t make any sense at all, and I think to make perfect through our community,” Selectman John “Poole” Hemmef said.

The other selectboard members present agreed, but the decision could not be made solely with an affirmative vote from the board. Instead, the board voted to begin the process of lowering the speed limit. This process will require an amendment to the speed limit ordinance, which was written by the Vermont Division of State Trustee in 1973. The board will invite public comment on the topic at future meetings. Any amendments to the village board’s bylaws would then pass at those meetings then be reviewed in town again for up to 30 days.

TAX RATE
Bristol residents, living outside the police district, the overall residential tax rate will be $2,421.00, a 7.14 cent decrease from last year. The non-residential tax rate was also dropped, decreasing by 8.2 cents to $2.714 for FY23.

“So, if you didn’t add to your property value, your taxes may go down just a smidgen,” Heffernan said.

GRANT APPROVAL
Members of the selectboard also voted to authorize the Bristol Hub Team Center to apply for a grant of up to $30,000 from the Vermont Department of Education’s Youth Vaping Prevention and Treatment FY22 Enhancement Funding Program, would support the Hub’s work to prevent vaping of nicotine and cannabis by Bristol area youth.

The authorization request said funds would support the development of local youth and existing programs such as the Bristol Town Council’s 7 To 17 program, which aims to help at-risk youth with counseling, ACT resources, and healthy living training. The 7 To 17 program is a collaboration between the Town of Bristol and the July 17 Council.

The Village plans to use the funding to hire a Youth Engagement Coordinator who would work with students and families to prevent and reduce youth vaping.

“...if you didn’t add to your property value, your taxes may go down just a smidgen,” Heffernan said.

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FRIDAY, OCTOBER 14 | 7:00 PM

FRIDAY, NOVEMBER 25 | 3+7 PM

FRIDAY, JANUARY 20 | 7:30 PM

FRIDAY, APRIL 21 | 7:30 PM

Winnie the Pooh: The New Musical Stage Adaptation

TERRY FATOR

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FULL LISTING

I LOVE THE 90’S
The Veronicas Live
Tuesday, August 16 | 7:00 PM

STARS ABOVE OPEN AIR CIRCUS
A Midsummer Night’s Dream
August 20-29 | 7:00 PM

LORRIE MORRIS
Friday, September 3 | 7:30 PM

LEWIS BLACK
Off The Rails Tour 2022
Sunday, September 18 | 7:00 PM

BENNY AND THE JETS:
ELO: John Tribute
Saturday, October 1 | 7:00 PM

BUDDY:
The Buddy Holly Story
Friday, October 14 | 7:00 PM

JIM BRICKMAN:
Brickman Across America
Saturday, October 15 | 7:30 PM

EAGLEMANIA:
Friday, October 21 | 7:30 PM

SIDEWALK PROPHETS:
Celebrate & House Tour
Sunday, October 23 | 7:00 PM

KIP MOORE:
Pine/Os Wheel Tour
Saturday, October 29 | 8:00 PM

THE FRONTMEN:
Saturday, November 5 | 7:30 PM

AMERICAN BALLET THEATRE:
Studio Company
Saturday, November 12 | 7:00 PM

RUDOLPH THE RED-NOSED REINDEER THE MUSICAL
Friday, November 25 | 3 & 7 PM

SOWETO GOSPEL CHOIR:
Hope - It’s Been A Long Time Coming
Tuesday, December 13 | 7:30 PM

PINK FLOYD LASER SPECTACULAR
Saturday, January 14 | 8:00 PM

America’s Top Psychic Medium
MATT FRASER
Friday, April 20 | 7:30 PM

THE PEKING ACROBATS
Friday, March 31 | 7:00 PM

DISNEY’S WINNIE THE POOH: THE MUSICAL
Wednesday, April 5 | 6:00 PM

TERRY FATOR
Thursday, April 20 | 7:30 PM

WHOSE LIVE ANYWAY?
Featuring Blake Bolden & Greg Popple
Thursday, April 20 | 7:30 PM

TUSK: Ultimate Fleetwood Mac Experience
Saturday, April 22 | 7:30 PM

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**Addison County Derby electrified the crowd at Field Days on Tuesday night. The crowd’s cheers were sometimes audible over the noise of the cars crashing against each other.**

By SAM LIPIN

NEW HAVEN — Both the Vergennes and Middlebury swim teams saw standout performances shine on their way to second-place finishes in their respective divisions at this past weekend’s annual Vermont Swim Association Championships at the Upper Valley Aquatic Center in White River Junction.

The Division IV Vergennes Team (VST) finished with 2,376 points, behind the Burlington Titans Club (BTC) Hurricanes’ 3,219. BTC also competed with 17 more swimmers — 74 to VST’s 57.

VST’s foil swimming teams, Aurora and Paul, continued to dominate. Aurora, 11, celebrated six podium finishes in the 50 breast, and Smits leading the way with four and three wins, respectively.

The Division IV Middlebury Swim Team (Midd) also finished second in their division, falling just short of Connecticut River Valley (CRV) Stig’s 615 points; Midd scored 503 points.

Aidan Chance, 17, had a successful meet for Midd, ending the day with four podium finishes, including a victory in the 50 free. The chance was the first Vermont County representative in the 17ishes age group competing in individual events.

Cassandra Bellmann, 8, also swam well for Midd, securing three podium finishes including a first-place finish in the 100 IM. Victoria Holmes, 18, swam success in her last VSA State Championship meet, with three podium finishes in the 50 breast, 50 and 100 IM.

All swimmers contributing to their teams’ recent totals were:

**GIRLS’ RESULTS:**


**BOYS’ RESULTS:**


• 7/8 25 Free: 2. Giroux (V), 22.00; 12. Wallace (V), 25.70.

• U-8 50 Free: 4. Cassandra Bellmann (M), 28.20; 2. Margaret Smits (V), 32.70; 11. Margaret Smits (V), 32.70.

**LOCAL LEAGUE**

The Addison County Fair and Field Days on Tuesday night sent the crowd into exciting chaos as they cheered on the brave men and women navigating their rides around the tractor pad.

However, racing under the mechanical and soulless clanger from Derby cars crashing into each other, there was an incredibly authentic and humane story hidden from the countless spectators.

This is the story of Cody Curtis, a Vergennes resident who said he was diagnosed with brain cancer last year. Curtis’s participation in this Tuesday’s Derby was his first every appearance in the competition.

The Demo Derby was held both Tuesday and Wednesday nights. On Tuesday, the Derby had cars crashing metal in four different categories: four-cylinder, six-cylinder, eight-cylinder and the mini-van.

The mini-vans and eight-cylinder were feature events whereas the four-cylinder event had three primary heats out of which 11 cars qualified for the four-cylinder feature event. Similarly, the six-cylinder event had two heats out of which 12 cars qualified for the feature event in the same category.

Cody Curtis was in “driving” his car 43C, on Tuesday night he was marked in the first heat on the four-cylinder route. This was his opportunity to earn himself a place in the final event of the night — the four-cylinder feature — and Curtis did make it.

(See Demo Derby, Page 1B)
Vermont Lake Monsters players #4 Tommy Martin (Yale), #3 Jordan Kelly (Princeton), and #28 Sean Matson (Harvard) unfurl a banner honoring William Clarence Matthews, “Harvard’s Famous Colored Shortstop,” who played one season of professional baseball for the Burlington Northern League in 1905. The League Championship trophy is the William Clarence Matthews Award.

Addison Independent Columnist Karl Lindholm has written his final column before his retirement from the Addison Independent. His last column will be published in the Addison Independent in the Thursday, August 4 edition of the Addison Independent and online at addisonindependent.com. Photo courtesy of Karl Lindholm.
The eventual winner, Max Politano, shot an amazing 10 under par in the first two rounds of play and qualified for the 13-team national tournament by absolutely resolving the Vermont Division I state tournament — winning their first title since 1969 by 22 strokes over second place Stowe — a victory that the ever-swaggy swingin’ Otters had predicted before the season even began.

Ace golfer and team leader Lucas Politano last saw the New England Junior PGA Championship to suburban Chicago to compete at the Cog Hill Golf Course in the Junior PGA Championship.

Furthest from the win, rising senior Jordan Beayon was his older brother Curtis’ resilience earned him the tournament title since 1969 by 22 strokes over second place Stowe — a victory that the ever-swaggy swingin’ Otters had predicted before the season even began.

Curtis, the rising senior, shot a +17 for the July 11-13 tournament — winning their first title since 1969 by 22 strokes over second place Stowe — a victory that the ever-swaggy swingin’ Otters had predicted before the season even began.

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Middlebury Police Log

- 1:12 08:28:10 E Bridget Scott (V), 2:04.33
- 17/18 200 Breast: 1. S Smits (V), 2:33.49
- 15/16 100 Free: 3. B Eckels (V), 51.69.
- 15/16 100 Butterfly: 2. S James (V), 1:52.55.
- 14/15 100 Breast: 2. Neffeninger (V), 1:19.15.
- 14/15 50 Breast: 2. S Giroux (V), 33.11.
- 12/13 50 Breast: 2. S Giroux (V), 33.11.
- 11/12 50 Mark: 8. E Yarbrough (V), 25.90.
- 10/11 50 Breast: 2. S Giroux (V), 33.11.
- 9/10 100 Free: 3. B Eckels (V), 51.69.
- 9/10 100 Breast: 5. S James (V), 55.84.
- 9/10 100 Mark: 8. E Yarbrough (V), 25.90.
- 8/9 100 Free: 1. C Clark (V), 23.96; 11. E Pelletier (V), 24.56.
- 8/9 100 Breast: 5. S James (V), 55.84.
- 8/9 100 Mark: 8. E Yarbrough (V), 25.90.
- 8/9 50 Breast: 5. S James (V), 55.84.
- 8/8 50 Breast: 2. S Giroux (V), 33.11.
- 8/8 100 Mark: 8. E Yarbrough (V), 25.90.
- 8/8 50 Breast: 5. S James (V), 55.84.
- 8/7 100 Breast: 2. Neffeninger (V), 1:19.15.
- 8/7 50 Breast: 2. S Giroux (V), 33.11.
- 8/7 100 Mark: 8. E Yarbrough (V), 25.90.
- 8/7 50 Fly: 1. B Eckels (V), 23.96; 11. E Pelletier (V), 24.56.
- 8/7 50 Breast: 5. S James (V), 55.84.
- 8/6 50 Breast: 2. S Giroux (V), 33.11.
- 8/6 100 Mark: 8. E Yarbrough (V), 25.90.
- 8/6 50 Breast: 5. S James (V), 55.84.
74th Addison County Fair & Field Days in New Haven. Aug. 17. 8 a.m.-3 p.m., Middlebury. Come to the world’s largest county fair that features a tent show, flea market, and many other attractions including Ferris wheel and other midway rides.

Age Well grab-and-go meal in Vergennes. Thursday, Aug. 11, 11 a.m. — 3 p.m. Senior Center at the boat dock. Drive up, check in, contact free pick up. Chicken and cheese with Canadian bacon, beets, broccoli florets, roll, craisin and date cookie and milk. Advanced reservations only. Call Michelle at 802-377-1619. Open to anyone age 60 and up and their spouse of any age. Free ride or pick up and delivery may be provided. Call TVT at 802-388-2287 to arrange. TVT requires 48-hour notice.

Pie and Ice Cream Social in Ferrisburgh. Thursday, Aug. 11, 1 p.m. Village Hall. 314th Community. In celebration of over 313 years in Ferrisburgh. Come and enjoy some beautiful music and cool down with some ice cream as we celebrate our 314th. For all ages.

Bingham Memorial School Playground Tent, Saturday, Aug. 13, 9-11 a.m., Lincoln Peak Vineyard, 142 River Rd. Seth Kimball will provide a premade painting and various art supplies so parents and children can make together. There will be an open studio in the tent space to work on your own painting as well. Bring your own supplies. Paint and art supplies provided. Call TVT at 802-377-1619 to inquire. TVT requires 48-hour notice.

American Red Cross blood donation in Brandon. Thursday, Aug. 18, 3-6 p.m., on the green. Free.

Vsauce Cheese and Cider Club, Saturday, Aug. 20, 11 a.m.-5 p.m., Otter Creek Farm, 17 Kingsland Bay Rd. Otter View Park parking area. Shorter and longer routes possible. Beginning birders are welcome. Please bring binoculars and hand lenses! info@otterviewpark.org. 802-765-7337.

20. Open to 20 people of any age. Hand lenses also recommended. Rain date Aug. 13. Participate in a unique and exciting experience. Participants will share progress with grant recipients. Call 802-877-2211 or email laksamee.putnam@bixbylibrary.org. Registration required, please call 802-877-2211 as long as you like. For grades 9 and up.

9. Mountain Bike Ride, Thursday, Aug. 11. 6:30 p.m. Farm Park, Route 17. Come to the area’s best county fair, which will feature a children’s area, livestock, fun fair games, live entertainment, delicious food, and more.

4. Vermont Sun Triathlon events in Stowe. Sunday, Aug. 14, 9:30 a.m. — 4 p.m., North River Rd. Stowe. Vermont’s only Olympic-distance triathlon. The triathlon includes a 1.2-mile swim, a 56-mile bike, and a 13.1-mile run. More info and registration at Vermontsuntriathalon.com. Registration will be accepted on site. Bib pick-up online or at 7:45-8:45 a.m. at Brattleboro State Park on new morning.

SUNDAY

Vermonter Sun Triathlon events in Stowe. Sunday, Aug. 14, 9:30 a.m. — 4 p.m., North River Rd. Stowe. Vermont’s only Olympic-distance triathlon. The triathlon includes a 1.2-mile swim, a 56-mile bike, and a 13.1-mile run. More info and registration at Vermontsuntriathalon.com. Registration will be accepted on site. Bib pick-up online or at 7:45-8:45 a.m. at Brattleboro State Park on new morning.
The BRICK ADDITION on the back of the main stone mansion at Shard Villa houses up to 17 elderly residents who are cared for in a home-like environment.

By WILLIAM REED
SALISBURY — Rural Vermont’s back roads are dotted by homes, imposing silos and shingled barns. Old metal pots, spools and muffin tins are also truly for creative play! If you’d like to donate any of these items to the school, please leave them under the pavilion (right off the lower parking lot when you pull into the school). Thank you as much!

SAVE THE DATE
The second annual Taco Tuesday fundraiser for Burnham Hall is set for Sept. 6.

REMEMBER
The Exploring Lincoln Quarters Celebration Party will be held at the library on Wednesday, Aug. 17. 1 p.m. Until next time … Not All Storms Come To Dismantle Your Life, Some Come To Clear Your Path. A Comfort Zone Is A Beautiful Place, But Nothing Ever Grows There. If You Want To Fly, Give Up Everything That Weighs You Down.
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ENTREPRENEURIAL OPPORTUNITY

WE BUY OLD STUFF

Looking to offload unwanted items? Call us or take them to our shop (258 Main St., Middlebury 05753) from 10 AM to 8 PM. Call 802-388-4944 for more information.

Services

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ADDITIONAL OPPORTUNITIES

WE BUY OLD STUFF

Looking to offload unwanted items? Call us or take them to our shop (258 Main St., Middlebury 05753) from 10 AM to 8 PM. Call 802-388-4944 for more information.

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AMERICAN FLATBREAD MIDDLEBURY

is hiring! Offering good wages and benefits for those passionate about making great pizza, and great food. We are looking for enthusiastic, hardworking individuals to join our team. Please stop in for an application or visit our website: americangrill.com

Sunrise Orchards is hiring!

Be part of the apple harvest at our idyllic corner of Vermont. Do you enjoy the outdoors, working as a team, and being part of the food system in Addison County? Come join us!

We’re looking for:

Orchard equipment operators

and help in our bakery!

Some experience is helpful.

$18-$25/hour depending on experience.

Contact Christians Hedges at (802) 955-0004 if interested.

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Applications and the job description are available on the Cornwall website under the “Openings” heading.

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For Sale: HONDA CR-V 2003, 166,000 miles, 4WD, 2.4 liter motor, great car. $3000. Call 802-889-6897

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Public Notes Notice

Public Notice for the following notices can be found in this ADDISON INDEPENDENT on page 110 and 118,

Addison County Courthouse (1) Lincoln (1)
Middlebury (1) Middlebury College (1)
Rutland (1) Northeast Supervisory Union (1)
Stark (1)

HOPE is looking for a few new people to join our team in the resale store. We need a store assistant to operate the cash register, assist customers, and keep the store looking tidy and attractive. We also need one or two people to help us in the warehouse, accepting donated items from the public, preparing items for the sales floor, and helping to manage the flow of goods into and out of the warehouse. And, we are seeking someone who can drive our box truck to do pickups and deliveries of large items. We offer a very competitive wage, paid time off, dental, medical and life insurance, as well as matched retirement savings. Full-time or part-time, tell us what works for you! Hours are evenings required, and a schedule of no overtime for the winter.

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Michael Christian wins sugarmaker award

The board of the Vermont Maple Sugar Makers Association (VMSA) has bestowed an important award to an Oregon sugarmaker.

At the organization’s annual meeting last month the VMSA presented the Summer Williams Lifetime Achievement Award to Michael Christian of Village Maple Sugarmakers in Oregon, Director.

Christian also gave two other awards: The Vermont Maple Penguin of the Year went to the Parent Family of Huntington, and Roy Corse of East Corinth. The award for the Outstanding Sugar Maker Award.

For many years, Michael Christian has played an important role in the maple industry of the greater New England region through the VMSA’s Feed the Beast Sioux (The Big E) in West Springfield, Mass., the board said. The VMSA Big E booth relies on numerous volunteers and runs over 17 days each fall.

Starting in the late winter, Christian undertakes countless hours of work to ensure that everything is in place to share Vermont maple products with hundreds of thousands of Big E visitors.

The maple industry has benefited from Mike’s expertise and dedication from his many years of service in the fast-paced and demanding environment of the Big E. Vermont is clearly a leader in promoting maple and Mike has been an integral part of that work.

The award given to Christian, presented by President Dave Wood, was renamed in January 2000 in memory of Summer Williams, his assistant director of the UVM Poultry Research Center. Summer was a sugarmaker, a maple producer and a friend to the maple industry. The Summer Hill Maple Memorial Cup is presented each year to honor an individual for outstanding service and dedication to the maple industry. Peter and Carla Pavoni of Huntington and their children (and their children’s families) tap over 17,000 trees on 350 acres of farmland. They promote Vermont maple and regularly increase brand awareness, as well as offer direct assistance to the Association and other sugar makers when the need arises.

This year in particular, Peter and his son Austin worked creatively and tirelessly with VMSA to ensure Vermont’s maple producers had timely and adequate supplies of retail containers in which to sell their syrup. VMSA is extremely grateful to the Pavonis to whom they will gratefully extend the use for the association while it manages the container supply transition. Ensuring a sufficient supply for dealers and numbers is extraordinarily important not only for the Vermont Maple brand, but also the maple syrup industry that relies on several VMSA’s connectors.

In deciding who wins the Outstanding Sugar Maker Award, the VMSA Board selects a Vermont sugarmaker, individual or family who has shown good example for other sugarmakers to follow in circulation, food safety and production practices.

In addition, nominators for this award need to explain why the maple industry by participating in create and statewide fairs to promote and educate future sugarmakers and the general public on the benefits of pure Vermont maple syrup.

Roy Corse was born into sugar on the family farm where maple syrup has been produced since 1906. The sugar house production records are posted and date back to 1918. Together with his wife, and they have over 12,000 taps. They are a dealer for Leppey, H20 and Leastra. In year’s past, Corse has also worked on promoting Vermont maple with Windham County’s Maple event and he currently serves as an alternate to the Vermont Maple Sugarmakers Association Board.

THD WELLSSPAGAN, RIGHT, and Casey Catlin rehearse a scene from “The Winter’s Tale,” by William Shakespeare, which will be performed on Wednesday and Thursday, Aug. 19 and 20, at Town Hall Theater.
Local rowers compete in The Blackburn Challenge in Mass.

GLoucester, Mass. — A team of rowers from Ferrisburgh’s Lake Champlain Maritime Museum (LCMM) traveled south for a near-marathon of open water rowing — The Blackburn Challenge — on Saturday, July 23. This annual race starts and ends in Gloucester, MA, circumnavigating Cape Ann — a distance of 20 miles. In its 35th year, the competition draws inspiration from Hovland Blackham, a Gloucester-based fisherman who was lost at sea in 1881, losing most of his fingers and toes to frostbite while rowing his way to land. The novel Love Neighbor tells the story of Blackham’s harrowing experience. Fortunately for the LCMM team, conditions in Gloucester were favorable as the team launched one of LCMM’s newest six-oared Cornish pilot gigs and rowed to the start. The safety orange boat, named Frank Backett, was built in 2018 by Addison County high school students using local wood and expertise. The crew of seven included coxswain Emily Weber, Andrew Rainville, Keith Mintz, David Brynn, Tim Hodson, Michelle Conlon, and Sandra Murphy. Notably, Weber and Rainville are alumni of the local high school rowing community, formerly competing for the Vermont and Mt. Abraham teams, respectively. At 7:45am, the start horn sounded for the second wave and Frank Backett, together with two other pilot gigs from Bellini, ME and Gloucester, MA, began its journey joining a selection of other row boats. The first three miles of the course wound north through the Annisquam River before letting out into Ipswich Bay. From there, the path was to simply follow the shoreline clockwise until arriving at Gloucester Harbor on the south end of the cape. For the middle half of the race, the rowers managed occasional swells and boat wakes on the port side from the broad Atlantic Ocean. Once inside the harbor, it was a 7.5-mile push to the finish. The crew maintained a consistent pace throughout, taking 50-32 strokes per minute, ultimately finishing the course with an average per-mile time of 11 minutes and 8 seconds. Their finish time of 3 hours, 42 minutes, 46 seconds was good enough for second place among the pilot gigs with Bellini finishing 11 minutes earlier and Gloucester finishing 13 minutes behind. In the field of 100 human-powered vessels featuring everything from stand-up paddle boards to six-person outrigger canoes, the LCMM crew finished in a respectable 68th place. This was the second time that an LCMM crew has completed the Blackburn Challenge. In 2018, a different set of rowers accomplished the course in 4 hours, 4 minutes, and 10 seconds. Rainville was the only member of the 2022 crew who also rowed in 2018. Speaking about the race, he acknowledged, “Two years ago, I had a stretch goal to get under three hours and we just barely missed it. I couldn’t even imagine it happening!” He continued, “we faced some substantial bumps in the road, but we managed to overcome all of them and put up a time that was better than I could have imagined.” Will the team be back next year for a third try? Rainville wouldn’t commit but noted that several rowers who have not yet rowed the race are already interested, suggesting that the LCMM team could make a return in the near future.

Looking ahead, the Blackburn rowers will enjoy the rest of their team for LCMM’s Challenge Race on August 27th. This race, held on Lake Champlain, is also open to any human-powered vessel but covers a much shorter distance - a comparatively modest 3.5 miles. More information about the race and the LCMM community rowing program can be found at www.lcmm.org.

If you’re not sleeping, maybe you’re doing it wrong.

Simmons Beautyrests are designed to bring you better quality sleep so you’ll have more energy the next day.
A few hours at the theater can help us escape momentarily from the wrenching problems of the real world. But sometimes a play does an even more important job by revealing and dramatizing the kind of person who might help bring us back from the brink, and how it might be done. Estelle Griswold, a little-known American hero of reproductive liberty, is the focus of “Griswold,” a powerful new work by California playwright Angela J. Davis.

The new play tells story of reproductive rights pioneer

In the new play “Griswold,” veteran actor Margo Whitcomb plays a Planned Parenthood clinic head who fights a Connecticut law banning birth control all the way to the U.S. Supreme Court. Her case in the 1960s paved the way for the Roe v. Wade decision, but Griswold herself is not well known.

In 1961, Estelle Griswold was the director of the Planned Parenthood clinic in New Haven, Connecticut. She was feisty, determined and “did not suffer fools gladly,” says Davis. “And there are so many fools!”

The clinic was hamstrung by a 19th century state law — introduced, oddly enough, by circus showman P.T. Barnum when he served in the Connecticut legislature — that prohibited giving women birth control devices, medicine or even correct information. For years, the clinic tried unsuccessfully to change the law, while in the meantime spending its limited resources to ferry patients to doctors in less-regulated jurisdictions like New York and Rhode Island.

Angela Davis, an attorney as well as a playwright, says, “It really was not my motivation to write a political play. I started my research and writing long before the current news cycle.” She admired Griswold and wanted to correct history’s neglect of her story. “She does not have a biographer and the record on her was difficult to find. I tracked down newspaper and magazine articles from the period.”

One day, Griswold had had enough and decided to fight back. She and the clinic doctor let themselves be arrested and fined, then appealed their case all the way to the top. In 1965, the U.S. Supreme Court used the idea of privacy rights to overturn the law, at the same time taking down similar laws in many other states. From that day forward, universal birth control access was the law of the land.

Actor Margo Whitcomb, cast in the title role, says, “I am honored to play Estelle, but like many, I had never even heard of the case or the woman. Angela Davis’s play is highly inventive, theatrical and polished. I was breathless reading it for the first time. It has profound depth, is hilarious and has
unequalled relevancy to this moment in America.

That moment, of course, came abruptly just two months ago, with the overturning of Roe v. Wade, made worse by Justice Clarence Thomas’s threat to destroy Griswold, as well as cases allowing gay sex and same-sex marriage, using the same difficult logic that gutted Roe.

Will today’s conservative court undo Griswold’s accomplishments? “I don’t have a crystal ball, so I just don’t know,” says Davis. “But I had to tell the story. She takes this new job and very serendipitously ends up doing something that changes the course of history.”

In the play, Griswold speaks both as a character and narrator, and interacts with two more actors, each of whom in turn plays 11 different roles. In director Gaen Murphree’s spare but powerful staging, the characters use quick changes of costume and voice to represent everyone from birth control pioneers Katharine McCormick and Hilda Standish, to P.T. Barnum himself, to a buffoonish French official, a female patient, and the two police officers who carry out the arrest.

Gaen Murphree is thrilled to be directing Griswold. “In my experience with new plays, I don’t ever think I’ve come across a play that is so timely. I think this is the most important new American play of 2022.”

Although the topic is serious, Davis uses humor to make her points. “Some humor can earn the audience’s trust — you’re romancing the audience. You have very little time to get their attention, to get them seduced into another world. A little bit of humor can pull them in. There’s such a thing as comedic truth.”

Will Griswold’s legacy endure? “I hope so,” says Ripton resident Ash Hickey, a young activist who carries on the Griswold tradition. She works as a telehealth specialist / clinical health care associate for Planned Parenthood of Northern New England, and she canvasses tirelessly for signatures in support of Vermont’s upcoming Reproductive Liberty Amendment, Prop 5 on the upcoming November election ballot.

“Griswold” is the first of three productions in Middlebury Acting Company’s American Dreaming: A New Play Festival. See it at Swift House in Middlebury on Friday, Aug. 19, at 7 p.m. The other plays in the series are “Natchetochez” by Seth McNeill on Saturday, Aug. 20, 2 p.m., and “American Deal” by Donna Hoke the same day at 7 p.m. Buy tickets — $15 for one play or $40 for all three online at townhalltheater.org or just walk up to the Swift House tent.
bleachers, known as one of the best live acts in the world, will headline when Ciderstock makes its return to Middlebury on Aug. 20. What started back in 2014 as a celebration of the grand opening of Woodchuck's cidery quickly grew to become one of the most sought-after events of the year for cider enthusiasts and concertgoers alike.

On July 30, 2021, Bleachers released their highly anticipated third album “Take the Sadness Out of Saturday Night” on RCA Records. Kicking off 2022, Bleachers made their debut performance on NBC’s Saturday Night Live, performing two songs, including their new single “How Dare You Want More” to mark the show’s first episode of the year.

Opening for Bleachers is the band MisterWives, whose latest album, “Superbloom,” marks a moment of major transformation for front woman Mandy Lee and her bandmates: Etienne Bowler (drums), William Hehir (bass), Marc Campbell (guitar), and Mike Murphy (saxophone).

Be sure to follow Woodchuck’s social media channels to secure your tickets and stay up to date with the latest information on the event.

“We know many of you are already beyond excited for the return of Ciderstock and we could not be happier to bring back an event that has meant so much to us and our fans since its inception,” says Vermont Cider Company Chief Commercial Officer Bridget Blacklock.

Tickets on sale via WoodchuckCiderstock.com.
Local piano prodigy plays in Salisbury Aug. 19

On Friday, Aug. 19, at 7:30, the Salisbury Summer Performance Series is delighted to host a concert by talented Middlebury pianist Zachariah Burrows. Zachariah (18), who has been playing the piano for 13 years, enjoys a multitude of genres and often blends classical, jazz, and improv, as witnessed by the fact that he will be playing music by Schubert, Beethoven, Gershwin and the Beatles.

In addition to solo piano and ensemble experiences, Burrows accompanies musicals, auditions and concerts for local high school students, and occasionally plays for church services. When not occupied with concerts and auditions, Burrows participates in several informal Middlebury-based youth ensembles, including a jazz trio and a rock band. In addition to the piano, Burrows plays the flute, piccolo, and saxophone and composes original music for these (and other) instruments. He is also a virtuosic whistler!

He has earned a number of awards and honors for piano performance and composition in recent years, including for the Vermont All State Music Festival: Jazz Pianist (2020, 2021, 2022), Piano Scholarship (2020, 2021, 2022), and Composition Scholarship (2021). In 2022, Burrows was honored to be chosen among top musicians from the New England region to perform as piano soloist at the All New England Music Festival where he played the “Preludes” by George Gershwin. He graduated from Middlebury Union High School in June of this year and will be attending Oberlin College and Conservatory in the fall. This is an opportunity to witness this talented young musician before he departs to pursue the next stage in his musical career.

Because of the need to utilize the piano, these concerts will occur indoors. Guests are asked to wear a mask unless fully vaccinated, and welcome those who prefer to remain masked even though they are fully inoculated.

This will be the seventh of eight concerts in Salisbury’s 42nd Summer Performance Series, which will run through Aug. 25 at the historic, but handicapped accessible, 1838 meetinghouse in Salisbury Village. There is no admission charge; a free-will donation in support of the series will be appreciated.

George Matthew Jr., will play Middlebury College’s Carillon on Friday, Aug. 19, at 3 p.m. (please note earlier time, in conjunction with Language Schools Commencement). This concert is free and open to the public, and can be enjoyed on the steps of the Chapel or on the surrounding lawns. Audiences are encouraged to bring lawn chairs or blankets. Performances will continue each Friday through Aug. 19.

GRISWOLD
BY ANGELA J. DAVIS
STAGED READING ON FRIDAY, AUG. 19 AT 7PM
A fast-paced, fun, and inspiring romp through the forgotten history behind the landmark U.S. Supreme Court case that established the right to sexual privacy, “Griswold” mines the spirit and drive of Estelle Griswold, the extraordinary 65-year-old woman who changed history.

NATCHETOCHES
BY SETH MCNEILL
STAGED READING ON SATURDAY, AUG. 20 AT 2PM
Preparing to share Easter dinner, the Turpin family discusses the day’s mass shooting in nearby Natchetochez, a small town in the Deep South. After it becomes clear that one of their own might be caught up in the momentous events in town, the family is confronted with questions of how well they know themselves and each other.

AMERICAN DEAL
BY DONNA HOVE
STAGED READING ON SATURDAY, AUG. 20 AT 7PM
Clive Jenkins. A husband. A father. A writer with an MFA. An addict. A man who, sixteen years ago, gunned down a stranger, and still can’t say why. Clive’s most successful attempts to examine his life come when he puts pen to paper, pouring out his demons in stories. Now, he’s got a chance at parole, and a six-figure book deal that might help him get it—if he can prove he’s a changed man.
BRANDON ARTISTS GUILD
7 Center St, Brandon
Visit brandonartistsguild.org or call 802-247-4956 for more info.
“Vermont: On the Road,” the third in a series of three Vermont-centric shows. An all-member and all-media display, this show shares each artist’s favorite spots across Vermont, from crowd-favorite occasions to secret hideaways to even the road that gets you there. On view July 15-Sept. 5.

EDGEWATER GALLERY AT THE FALLS
52 Main Street, Middlebury
Visit edgewatergallery.com, call 802-458-0098 or email info@edgewatergallery-vt.com for more info.
“About Town” featuring Betsy Silverman and Rachel Wilcox, is on view Aug. 1-Sept. 30. Both artists capture the essence of the urban landscape; its pace, energy, and diversity. These city scenes show us the intersection of people’s lives and their stories, and the compositional complexity and excitement where architecture, vehicles, and streetlife meet. An opening reception will be held Friday, Aug. 19, from 5-6:30 p.m.

JACKSON GALLERY
68 S Pleasant Street, Middlebury
Visit townhalltheater.org/jackson-gallery or call 802-382-9222 for more info.
“Inspired by Nature: A Mother and Daughter’s View.” Paintings by Bristol artist Brenda Myrick and Barbara Lane, a 92-year-old retired surgical nurse from Whiting, will be on view July 8-Aug. 13. The Jackson Gallery is located in the lower level of Town Hall Theater, and is open Monday through Friday 12-5 p.m., and an hour before any public events in the building.

LAKE CHAMPLAIN MARITIME MUSEUM
4472 Basin Harbor Rd, Vergennes
Visit lcmm.org or call 802-475-2022 for more info.
“Nebizun: Water is Life.” Water is essential for life and Nebizun (or Nebizon) is the Abenaki word for medicine. Work by Abenaki artists together with photographs of people’s lives and their stories, and the compositional complexity and excitement where architecture, vehicles, and streetlife meet. An opening reception will be held Friday, Aug. 19, from 5-6:30 p.m.

SPARROW ART SUPPLY
52 Main Street, Middlebury
Visit sparrowartsupply.com for more info.
“The Ordinary and The Extraordinary,” explores the contrast between the everyday and the out-of-this-world. In this all-media show, artists highlight one, the other, and even combine the two. Over 30 artists illustrate the theme in all kinds of ways, through showcasing intricate processes, giving routine moments the spotlight, bending perspectives, transforming recycled objects and beyond. On view July 14-Aug. 27.

ARIES: March 21-April 20. Aries, now could be a good time to map out your financial future. You’re riding a professional wave and your finances will benefit significantly from your hard work.

TAURUS: April 21-May 20. Taurus, you can be a strong and formidable advocate for any cause you choose to support. Figure out what ideas you want to align with this week and voice your support.

GEMINI: May 21-June 21. This week you may start out feeling like the life of the party. But you may run out of steam as the week winds down. Plan light activities for the weekend, Gemini.

CANCER: June 22-July 22. Cancer, if you are feeling frustrated at work, you may want to address your feelings with friends this week. They may be able to provide a fresh perspective on the situation.

LEO: July 23-Aug. 23. Don’t take anything for granted this week, Leo. Even seemingly mundane events can have a significant impact on both your present and your future.

VIRGO: Aug. 24-Sept. 22. Explore creative outlets. Virgo. They may be just what you need right now to calm your mind and work through some of the problems that have been tough to solve lately.

LIBRA: Sept. 23-Oct. 23. Libra, it is important to define boundaries between work and home life this week, especially as you explore remote working opportunities or a promotion.

SCORPIO: Oct. 24-Nov. 22. Scorpio, your close relationships could benefit from some increased conversation this week. Small talk is a start, but dig into topics that are meaningful to you and your partner.

SAGITTARIUS: Nov. 23-Dec. 21. Concerns about finances could have you holding back on all spending, including important purchases. Sagittarius. A professional can help you establish a budget.

CAPRICORN: Dec. 22-Jan. 20. Capricorn, life may be challenging this week, and attempts to get ahead could be thwarted. You may just have to hunker down a little longer and work harder.

AQUARIUS: Jan. 21-Feb. 18. Set up your living space to ensure you feel peaceful and calm at all times. Aquarius. This can improve your overall mood and benefit your long-term health.

PIGS: Feb 19-March 20. Frustrations with finances may have you feeling poorly at the moment. Pisces. Some news at work could provide the relief you need.

FAMOUS BIRTHDAYS
AUG. 11 — Viola Davis, actor (57)
AUG. 12 — Erwin Schroedinger, Physicist (d)
AUG. 13 — Samuel de Champlain, explorer (d)
AUG. 14 — Halle Berry, actor (56)
AUG. 15 — Julia Child, chef (d)
AUG. 16 — Taika Waititi, filmmaker, actor, comedian, book author (47)
AUG. 17 — Dustin Pedroia, Red Sox second baseman (39)

15 — Julia Child, chef (d)
13 — Samuel de Champlain, explorer (d)
12 — Erwin Schrödinger, Physicist (d)
11 — Viola Davis, actor (57)
03 — Julia Child, chef (d)
02 — Samuel de Champlain, explorer (d)
01 — Samuel de Champlain, explorer (d)
00 — Samuel de Champlain, explorer (d)
19 — Samuel de Champlain, explorer (d)
**THURSDAY, AUG. 11**

**GREEN MOUNTAIN CLUB HIKE IN CHARLOTTE.**
Thursday, Aug. 11. Mt. Philo. Full moon hike up trail and down road with picnic — easy. Contact Ken Corey at kac4964@gmail.com for information or to register. More at gmcbreadloaf.org.

**FRIDAY AUG. 12**

**GREEN MOUNTAIN CLUB HIKE IN MONKTON.**
Friday, Aug. 12. Raven Ridge Loop. Raven Ridge Natural Area is a Nature Conservancy property. This moderate hike features valley views and geological formations. The 2.2-mile loop starts at a boardwalk, follows a woody loop trail that ascends to a viewpoint on a west-facing ridge. Wear appropriate clothing; bring water, snack and hiking poles if desired. Limited to 10 participants. Contact leader Ruth Penfield at ruthpenfield@gmail.com or 802-458-1116 to register and for meeting time and possible carpooling from the Middlebury area. More at gmcbreadloaf.org.

**POINT COUNTERPOINT MUSIC CAMP FACULTY ENSEMBLE IN SALISBURY.**
Friday, Aug. 12. 7:30 p.m. Salisbury Meetinghouse, 853 Maple St. Music by Ensemble in Salisbury. Friday, Aug. 12, 7:30 p.m. at gmcbreadloaf.org.

周五， Aug. 12, 7:30 p.m., Town Hall Theater, 61 S. Pleasant St. Come to this workshop production of Doug Anderson’s new musical based on a true story and written for six women facing a crisis. A seasoned cast and a 7-piece orchestra take on this study of resilience and new beginnings, with a dynamic score and humor. Tickets $20, available at townhalltheater.org, or at the door, if available.

**ADDITION.** Saturday, Aug. 13, 1 p.m. John Strong Mansion, 6656 Route 17, Michele Pagán and Ellen Thompson talk about the nationwide hunt for made-in-America samplers — needlework made by American school girls. Free and open to the public. Tours, 11 a.m., 1 p.m., and 2-4 p.m., free that day.

**BIG APPLE COMICS IN MIDDLEBURY.** Friday, Aug. 12, 8:30-9:30 p.m., American Flatbread Pavilion, Marble Works. New York City-based standup comedian Tina Fritil returns to her hometown, with her favorite fellow NYC comics in tow, to bring the laughs in this three-part summer comedy series under American Flatbread’s new pavilion. Free. Limited seating. More info and registration at townhalltheater.org.

**SATURDAY, AUG. 13**

**KEVIN KARECKAS IN BRANDON.** Saturday, Aug. 13, 11 a.m.-1 p.m., Kennedy Park. Downtown Brandon Alliance brings you live solo performers every second and fourth Saturdays through September.

**EMILY SUNDERMAN IN MIDDLEBURY.** Saturday, Aug. 13, 1-3 p.m., Reference Room, Isley Public Library, 75 Main St. Free music in the reference room. Emily Sunderman will perform on the violin. Don’t forget to come early or plan to stay after the performance and visit the food truck serving free snacks and beverages to everyone.

**WELCOME TO PARADISE" DEBUT IN MIDDLEBURY.**
Friday, Aug. 12, 7:30 p.m., Town Hall Theater, 61 S. Pleasant St. Come to this workshop production of Doug Anderson’s new musical based on a true story and written for six women facing a crisis. A seasoned cast and a 7-piece orchestra take on this study of resilience and new beginnings, with a dynamic score and humor. Tickets $20, available at townhalltheater.org, or at the door, if available.

**THE BLOOD AND SAND" SILENT FILM IN BRANDON.** Saturday, Aug. 13, 7 p.m., Brandon Town Hall, 1 Conant Square. Starring Rudolph Valentino in his first starring role, as a sexy bullfighter in this romantic thriller. Live music for each silent film program performed by Jeff Rapvis, a performer and composer who specializes in scoring and presenting silent films. Admission is free; donations are welcome to help support ongoing Town Hall renovation efforts.

**THE MILES DONAHUE QUARTET IN MIDDLEBURY.** Saturday, Aug. 13, 7:30 and 8:45 p.m., Swift House Inn, 25 Stewart Lane. For one night only The Miles Donahue Quarter will perform under the Swift House Inn tent. Tickets $15, available at townhalltheater.org or cash only at the door.

**WELCOME TO PARADISE" MUSICAL IN MIDDLEBURY.** Saturday, Aug. 13, 7:30 p.m., Town Hall Theater, 61 S. Pleasant St. See Aug. 12 listing.

**SUNDAY, AUG. 14**

**WELCOME TO PARADISE" MUSICAL IN MIDDLEBURY.** Sunday, Aug. 14, 2 p.m. Town Hall Theater, 61 S. Pleasant St. See Aug. 12 listing.

CONTINUED ON NEXT PAGE
MONDAY, AUG. 15

MAGIC SHOW WITH TOM VERNER IN SALISBURY. Monday, Aug. 15, 5 p.m., 918 Maple St. Join the Salisbury Public Library for a family magic show with local magician Tom Verner. Free.

WEDNESDAY, AUG. 17

BLOOD ROOT GAP IN BRANDON. Wednesday, Aug. 17, 7 p.m., behind the Brandon Inn. Bluegrass music to charm the soul. Bring a chair or a blanket for listenin’ or nappin’ and your fingers and toes for snappin’ and tappin’. Free.

THURSDAY, AUG. 18

HACK THE PAINTING IN VERGENNES. Thursday, Aug. 18, 4-6 p.m., Bixby Library, 258 Main St. Bixby will provide a premade painting and various art supplies. Cut apart magazines, draw your own spaceship, get creative and make the painting your own. You do not need to stay for the full 2 hours, just come and work on your painting as long as you like. For grades 9 and up. Registration required, please call 802-877-2211 or email laksamee.putnam@bixbylibrary.org.

"REVISION: TAKING THE NEXT STEPS" WORKSHOP IN MIDDLEBURY. Thursday, Aug. 18, 8-9 p.m., under the tent, Swift House Inn, 25 Stewart Ln. Karina Jutzi leads this workshop as part of Middlebury Acting Company’s American Dreaming: A New Play Festival. Good re-writing is the key to good writing. This workshop will look at a few different scripts and how they have changed through the editing process, and provide tips and tricks for tackling your own work. Limit 20 participants. Tickets $20 per workshop or $50 for all three, available at www.middleburyactors.org.

movies in the park after dark in bristol. Thursday, Aug. 18, dusk, town green. "Clifford the Big Red Dog." Free and open to the public.

FRIDAY, AUG. 19

CARILLON CONCERT IN MIDDLEBURY. Friday, Aug. 19, 3 p.m., Middlebury Chapel lawn, Old Chapel Rd. George Matthew Jr. will perform the final concert of the summer in conjunction with the Language Schools Commencement. Free and open to the public. Bring lawn chairs or blankets.

NIGHT AT THE MUSEUM WITH DADDYLONGLEGS IN MIDDLEBURY. Friday, Aug. 19, 4-7 p.m., Sheldon Museum, One Park St. The Sheldon will be open free to the public from 4-7 p.m. with music by DaddyLongLegs in the Museum Garden beginning at 5 p.m. DaddyLongLegs is the confluence of three well known Vermont musicians — Rick Ceballos, David Gusakov and Matt Witten — whose talents merge to form a dynamic and highly original traditional folk trio.

“THE PLAYWRIGHT’S WORKOUT” WORKSHOP IN MIDDLEBURY. Friday, Aug. 19, 4-6 p.m., under the tent, Swift House Inn, 25 Stewart Ln. As part of Middlebury Acting Company’s American Dreaming: A New Play Festival, Eugenie Carabatsos leads this generative playwriting workshop. A series of short writing exercises designed to aid all stages of the writing process. Limit 20 participants. Tickets $20 per workshop or $50 for all three, available at www.middleburyactors.org.

“THE PLAYWRITING AND SOCIAL JUSTICE” WORKSHOP IN MIDDLEBURY. Saturday, Aug. 20, 10 a.m.-noon, at the tent, Swift House Inn, 25 Stewart Ln. What does it mean to write a socially conscious play? How do you begin? What can help you along the way? Through a combination of group discussion and writing exercises, Gina Stevensen explores the practical tools for creating meaningful new work at the intersection of theater and social change. Part of Middlebury Acting Company’s American Dreaming: A New Play Festival. Limit 20 participants. Tickets $20 per workshop or $50 for all three, available at www.middleburyactors.org.


SUNDAY, AUG. 21

MUSIC AT EDGWARE GALLERY. Friday, Aug. 19, 5-6:30 p.m., Edgewater Gallery at the Falls, 1 Mill St. A reception for “About Town,” featuring Betsy Silverman and Rachel Wilcox. More info at edgewatergallery.com, 802-458-0098 or info@edgewatergallery-vt.com. Part of Edgewater’s Plein Air Festival.

ART OPENING RECEPTION IN MIDDLEBURY. Friday, Aug. 19, 7 p.m., Swift House Inn, 256 Stewart Ln. Part of Middlebury Acting Company’s American Dreaming: A New Play Festival. “Griswold,” by Angela J. Davis is inspired by the forgotten history behind the landmark U.S. Supreme Court case that established a right to sexual privacy. Fusing magic realism, docudrama and comedic truth, “Griswold” mines the spirit and drive of the overlooked 85-year-old woman whose actions set the Griswold case in motion. Outdoors under the tent. See story on Page 1 of Arts + Leisure.

ZACHARIAH BURROWS PLAYS PIANO IN SALISBURY. Saturday, Aug. 19, 7:30 p.m., Salisbury Meetinghouse, 853 Maple St. Music by Schubert, Gershwin and the Beatles. Part of Salisbury’s 42nd Summer Performance Series. Masks requested if not fully vaccinated. Free-will donation.

Plein Air Paint Out In Middlebury. Saturday, Aug. 20, locations around town. Keep an eye out for artists working outside as part of Edgewater Gallery’s Plein Air weekend. A cocktail reception and wet paint sale on the upper deck at Edgewater at the Falls, will wrap up the weekend.

"PLAYWRITING AND SOCIAL JUSTICE" WORKSHOP IN MIDDLEBURY. Saturday, Aug. 20, 10 a.m.-noon, under the tent, Swift House Inn, 25 Stewart Ln. What does it mean to write a socially conscious play? How do you begin? What can help you along the way? Through a combination of group discussion and writing exercises, Gina Stevensen explores the practical tools for creating meaningful new work at the intersection of theater and social change. Part of Middlebury Acting Company’s American Dreaming: A New Play Festival. Limit 20 participants. Tickets $20 per workshop or $50 for all three, available at www.middleburyactors.org.

FOR ONE NIGHT ONLY! Saturday, August 13TH

Middlebury Jazz Collective Presents
THE MILES DONAHUE QUARTET
“Miles Donahue is one of the best kept secrets in Jazz.” ~Bob Blumenthal, Boston Globe Jazz Critic

At Swift House Inn (25 Stewart Lane Middlebury, VT) | Under the tent Shows at 7:30PM & 8:45PM
Tickets are $15 and may be purchased through the Town Hall Theatre Box Office or at the door (cash only at the door).
Visit TownHallTheater.org for details and to purchase tickets.
The 8th year: Middlebury New Filmmakers Fest is back

MNFF ANNOUNCES FILM PROGRAM, FESTIVAL SCHEDULE, HONOREES AND SPECIAL GUESTS AUG 24-28

The Middlebury New Filmmakers Festival (MNFF) has announced details of its expansive 2022 film program, five-day film schedule, acclaimed honorees and special guests for its 8th annual fest, set for Aug 24-28. The festival will screen more than 140 films, a mix of features, shorts, dramas, documentaries and honoree tribute films on six screens over the five full days.

Surrounding the film screenings will be multiple special events and presentations, plus daily happy hours and evening parties for festival pass holders. According to MNFF’s organizers, the 8th Annual fest will be the largest to date.

After a day of morning and afternoon screenings, the festival’s opening night film on Aug. 24 will be “The Automat,” the recent documentary from director Lisa Hurwitz, that explores the colorful and storied history of the Horn and Hardart Automat restaurants in New York and Philadelphia. Ms. Hurwitz will attend and participate in an extended on-stage conversation with MNFF Artistic Director, Jay Craven.

Among the many outstanding films being shown over its five days, the festival will screen the documentaries “Charm Circle,” directed by Nira Burstein (attending); “Pasang: In the Shadow of Everest,” from director Nancy Svendsen (attending); “The High Rock,” from director Ellen Moore (attending); “The American Dream and Other Fairy Tales,” from directors Abigail Disney and Kathy Hughes (attending); “Bad Axe,” directed by David Siev; and “The Pez Outlaw,” from directors Amy Bandlien Storkel and Bryan Storkel.

In the narrative drama/comedy category, MNFF will offer, among many choices, “Clouds of Chernobyl,” from Romanian director Ligia Cornei (attending); “Medusa,” from French director Sophie Levy; “Olga,” directed by Elie Grappe; “The Unknown Country,” from MNFF alumn Morissa Maltz (attending); “Marcel the Shell with Shoes On,” directed by Dean Fleischer-Camp; “Wake Up, Leonard,” from director Kat Mills Martin (attending); and, just added, the new drama from director Sarah T. Schwab, “A Stage of Twilight,” starring Karen Allen, an MNFF returning honoree, who will attend the screening along with Ms. Schwab.

MNFF8 will also welcome a significant number of honorees to its stages, including two-time Academy Award-nominated actor and filmmaker Maggie Gyllenhaal, who will present her multiple Oscar-nominated drama “The Lost Daughter,” her feature directing debut. Gyllenhaal will appear for the post-screening Q&A and will also appear following the screening of her iconic comedic drama “Secretary,” where she co-stars with James Spader.

Other honorees include:

Marc Levin, prolific director/writer/producer of nearly fifty films, will be at Middlebury to present a 25th-Anniversary screening of his Sundance-winning drama “Slam” and his recent documentary, “I Promise,” produced in collaboration with LeBron James.

Lindsay Crouse, Senior Editor of The New York Times and Co-Executive Producer of the paper’s Op-Docs series, will show a series of short films focusing on women in sports. Crouse has produced more than 350 short films, winning an Academy Award [with four additional nominations], four Emmys (15 nominations) and two Peabody awards.

Tyler Davidson, prominent drama producer, presenting his latest film, “Emily the Criminal,” starring Aubrey Plaza and his Cannes Film Festival award winner, the acclaimed “Take Shelter,” starring Michael Shannon and Jessica Chastain.

Veteran Vermont filmmaker Nora Jacobson, will screen and discuss her new documentary “Ruth Stone’s Vast Library of the Female Mind.”

Other featured festival programs include a workshop on film music and scoring by Judy Hyman and Jeff Claus, Emmy Award-winning film score composers. Also of note, Katie McCullough and Ian Bignell, founders of Festival Formula, will discuss how they build targeted strategies for filmmakers looking to spend their submission dollars wisely and effectively. And actor Karen Allen (“Raiders of the Lost Ark,” “Starman,” “Shoot the Moon”) will join MNFF Artistic Director Jay Craven for an informal conversation about working with new filmmakers on their independent features.

For a second consecutive year, the festival will present a special cross-cultural exchange of filmmakers, created and supported by the American Indonesian Cultural and Educational Foundation (AICEF). On Festival Friday, at Town Hall Theater, American filmmaker Nancy Svendsen will screen her AICEF Prize-winning documentary film, “Pasang: In the Shadow of Everest,” followed by a showing of “Preman,” the new narrative drama by Randolph Zaini, the AICEF Prize winner and award of Indonesia’s Bali International Film Festival. Coming to Middlebury from Jakarta, Mr. Zaini will attend the screening of his film and then participate in an extended Q&A. In the spring of 2023, to complete
Babies and Families

ELI KUCHAR, 19 months old, of Middlebury has found a great place to spend a summer morning — the sandbox at Mary Johnson Children's Center.

Independent photo/Steve James
You may have heard that Planned Parenthood had to close its health center in Middlebury. Our organizations are working together to make sure you have access to the care you need locally:

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  (802) 388-3171 | www.addisoncountypcc.org

- **Mountain Health Center** in Bristol provides full spectrum preventative and primary care to people of all ages, regardless of insurance status or ability to pay.
  
  Open five days a week, offers telehealth visits.
  
  (802) 453-5028 | www.mountainhealthcenter.com

- **The Open Door Clinic** in Middlebury provides free health care for uninsured and underinsured adults.
  
  By appointment only, offers telehealth visits, language services available.
  
  WhatsApp: (802) 779-4828 | (802) 388-0137 | www.opendoormidd.org

- **Planned Parenthood** continues to offer most of its services through telehealth, including abortion pills by mail. You can also visit a nearby health center in Barre, Burlington or Rutland.
  
  Telehealth appointments available 5 days a week. Hours of operation vary by location.
  
  (866) 476-1321 | www.ppnne.org

- **Porter Medical Center** offers full health care services for all ages, including reproductive and sexual health, contraception, screenings, STD treatment, OB/GYN support and abortion.
  
  Porter Women’s Health is located in Middlebury. Primary Care has offices in Brandon, Middlebury and Vergennes. Pediatrics runs a clinic for students at Middlebury Union High School health center.
  
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Get your baby to eat

Transition is exciting, messy and confusing

By KATIE FUTTERMAN

Woooosh. Airplane coming in for a landing. It’s time to feed your baby solid food.

But when?

How?

Whether you’re a first-time parent or it’s not your first rodeo, fears about allergies, stress and the mess it will create are common and normal. But it’s important not to get lost in stress. The process can actually be very rewarding.

“The transition to solid foods is an exciting time. It’s messy, fun and an important benchmark in a baby’s development. They will let you know when they are ready,” said Marlee Malone, public health nutritionist at the Middlebury office of the Vermont Department of Health, told the Independent.

Babies typically begin to transition to foods other than formula or breast milk around six months, according to Malone. They do not need to have teeth to begin the process.

Jackie Prime, mother and caretaker at Mary Johnson Children’s Center, recently transitioned her fourth child, Amelia, to solid food.

“It’s wonderful to watch the process,” she said. “My daughter really, really enjoys raspberries, and she’s a very vocal eater, so she’s like ‘mmmmm’ the whole time she’s eating. And so finding those foods, and seeing that develop for children, of their strong likes and dislike, it’s a really fun interactive time feeding children.”

Prime marveled at the development from her spoon-feeding every bite to simpler mealtimes, and even times when her daughter tries new foods off of her mom’s plate.

But reducing stress isn’t just advised. In fact, it may be essential to the process.

Prime encourages caregivers to be very mindful of what emotional state they are bringing to mealt ime.

“If you’re stressed or worried and all those things, children feel all that. Coming to mealt ime with an open-mind and introducing it in a positive way is really important,” she said.

Prime herself is a rather picky eater, but she makes a conscious effort to present foods that she may dislike with a positive attitude. Still, every child is different. Although she was consistent in presenting all four kids with a diverse array of foods when they were learning to eat solid foods, two still grew to be rather selective, while the others were a bit more adventurous.

READY TO GROW

There are some key signs that a baby is ready to transition to solid foods. For instance, they will often trace with their eyes each and every bite their parents or caregivers take, according to Malone. Other signs include the ability to sit up alone or with support; control their head and neck; open the mouth when food is offered; swallow food rather than pushing it back out onto the chin; bringing objects to the mouth; trying to grasp small objects, such as toys or food and transferring food from the front to the back of the tongue to swallow, according to the U.S. Centers for Disease Control and Prevention, or CDC.

However, even after such signs, sometimes the baby is not ready, as all babies are different. A sign of this could be the baby pushing food off the spoon with their tongue. But fear not. You do not have to make these high-stress situations with lots of tears.

“Introduction to foods should be an exciting and calm experience so that the baby is interested and eager to learn,” Malone said.

It is important to follow the baby’s lead. In these cases, Malone recommends waiting and trying again at a later date. The CDC refers to the foods and drinks as “complementary foods,” as they complement the breast milk or formula that a parent should continue to feed their child.

“Babies during this stage are still getting many of their nutrients from human milk or formula so it is OK if they aren’t in the mood for

“…or worried and all those things, children feel all that. Coming to mealt ime with an open-mind and introducing it in a positive way is really important.”

— Jackie Prime

Metro Creative photo

(See Eating, Page 12)
Eating

(Continued from Page 11)

other foods,” said Malone.

To begin the process, Prime started by introducing breast milk and cereal at about five to six months. She also chose to provide homemade baby food. Over the course of three months, Prime transitioned from “super purees” to thicker, more consistent food and eventually table food.

Babies show readiness cues for finger foods through a developmental landmark known as the pincer grasp, according to Malone. At this point, the baby can pick up food between their pointer finger and thumb and bring it to their mouth.

“There are many muscles involved with chewing and swallowing that develop as part of eating readiness. Starting with soft foods in small bites is recommended,” said Malone.

For solid food, there is no particular order, according to The American Academy of Pediatrics. By the time the child is seven or eight months old, they can eat a variety of foods from different food groups, including infant cereals, meat or other proteins, fruits, vegetables, grains, yogurts and cheeses.

Some foods are potential choking hazards, so it is important to feed foods that are the right texture for the child’s development, advises the CDC. In order to prevent choking, the CDC recommends preparing foods that can be easily dissolved with saliva and do not require chewing, feeding small portions and encouraging your baby to eat slowly and always watching the child while eating.

There is no way to avoid baby making a mess, as babies’ willingness to touch food is a key aspect of their development, Malone said. Moreover, children might take time to adjust to new food textures, and cough, gag or spit up, according to the CDC. Caregivers should be prepared for this mess. Malone recommends having a mat, towel or shower curtain spread out below very young children while they are learning to eat.

It is also normal to notice changes in bowels during this introduction phase, according to Malone.

Allergies can be scary. Prime herself has an allergy, and there are significant allergies on her husbands’ side. She contacted doctors around concerns about allergies, and recommendations have evolved over time. When Prime’s daughter Jocelyn, now 18, was a baby, the message was to withhold peanut butter, for instance, though now parents are recommended to give children a little bit.

Experts recommend introducing one single-ingredient food at a time, waiting three to five days between each new food, in order to see if your child has any problems with that food, such as allergies. If a child has severe eczema and/or an egg allergy, caregivers should talk with the doctor about when and how to safely introduce foods with peanuts. Other potentially allergenic foods, such as fish, shellfish, tree nuts, wheat, soy and sesame can be introduced at the same time as other foods.

It is really individualized for each child and family as this transition looks different for everyone,” she said.

There is also a difference in whether the parent breastfeeds or provides formula, mainly in the parent’s milk supply. Moreover, recent formula shortages have left some parents feeling that they need to introduce alternative feeding practices sooner than recommended due to the inability to find formula, according to Malone.

To find help with the process, local health offices have a special supplemental nutrition program for women, infants and children, also known as WIC, and other staff who can provide assistance, services and recommendations. Contact Marlee Malone in the Middlebury Department of Health office at 802-388-4644 or by email at als.vdhohmiddlebury@vermont.gov.

“Babies during this stage are still getting many of their nutrients from human milk or formula so it is OK if they aren’t in the mood for other foods.”

— Marlee Malone

Drinking cow’s milk or fortified soy beverages is not recommended until the child is older than 12 months, but other cows’ milk products can be introduced sooner.

It is also important that childcare facilities help with the process. Prime, who also works at Mary Hogan School, commends the work that they do. They have an option to provide food, and take pictures of kids while they’re eating and foster an overall positive environment.

“Every family has so many different values and customs and cultures that come into food,” she said. “I feel fortunate that I have my children in a place that respects my family values around food. I think that can be kind of tricky to navigate as well.”

Linda January, executive director of Otter Creek Child Center, has open lines of communication, and checks in regularly with families about what they are trying at home and what they want Otter Creek to try.

“It is really individualized for each child and family as this transition looks different for everyone,” she said.

To find help with the process, local health offices have a special supplemental nutrition program for women, infants and children, also known as WIC, and other staff who can provide assistance, services and recommendations. Contact Marlee Malone in the Middlebury Department of Health office at 802-388-4644 or by email at als.vdhohmiddlebury@vermont.gov.

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Breastfeeding good for Vermont business

MIDDLEBURY — With the current infant formula shortages, more parents are exclusively breastfeeding their babies longer. For many new families, breastfeeding and returning to work can be hard.

Fortunately, The Vermont Department of Health is letting families know that its breastfeeding programs offer support for workers and their employers to help make breastfeeding the easy choice.

For parents, Vermont laws provide protection for people who breastfeed in public and support for when they return to work. Federal healthcare reform includes break time requirements so parents can express breast milk at work. For businesses, especially those struggling to fill vacancies, Department of Health officials say that becoming a breastfeeding friendly employer is a great way to support new and current employees through decreased turnover, reduced absenteeism and, critical to both employers through decreased turnover, new parents in the workplace benefit all. Data shows that policies supporting great way to support new and current parents in the workplace benefit all. Data shows that policies supporting

Data shows that 91.5% of babies in Vermont receive human milk shortly after birth, but by age six months, the rate of babies who are exclusively breastfed drops to 36.8%.

1. Establish a policy stating your company’s support of a parent’s choice to breastfeed, allowing the use of flexible time and breaks for expressing breast milk.
2. Make a clean, private space (not a bathroom) available for expressing breast milk.
3. Provide lactation education through flyers or other resources.

The Vermont Department of Health supports and encourages breastfeeding because of its important health benefits for both the person who is lactating and the baby. For adults, breastfeeding reduces the risk of breast and ovarian cancers and postpartum depression.

In addition to the important nutrition and growth benefits, babies who breastfeed have improved cognitive development and a reduced risk for chronic diseases. Breastfed babies also have a reduced risk of severe lower respiratory disease, ear infections and Sudden Unexpected Infant Death syndrome, known as SUID. Breastfeeding also offers important bonding opportunities for both.

Vermont is a leader in breastfeeding initiation, with 91.5% of babies in the state receiving human milk shortly after birth, according to the Centers for Disease Control and Prevention. However, by the age of six months, the rate of babies who are exclusively breastfed drops to 36.8%. This coincides with the time many parents return to the workforce, which Department of Health officials said shows how important employer support for breastfeeding friendly policies in the workplace is to people being able to make this healthy choice for their babies.

“Supportive work policies allow people the time and space to continue pumping and providing human milk to their babies,” said Deb Kitzmiller, a public health nurse with the department’s Brattleboro Local Health Office. “In addition to the significant health aspects, becoming a Breastfeeding Friendly Employer provides tangible benefits for businesses as well.”

Data shows policies that support new parents in the workplace can benefit employers through decreased turnover, greater productivity, reduced absenteeism, higher morale and staff loyalty, as well as through lower health care costs (average annual savings is $400 per breastfed baby).

For more information, help and resources, visit healthvermont.gov/breastfeeding-friendly-employers, or contact Marlee Malone in the Middlebury office of Local Health at 802-388-4644 or by email AHS.VDHOLOHMiddlebury@vermont.gov.

VICKI KIRBY RN, IBCLC, RLC

Vicki is a board certified registered lactation consultant that offers home, phone, or telemedicine visits for mothers who are facing a variety of breastfeeding challenges in Addison and Rutland counties, and some areas in New York State. She also has a prenatal monthly breastfeeding class available on Zoom. Mothers can feel overwhelmed when trying to balance milk production, latch issues, nipple soreness, engorgement, pumping and returning to work, and much more. Vicki is available to help mothers during this transitional period – you are not alone.

Vicki is a provider for BCBS, and Vermont Medicaid for home consultations and personal use breast pumps. She also sells Medela and Spectra breast pumps and products.

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Being a parent requires an ability to adapt to change. Newborns require around-the-clock care that often translates into little free time for their parents. When parents get opportunities to step away, exercise may be the furthest thing from their minds. But it could be in new mothers’ and fathers’ best interests to consider exercise even when their schedules are hectic.

Health experts at the Mayo Clinic advise exercise helps to tame stress, keep the mind sharp and boost the immune system. Staying fit and healthy with a new baby in the house may be easier when parents embrace certain strategies.

• Flexibility is key. New parents strive to maintain schedules, but newborns and infants don’t always comply. Therefore, committing to a workout at a specific time each day or even a specific duration can be foolish. It’s better to take what you can get when you can get it. Don’t get hung up on following a specific regimen right now.
• Exercise in bursts. Rather than devoting a set amount of time to a workout, fit in exercise when you have a minute. Run up and down the stairs while the baby is napping. Or do some bicep curls while preparing a bottle.
• Take a “baby-and-me” class. Gyms and fitness organizations often offer classes for new parents that build workouts around movements that can be done with baby in hand or in tow. Another option is Stroller Strong Moms, a workout group that incorporates kids and strollers. Seek out these programs for innovative ways to get exercise and spend time with your child and other parents.
• Ask for time off. Spouses can divide baby duties so that each gets equal time away to devote to personal needs. Factor exercise into some of the plan, even if you can carve out only a few minutes. Another tip is to multitask. Consider buying a stationary bicycle to use while watching a favorite television show.
  • Go swimming. Swimming works many muscles of the body, and the buoyancy of the water relieves pressure on joints and other areas of the body. When baby is old enough, you can even enjoy time in the pool together.
• Prioritize sleep. Do not compromise sleep for exercise, which can adversely affect your overall health. Sleep is essential for human development, says The Sleep Foundation. During sleep, the brain experiences intense activity, building the foundations for how people learn and grow — including the development of our behavior, emotions and immune systems. Adequate sleep is vital for new parents to maintain their health and the health of their babies.
  • As infants grow, parents will find they have more time to devote to exercise. Until then, new parents can be flexible and make time for exercise when their schedule allows. — Metro Creative

Fitness tips for new parents

mother's walk

MARIAH NORTH OF Middlebury, who knows a thing or two about babies, pushes a stroller with two little kid-size bikes piled on to it one morning last week. North said her two-and-a-half-year-old, Chascha, loves to start out the morning riding her bike to daycare but after half a mile tuckers out and travels the rest of the way in the stroller. Big brother Ansel could ride his bike forever, his mother says, but she still ends up having to tote it back home after morning drop off.
Make your home safe for babies

New parents face a host of new and unique challenges when they bring their babies home for the first time. Lack of sleep and dirty diapers are two well-known challenges parents must confront when caring for newborns. While those hurdles must be cleared after babies are born, other potential issues can be dealt with while parents are awaiting the arrival of their children.

Prior to getting pregnant, parents expecting for the first time may not have given much thought to how safe their home is for children. But with a baby on the way, safety must be the utmost priority at home. Home injuries pose a bigger threat than expecting parents may realize, as Stanford Children’s Health reports that many children are seriously injured each year at home.

Thankfully, many home injuries can be prevented. Expecting parents can get a head-start on being moms and dads by taking various steps to make their homes safer before their babies are born.

- Conceal cables and cords. Cables and cords pique kids’ curiosity. Pulling on cables and cords can put young children in the path of falling objects or increase their risk for injuries involving electrical wires and outlets. Cable and cord concealers are inexpensive and easily installed. Often used to cover cords hanging down from mounted televisions, concealers also can be used to hide cords coming from computers, lamps and other items that can pose a threat to young children.
- Avoid hand-me-down kids’ furniture. When furnishing a children’s nursery, it’s best for parents to avoid hand-me-down furniture. The older a piece of furniture is, the less likely it is that the item will meet current safety guidelines. Some parents may be tempted to let their children sleep in the same crib they slept in as kids decades ago, but it’s safer to eschew nostalgia in favor of products that meet the latest safety standards.
- Get rid of potential choking hazards. The National Safety Council (NSC) and the National Center for Injury Prevention indicate that airway obstruction injuries are the leading cause of unintentional injury-related deaths among infants less than 12 months old. Prior to bringing their babies home, expecting parents can remove all small trinkets and other items that curious children may want to put in their mouths. When buying toys for kids, read the packaging to make sure each item is safe for babies and avoid buying or accepting any gifts with small pieces.
- Store all medicines on high shelves behind cabinet doors. Vitamins and medicines should be stored on high shelves behind cabinet doors. If kids can see them, they’ll likely try to grab them. In fact, the NSC reports that children ages 19 and under account for roughly 8,000 fall-related emergency room visits every day. Hiding medicines on high shelves behind closed cabinet doors reduces the risk that kids will be poisoned and suffer a fall-related injury.

— Metro Creative

A job well done
FOURTEEN-MONTH-OLD AVERY GOODRICH of Salisbury pats down the sand in her bucket before adding another scoop in the sandbox at the Mary Johnson Children’s Center in Middlebury.

Independent photo/Steve James

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Fun in the shade
SOME VERY LITTLE children enjoy the summer weather last week in the comfort of the shaded play area at Middlebury's Mary Johnson Children's Center. Pictured, clockwise from left, are 19-month-old Emlyn Turo of Middlebury, Hudson Otis (also 19 months) of Middlebury and teacher Courtney Otis snuggling in the sandbox with Emlyn Turo and 14-month-old Amelia Prime of Bridport.

Independent photos/Steve James

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Q: How Young is Too Young?
A: There is no “too young.”

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**ACROSS**
1. Breezed through
5. Time units (abbr.)
8. Pigeon’s murmur
11. Moves aside in fright
13. Partner to “ahh”
14. Taxis
15. Monetary units of Turkey
16. Returned material authorization (abbr.)
17. Prolific Italian opera composer
18. Restaurants
20. One’s grandmother
21. Ancient Greek City
22. Italian mountain ranges
25. Data
30. Acted in an obedient way
31. Autonomic nervous system
32. Not on the up-and-up
33. Mock lightly
34. A neighborhood
35. Inflammation of the kidneys
36. Semitic fertility god
37. Temporary name of Seaborgium
38. Wise people
39. Tear down
40. ___-fi (slang)
41. Diamond weight
42. Frosted
43. Predecessor to EU
44. Makes changes to
45. Inflammmation of the kidneys
46. Returned material authorization (abbr.)
47. Not on the up-and-up
48. Mock lightly
49. Wise people
50. Tear down
51. Diamond weight
52. Frosted
53. Predecessor to EU
54. Makes changes to
55. Inflammmation of the kidneys
56. Returned material authorization (abbr.)
57. Not on the up-and-up
58. Mock lightly
59. Wise people
60. Tear down

**DOWN**
1. Sign language
2. In style
3. Norwegian river
4. People with impaired hearing
5. Large stinging paper wasp
6. Bucharest is its capital
7. River in Ireland
8. Type of TV
9. Double-reed instruments
10. Spanish motorcycle manufacturer
11. Midway between south and southeast
12. Ancient Greek City
13. Italian mountain ranges
14. Japanese classical theater
15. Supervises flying
16. Not even
17. Capital of Saudi Arabia
18. Consumed
19. American politician (abbr.)
20. Sun up in New York
21. Casually looked through
22. Revealed the presence of
23. Peyton's little brother
24. Study of moral values and rules
25. Wise people
26. Tear down
27. Casually looked through
28. Makes less severe
29. Made an emotional appeal
30. Vivacity of style
31. One who is highly skilled
32. Gets around in pursuit of pleasure
33. Famed guitarist Clapton
34. Most common Japanese surname
35. Electronic countermeasure
36. Consumed
37. American politician (abbr.)
38. Sun up in New York
39. Casually looked through
40. Revealed the presence of
41. Peyton's little brother
42. Diana ___ singer
43. Study of moral values and rules
44. Civil Rights group
45. Wise people
46. Tear down

---

**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**

```
  1  2  3  4  5  6  7  8  9
1  5  3  1  8  
2  8  7  4  
3  1  4  5  6  3  8
4  
5  6  3  1  8  
6  9  5  
```

**This week’s puzzle solutions can be found on Page 21.**

---

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Mal Maiz + Afro-Latino Orchestra to play next World+Wine concert

On Friday, Aug. 19, Town Hall Theater presents the next installment of its World Music + Wine series, outdoors at Lincoln Peak Vineyard. This monthly outdoor world music showcase features global sounds, award-winning local wine, and food that showcases international flavors.

This show welcomes Costa Rican multi-instrumentalist Maiz “Brujo” Vargas Sandoval and his Afro-Latino Orchestra. The festive band blends traditional cumbia, montuno, son corrido, puya, and afro-Caribbean sounds — all while sharing heritage and culture. Bring your moves to this World + Wine performance sure to become an explosive dance party.

World Music + Wine invites patrons to enjoy local wine from partner Lincoln Peak and international flavors from A Taste of Abyssinia by Alganesh Michael, who will be selling an array of Ethiopian cuisine. Patrons are also welcomed to pack a picnic, but please no outside alcohol.

Tickets may be purchased at www.townhalltheater.org, by calling 802-382-9222, or at the door. $15/advance; $18/door; kids 12 and under free only with purchase of an adult ticket. Bring picnics, blankets or chairs. Thanks to sponsors, IPJ Real Estate, the George & Sue Cady Fund, and the Vermont Arts Council. Also, check out the last World + Wine show of the season in September at townhalltheater.org.

Whiting Artist featured in SculptureNow Exhibition

Whiting artist Micajah Bienvenu, who moved to Vermont from the Pacific Northwest, is being featured in SculptureNow’s Exhibition 2022 at The Mount, Edith Wharton’s Home in Lenox, Mass. Bienvenu’s sculpture, “Flying Mountain” was chosen for this year’s presentation of art in nature. The piece is over 10 feet tall and 14 feet wide, conceived in a 3D modeling program and fabricated of stainless steel in the artist’s studio. The sculpture’s size, shape, and setting invite the visitor to interact.

Bienvenu’s art is inspired by Nature, Science, Math, and Astrophysics. The curve of a vine, the graceful tracing of a barn swallow’s flight path, the ratio of a circle’s circumference to its area and the spirals of solar systems making up galaxies; all excite the artist’s imagination. The curves of his sculptures celebrate interconnectivity and personal connections. Bienvenu enjoys engaging the community through public art and strives to promote the importance of social support and comradeship among all peoples. From Bienvenu’s perspective, art is one of the best ways to celebrate the fact that we are all in this together and more alike than different.

SculptureNow was founded in 1998 to promote the experience and knowledge of sculpture through exhibitions and educational outreach, and to offer artists venues for showing their work. This is the 23rd year that SculptureNow has presented its large-scale, juried, outdoor sculpture exhibition, and its 10th year at The Mount.
Bread & Puppet comes to the Snow Bowl in Hancock

The circus is coming! The circus is coming! Bread and Puppet Theatre’s “Our Domestic Resurrection Circus,” that is.

For the first time ever, Town Hall Theater presents Bread + Puppet at the Middlebury College Snow Bowl in Hancock. The Aug. 18 show, which begins at 6 p.m., will feature a mountaneous backdrop and the iconic Bread + Puppet hand-painted bus.

“Our Domestic Resurrection Circus” is a spectacle of protest and celebration that addresses the urgent themes of the moment using paper maché, dance, and a live brass band.

Circus is perhaps the most iconic of the many performance genres for which Bread & Puppet is known. A Bread & Puppet Circus is a large-scale political puppet show which borrows from traditional circus tropes and is performed in-the-round. Made up of a bright, raucous melee of short acts using diverse puppetry styles, it spans many moods, from raucous melee of short acts using diverse puppetry styles, it spans many moods, from slapstick to the sublime.

“Many species from its life-threatening diseases like war, capitalism, fossil fuel addiction, weapons obsession, etc.”

After the show, Bread + Puppet will serve its famous sourdough rye bread with aioli, and Bread and Puppet’s “Cheap Art” — books, posters, postcards, pamphlets and banners from the Bread and Puppet Press — will be for sale.

Bring chairs, picnics, and a sense of humor.

All ticket proceeds benefit Bread and Puppet Theater and Town Hall Theater. Tickets are required and available for purchase at townhalltheater.org. No one will be turned away for lack of funds. If you need assistance with the price of the ticket, please contact tickets@townhalltheater.org.

Bread and Puppet will perform through a light rain, pause a performance and play band tunes to keep spirits up if heavy rain comes, and end a show prematurely if heavy rain persists. If consistent heavy rain is forecasted for the scheduled time of a performance, there may be a cancellation. In such a case, THT will notify all ticket holders by 12 p.m.

the day of the show and all ticket holders will be invited to transfer their ticket to another upcoming show, availability allowing, or request a refund.

PETS IN NEED

Amber is a sweet and loving 47-pound 5-year-old who likes to snuggle up on your lap! She came in as a stray and it has taken her some time to get used to shelter life. She’s on the right path to becoming more trusting and relaxed. Amber needs a family that has dog-ownership experience. She’s working on leash training and how to stay calm when passing other dogs. Amber loves playtime in our training room and hanging out in the backyard. She’s curious about cats, but should be the only pet in a home for now. Amber should be in a home with young children.

Fresca is a 2-year-old super sweet pit bull who is still working on her confidence. She is a bit timid at first but warms up quickly when food is involved. Fresca loves being out for walks and enjoys outdoor playtime. A fenced-in yard would be perfect for her to work off some energy. Fresca is still working on good manners and would be best suited for a home without young children. Fresca has previously done well living with other dogs but is selective as to what dogs she will accept to spend time with. Proper introductions are key for her to have a good experience.

Froyo was brought to the shelter with her 4 kittens who were carried in an ice cream tub (hence her name). Froyo devotedly raised her kittens and she is now ready for a home of her own. She is 2 years old and very lovable. Froyo can be playful at times but prefers to lounge in a cat bed or on the screened porch in the sun. She prefers some personal space from other cats but does get along well with them otherwise.

Rupert is a handsome and very lovable 2-year-old with an enormous tail that resembles a feather duster. He loves to head butt your hands and will follow them around until he gets pets. He came in as a stray and will most likely want to be an indoor/outdoor kitty. Rupert still needs some training on how to be an indoor cat as he doesn’t play with toys or scratch on cat trees. He also needs to work on his litter box usage. Rupert is overwhelmed when confronted with too many cats but seems to do well with cats in general. He isn’t quite sure what to think about dogs yet!

Jitterbug is a very curious, eager, and playful bunny! She’s a sweetie that likes to follow people around, waiting to be pet and get forehead kisses. She is litterbox trained and comes when you call her name. Jitterbug loves her treats and toys! She enjoys company and gets along great with bunny-savvy kids and adults alike. She does not like to be picked up but, with patience, she could get used to it. She is not interested in having bunny friends but could enjoy the company of other mellow pets in the home.

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Pet of the Week
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Investment Opportunity at Conant Sq.

Featuring 2 updated units, one unit is a 2 bedroom, 2 bath apartment with first-floor open living space and half bath, with a back deck just outside the kitchen. Upstairs, you’ll find 2 bedrooms and a full bath. The second unit is a very interesting space with commercial space within the living space. As you enter, you are in the commercial space, which is spacious with a cathedral ceiling and banks of windows allowing for a light-filled space on both the first and second floor. On the first floor, there is an open kitchen/living space and a half bath. Upstairs is a big bedroom and full bath, and a wraparound loft overlooking the commercial space. There is a tack shop occupying the commercial space and the proprietor makes her home in the living space, an arrangement that has proven to be quite comfortable and efficient. Conant Square is an ideal location for in-town living with easy access to grocery stores, the library, shopping, a gallery, restaurants, breweries, and both arts & sports events. And there’s a lovely waterfall less than a block away! Close to Lake Dunmore, Middlebury, and Rutland. Property is in the flood zone, buyers with a mortgage will need to have flood insurance.

This week’s property is managed by Berkshire Hathaway HomeServices. More info at www.vtregroup.com.
Let our real estate section do the work, so you can get back to enjoying summertime in Vermont.

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This newspaper will not knowingly accept any advertisement for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD Toll-free at 1-800-669-9777.

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Learn about the Bug Art collection at the Fairbanks Museum

Virtual Talk...The Henry Sheldon Museum welcomes Beau Harris, Collections Manager at the Fairbanks Museum for a virtual talk, “Bug Art at the Fairbanks Museum,” on Friday, Aug. 12, at noon. Harris will provide an overview of the fascinating collection of bug art at the Fairbanks Museum. One prominent topic will be “bug artist” John Hampson — Harris will explore Hampson’s interest in insects and how he created his “bug” images. Harris will also discuss other insect collections housed at the Fairbanks Museum, including some living specimens, and he will explain how the Museum cares for these special, fragile pieces.

Beau Harris has a background in History and Museum Studies with a focus on collections management and exhibits. He has worked in a variety of museums, including the Maine Historical Society, American Precision Museum, and Billings Farm & Museum. Harris is currently the Collections Manager at the Fairbanks Museum, caring for the collections and assisting with exhibitions. Harris also teaches in the Johns Hopkins University Museum Studies program.

The webinar is free, but advance registration is required at www.henrysheldonmuseum.org/events/bugart. After registering, attendees will receive a confirmation email containing information about joining the webinar. The Sheldon Museum thanks Table 21 for supporting the Summer Fridays Series. For more information, call 802-388-2117.

The Henry Sheldon Museum offers a diverse, in-depth look at the history and art of the mid-Lake Champlain region of Vermont. The Museum is located at One Park Street in downtown Middlebury across from the Ilsley Library.
the AICEF exchange, Ms. Svendsen will travel to Bali to present her film.

MNFF will also present “An Afternoon at the Movies,” an extraordinary collaboration with its longstanding festival partner, the Vermont Symphony Orchestra. on Friday late afternoon at the Mahaney Arts Center on the Middlebury College campus. This megaevent will feature the screening of seven short films, including five previous winners of the VSO Award for Best Integration of Music into Film, whose arranged scores will be played live and simultaneously by a 22-piece VSO chamber orchestra. Capping this special occasion will be the announcement of the latest VSO Award winner.

The festival will continue its commitment to Vermont teen filmmakers with a Sunday showcase of their work as compiled from the Freedom & Unity TV contest, the White River Independent Film Emerging Filmmakers contest and the collective endeavors of the Conversations from the Open Road program.

In addition, the new teen-centric, Vermont-made feature film musical drama “Listen Up,” directed by acclaimed Vermont filmmaker Bess O’Brien, and based on the popular stage musical of the same name, will have a special showcase screening on that Sunday, as well.

In recognition of the strong work received from around the world, MNFF will also present a pair of Global Shorts Showcases, one on Festival Wednesday and one on Festival Sunday, each containing five powerful short films representing a wide swath of countries and filmmaking styles.

MNFF8 will conclude on Sunday, Aug. 28, with its Closing Ceremonies featuring the presentation of the VTeddy Awards and a screening of “The Real Charlie Chaplin,” a new and insightful BBC documentary that explores Chaplin’s private life through never before heard recordings, home movies and newly restored films, which reveal a side of this iconic and celebrated figure that the world never got to see.

“This year’s festival will overflow with riches, fresh films, fabulous guests and engaged audiences,” said MNFF Artistic Director, Jay Craven. “We work throughout the year, often at a frenzied pace, to put these elements in place. Then comes the festival and its glow of excellence — and fun — experienced in the relaxed setting of our venues — and downtown Middlebury. All of this is made possible by our staff, volunteers, donors, sponsors, filmmakers and the support of our gracious public.”

“MNFF8 continues and even expands the festival’s singular focus on first- and second-time filmmakers from around the world with this sparkling program” noted Lloyd Komesar, MNFF Producer. “After receiving a record 500 submissions, culling them down to the very best films and adding in a curated collection of dynamic new films, plus presenting a superb roster of honorees and special guests, what emerges is a vibrant, diverse, intimate and engaging five-day event that we hope will connect deeply with our attending audiences and visiting filmmakers.”

The 8th Annual Middlebury New Filmmakers Festival will require that all attendees show proof of COVID vaccination when they pick up their passes at Town Hall Theater, show up at films with an advance purchase ticket, or buy one at the door. At that time, attendees will be given a customized MNFF wristband that can be worn throughout the festival and subsequently avoid any further need to display vaccination proof.

At a minimum, vaccination proof must be a record of two prior vaccine shots. All MNFF venues have announced a mask-optional policy as of this time, but MNFF encourages the wearing of masks to promote a safer environment.
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