

# THE Hardwick Gazette

INDEPENDENT LOCAL NEWS SINCE 1889

Hardwick • Cabot • Calais • Craftsbury • Greensboro • Marshfield • Plainfield • Stannard • Walden • Wolcott • Woodbury

Wednesday, February 15, 2023

Volume 134 Number 6

## Lady Cats Sweep Blue Mountain to Keep Streak Going

by Ken Brown

NORTHFIELD – Caitlyn Davison and Alexis Christensen powered the Lady Cat offense in wins against Northfield and Blue Mountain last week as the Hazen Union girls' basketball team ran their amazing winning streak to 16 games.

Junior point guard Caitlyn Davison recorded her second triple-double double of the season and senior Alexis Christensen connected three times from long range to lead Hazen to a dominant 60-20 road win over Northfield last Tuesday. Davison and Christensen led a balanced scoring attack with 21 points apiece, with Davison adding 14 rebounds and 10 assists to her impressive stat line. The Lady Cats raced out to a 30-10 halftime lead as Craftsbury Academy's Ella Gillespie added eight points and freshman Julia des Groseilliers chipped in

with six. The loss dropped the Lady Marauders to 4-10 on the season.

Davison continued her impressive junior campaign on Saturday afternoon with a 25 point 12 rebound performance to help Hazen sweep the season series from division IV contender Blue Mountain 51-40. The Lady Bucks held a three-point lead after eight minutes and led 22-20 at the break. Davison hit a trio of 3-pointers in the second half to lead the Lady Cats on an 11-4 to retake the lead and broke the game open with a 20 point fourth-quarter.

"Blue Mountain came out with a lot energy and an 8-0 run to start the game, but we clawed our way back to end the first quarter. It was our first time trailing at halftime all season, but Caitlyn did a great job in the second half  
**See SWEEP, 3**



photo by Vanessa Fournier

Hazen Union Lady Cat Tessa Luther (No. 2) controls the ball up the home court Friday against Lauren Joy of Blue Mountain. Hazen got by Blue Mountain 51-40.

## Craftsbury Community Care Center Awarded Community Grant

CRAFTSBURY – Craftsbury Community Care Center received a \$2,000 gift in January from Mike Gauthier of Calderwood Insurance in Hardwick and Co-operative Insurance Companies.

The gift, awarded as part of Co-op's Community Grants program, will be used to purchase an Automated External Defibrillator (AED) unit for the Care Center, making it the only 24-hour accessible AED in the Craftsbury area.

"The Care Center does great work for elders in our community," said Gauthier, "both for its residents and as a preparation hub for the local Meals on Wheels program. We're proud to support their efforts."

"We are so grateful for this award," said  
**See GRANT, 2**



photo by Vanessa Fournier

Hazen Wildcat senior Tyler Rivard (center) aims for the basket as teammate Gabriel Michaud (right) follows the play. Montpelier opponents Clayton Foster (left) and Atif Milak (second from right) take action to prevent the shot. Rivard scored 25 points against the Solons. Montpelier won 60-55. On Monday, February 13 Rivard hit his 1,000 career point against Thetford.

## The Gazette's Community Journalism Initiative: Frequently Asked Questions

by Ray Small

The Gazette has been running articles by volunteer journalists for several years. Community journalists write about events and news in their towns and do phenomenal work. A big thank you to all the community journalists who have contributed to the Gazette in the past! Your work has been critical to the paper's survival. If you would like to join the ranks of our community journalists, please read through the rest of this piece and help the Gazette cover your town.

**See QUESTIONS, 2**

## Select Board Discusses Democracy and Local Participation

by Gazette Staff

CRAFTSBURY – At its February 7 regular meeting, the Craftsbury Select Board discussed agenda items ranging from town democracy to ARPA fund spending to a public meeting on the Village Plan this evening (February 15).

This first discussion on the agenda featured Susan Clark, co-author of "Slow Democracy." The discussion focused on ideas for promoting community sustainability and citizen participation in Craftsbury. There was a detailed discussion about what more the town can do to encourage and promote participation. Suggestions included holding community gatherings and polling residents to identify topics that are of interest to the community. Board members discussed holding a presentation on democracy and participation after town meeting, with the idea of appointing a small planning group for September gatherings.

Next, the board approved an updated version of the Animal Control Ordinance.

Hiring a grant writer was the next topic of discussion. Board co-chair Bruce Urie has held discussions with representatives of Greensboro, which has advertised for a grant writer. If Greensboro identifies good candidates for the position, Craftsbury will meet with Greensboro Select Board and screened candidates. The Town of Glover is still considering whether to join the effort. One option under consideration would be to hire a full-time position grant writer whose time would be shared among the three towns. There was discussion about the grant writer also acting as a project manager.

Under the topic of committee reports: the recreation committee is seeking a new member and the planning commission will hold a public meeting on February 15 from  
**See PARTICIPTION, 3**



photo by Vanessa Fournier

The Wolcott Public Library held a Valentine cookie decorating party on February 11. Wesley Mercier (left) and his sister Ada Mercier (second from left), of East Hardwick, were assisted with decorating by their Nana Barb LaCasse (center) of Elmore. Library Director Sally Gardner (second from right) helped Leopold Leriche-Forkey (right) of Wolcott with decorating his cookies. The event was sponsored by The Wolcott Public Library.

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*courtesy photo*  
 Mike Gauthier of Calderwood Insurance presents a Co-Op Community Grant to CCCC Executive Director Kim Roberge and Kelly Peters, director of nursing-resident services.

**Grant**

**Continued From Page One**

Kim Roberge, executive director of the Care Center. “Our staff are trained on AEDs already; having one in-house will provide immediate response opportunities until rescue can arrive.”

Co-op’s Grants Program was established in 2004 to assist with community projects across Vermont and New Hampshire. Through this program, Co-op partners with its agents and directors to provide funds for capital campaigns and operational support throughout the two states.

“Groups like Craftsbury Community Care Center are meeting needs in the same

communities that Co-op serves,” said Dale Groves, Co-op’s Senior Vice President of Marketing. “We think it’s important to do our part as neighbors to help them out, and this grant program is one more way we can do that.”

Craftsbury Community Care Center was one of 11 to receive a Community Grant from Co-operative Insurance Companies this year.

The Care Center, which opened in 1995, is a Level III residential care home committed to providing a caring, safe, and affordable residence for elders of all economic abilities in a setting that encourages independence, activities, and involvement in the community.

**Questions**

**Continued From Page One**

**Why does the Gazette need community journalists?**

Two reasons: to survive (that’s a biggie) and to provide better coverage of your town (also very important). Like many local weekly newspapers, the Gazette needs to change its business model – or close. Volunteer journalists can do a great job covering events in their towns. Our pilot program in Greensboro and Craftsbury has proven that this approach can work. Really well.

**Do I need experience in journalism?**

Nope. The most important attribute you need is a desire to share what’s happening in your town. The Gazette will edit, format, and publish your article. A news article should answer some (or all) of the following: Who? What? When? Where? Why? How?

**What topics can I write about?**

Pretty much anything that you think folks in your town should know about: select board meetings, school board meetings, school and community events, what’s happening at the library or historical society or church or care center or general store or community organization, or something interesting that someone in town has done. Or something I didn’t put on this list.

**How about photos?**

Yes, please.

**What if not enough people submit content?**

Sadly, and reluctantly, the Gazette will shut down.

**What if I have questions or need advice?**

An easy first step is to look at articles published in the Gazette: What do they cover? How are they written? If that doesn’t do the trick, send your question(s) to news@hardwick-gazette.com. We’ll be happy to help out via email, over the phone, or over a cup of coffee (COVID permitting).



**February 15 - February 21**

**Kids & Youth Sneakers and Rainboots**  
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<p><b>LaCroix 12 Pk. Sparkling Water</b>                      \$4.99 144 oz.</p>	<p><b>Martinellis Sparkling Cider</b>                      \$2.99 25.4 oz.</p>	<p><b>G.M. Cheerios</b>                      2/\$7 8.9-10.8 oz.</p>
<p><b>G.M. Chex Cereal</b>                      \$3.99 12-14 oz.</p>	<p><b>Betty Crocker Favorite Cake Mixes</b>                      2/\$3 15.25 oz.</p>	<p><b>Betty Crocker Frosting</b>                      2/\$3 12-16 oz.</p>
<p><b>Jello Pudding Mix</b>                      \$1.19 1-3.9 oz.</p>	<p><b>Old El Paso Taco or Fajita Dinner Kit</b>                      2/\$6 8.8-12.5 oz.</p>	<p><b>Amy's Organic Soups</b>                      \$3.29 14.1-14.5 oz.</p>
<p><b>Stove Top Stuffing</b>                      2/\$4 6 oz.</p>	<p><b>Cabot Butter</b>                      \$4.49 16 oz.</p>	<p><b>Cabot Shredded Cheese</b>                      \$2.99 8 oz.</p>
<p><b>Cabot Sour Cream</b>                      \$2.19 16 oz.</p>	<p><b>Green Mt. Greek Yogurt</b>                      5/\$5 5.3 oz.</p>	<p><b>Stonyfield Yogurt</b>                      \$4.49 32 oz.</p>
<p><b>Coffee Mate Liquid Creamer</b>                      \$2.29 16 oz.</p>	<p><b>American Flatbread Pizza</b>                      \$7.99 13.8-16.8 oz.</p>	<p><b>Stouffers Lean Cuisine Entrees</b>                      \$3.29 9-11.5 oz.</p>

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# Farmers Night Concert Focuses on Alexander Twilight

MONTPELIER – The 2023 Farmers Night Concert Series presents The Enigmatic and Charismatic Alexander Twilight with historian Bill Hart and saxophonist-composer Ras Moshe Burnett on Wednesday, Feb. 22, at 7:30 p.m., in the House Chamber, Vermont State House.

Middlebury historian Bill Hart and others pay tribute to Rep. Alexander Twilight of Brownington, elected in 1836 as the nation’s first legislator of African descent, and the subject of a new State House portrait by Katie Runde of Middlebury. Hart and others explore the complicated story behind this energetic and inspired educator. To complement the evening’s festivities saxophonist and composer Ras Moshe Burnett will premiere a composition titled “Alexander Twilight.”

The Farmers Night Concert Series is a longstanding State House tradition which goes back over 100 years to a time when lawmakers entertained themselves in the House Chamber mid-week while away from home.

The entire Farmers Night Concert Series is presented by the Vermont Legislature and returns to the State House for the first time since the pandemic interrupted the performances in March of 2020. This year’s offerings include 12 weekly Wednesday performances, with the exception of a break for town meeting in early March. This event is sponsored by the Friends of the Vermont State House.

For additional questions, please contact David Schutz, Vermont State Curator by email, david.schutz@vermont.gov or phone, (802) 279-5558.



photo by Vanessa Fournier

Woodbury School presented their K-6 winter production for family, friends and community members on February 10. Kindergartners through second grade performed their rendition of Joe (Button Factory). Pictured in the front (left to right): Elfi Goldenrose, Winter Prentiss, Fox Sinnema. Back row (left to right): Mason Koteas, Brysin Clemons, Jacob Benjamin, Lucy Upton and Aurora Bessett. The third through sixth graders acted out a scene from Sideway Stories from Wayside School. The theater teacher is Aimee Vient.

# Community Photo Contest Exhibit Opening Feb. 22 at Performing Arts Center

CABOT – The winners and finalists from The Meaning of Cabot Photo Contest will be on display this winter at Cabot School Performing Arts Center. The exhibit opening is February 22, from 6 p.m. to 7 p.m. This free event will include live music with professional musicians

and Cabot students, refreshments, and a silent auction of signed prints from the contest, with proceeds going toward the construction of a new playground at Cabot School.

The performing arts center (CSPAC) is located on Common Road.

Am I strong enough to ask for help?

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Hope

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DO YOU NEED TO? NOPE.

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# OUR COMMUNITIES

## Paint Your Story on Feb. 24

MORRISVILLE – A Sip and Slurry event will take place on Friday, Feb. 24, from 6 p.m. to 8 p.m. at River Arts. Participants will create a tray in clay with guidance from Jude Prashaw. Designs may be imprinted into the tray and painted with underglaze.

No experience necessary. Each Sip N' Slurry class is a night of clay exploration. Come as a beginner to learn the basics or join with experience for a new perspective on hand-building, suitable for ages 21 and up. River Arts is located at 74 Pleasant St.



Jude Prashaw

## Seeking Vendors for Wellness Fair Feb. 24

HARDWICK – Hazen Union is planning a Winter Wellness Fair for Friday, Feb. 24, from 9 a.m. to 1 p.m., at the Hazen Union library. In the past, students have had the opportunity to experience foot spas, yoga, reiki, sound healing, and more, thanks to the generosity of our community and those who have brought their skills and craft to share.

Fair planners are still seeking practitioners to offer things

like yoga, sound healing, massage, tea making, meditation and more.

Vendors who wish to participate in the fair may fill out a quick form, (<https://docs.google.com/forms/d/e/1FAIpQLSeVgF7Y-HUooO6cP-sJiAFCSHW3Qav9t-FviM4vG3eeuKvPHXRQ/view-form>) saying they plan to attend.

For more information, email [jolson@ossu.org](mailto:jolson@ossu.org) or [dsmith@ossu.org](mailto:dsmith@ossu.org)

## Picture Framing Basics on Feb. 25

HARDWICK – Join certified picture framer Beth Meachem on Saturday, Feb. 25, from 1 p.m. to 5 p.m., at GRACE to learn an overview of picture framing techniques, philosophy on how to approach a framing project and hands-on activities that take a project from beginning to end.

Participants will learn how to determine sizing for a framing project, learn how to cut a mat, mount artwork to archival standards and put artwork into a frame. Participants are asked to bring a small piece of artwork they would like to frame to the class—no larger than 10"x 14".

All skill levels are welcome. Beth Meachem is a graduate of Marlboro College and Wesleyan



Beth Meachem

University and has been practicing and teaching weaving and ceramics for over 30 years. She started and ran a rural arts initiative in Jamaica, Vt., where she taught weaving and ceramics to all ages and ran community outreach programs for seniors.

## Library Fundraiser Begins Feb. 25th

CRAFTSBURY – The Craftsbury Public Library partners with the Owens-Van Akkeren homestead and Orienteering USA to bring back the popular "Treasure the Library" Snowshoe and Ski Adventure.

From February 25 to March 7, participants can explore trails, find literary and culinary treasures, and support the library at the same time. This event is for individuals and families of all skill levels.

Ski or snowshoe on a narrow maze of trails in a cedar swamp at 400 Post Road, (Allison Van Akkeren's and Adrian Owens' homestead). Find as many treasure sites (points in the woods indicated on a map). Every site will have a quote or reading. Some will have other treasures, such as sweet treats to enjoy and a "little free library".

Visit the library website or call (802) 586-9683 to learn more, make a donation, and reserve a spot for this fundraiser.

## Upcycled Journals Feb. 25

MORRISVILLE – Join artist, teacher, and restorative artist Courtney Jurcheck on February 25, from 5:30 p.m. to 8 p.m., at River Arts for an evening of supported creative expression, meditation, and relaxation.

Jurcheck's practice is both meditative and movement based with circle time dedicated to guided meditative visualization through kirtan, simple mantras using call and response accompanied by the

rich sound of the harmonium (Indian floor organ).

Participants will relax with a guided meditation followed by a contemplative art project, tea, and discussion. No experience necessary! All materials provided. This class will focus on exploring creative blocks and flow inspired by the ocean in both color and form.

River Arts is located at 74 Pleasant St.

## Fair Connects Students with Animal Science Internships

BURLINGTON – The Animal Science Internship Fair, March 4, at the University of Vermont, will provide an opportunity for high school and college students to explore internship and job opportunities in the animal sciences. Admission is free.

The drop-in event is sponsored by the University of Vermont (UVM) College of Agriculture and Life Sciences and Vermont 4-H. It will be held at UVM's Paul R. Miller Research and Education Center, 500 Spear St., South Burlington, from 1 p.m. to 3 p.m.

Equine, bovine and companion

animal industry professionals will be available to chat with students about both paid and unpaid internships and jobs for summer or fall 2023 in Vermont and other states. The event is solely for information gathering with applications and interviews to be arranged by the student and the business at a later date.

Registration is not required, but anyone requiring a disability-related accommodation to participate, should contact Chrissy Rohan at (802) 656-2108 or [ckrohan@uvm.edu](mailto:ckrohan@uvm.edu) by February 20.

## Course on High Performance Building March 8

HYDE PARK – On March 8 and 15 at the Green Mountain Technology and Career Center, the Sustainable Energy Network will deliver its course Basics of High Performance by Jim Bradley, one of Vermont's leaders on high-performance building. This is a foundation course in the science of how a building performs.

For years, builders have followed best practices in new construction and innovation but were rarely exposed to the science of how a building performs. Building science is now considered essential learning in workforce development in the residential building industry.

To learn how to register go

to [buildingscience.org/buildingscience-winter-spring-2023-class-schedule/](https://buildingscience.org/buildingscience-winter-spring-2023-class-schedule/). To learn of the content and format of this course, go to the website on training ([buildingscience.org](https://buildingscience.org)) and under Certification and Training click HPB 101. Basics of High Performance Building is recognized by Efficiency Vermont as an important source of learning in the development of our workforce. With the passage last year of the Contractor Registry Chapter of the Housing Bill, voluntary certification is encouraged.

This course is part of SEON's certification program and the only one in the state as a Level I High Performance Builder. Register early because of limited space.

## BIRTHS

### Thomas Wilcox Houston

A son, Thomas Wilcox Houston, was born to Mary Hastings and Joseph Houston, of Craftsbury, on January 17, at Copley Hospital.

### Hudson Elliot Bailey

A son, Hudson Elliot Bailey, was born to Justin and Chairity (DeRose) Bailey of Craftsbury, on January 24, at Copley Hospital.

### Susannah Noelle Lussier Rossano

A daughter, Susannah Noelle Lussier Rossano, was born to Elizabeth Rossano and Griffin Lussier, of East Hardwick, on February 4 at Copley Hospital.

# OBITUARIES

## NEIL R. STOUT

**HARDWICK** – Neil R. Stout, a professor of history at the University of Vermont for nearly 40 years, died at his home in Hardwick, on February 3, six months after his 90th birthday.

He was a beloved father, grandfather, husband and life partner, a warm neighbor, colleague and friend, whose upbeat spirit continued through his final days.

He was born August 12, 1932, in Lowell, Ohio, and grew up on a small family farm that had no electricity or indoor plumbing through much of his childhood and no telephone till 1963. His father, Ralph, was a farmer, his mother, Carrie, a schoolteacher. He learned to drive a tractor at age 9 and barely wore shoes in spring and summer.

As the big brother of only sisters, he felt all he really lacked in his happy childhood were boys to play with. Consequently, he believed, he was never as good at sports as a lean farm boy who would grow to be 6'3" might have been. There was a benefit, though: he became a life-long bookworm.

He excelled in school and activities (theater, debating, yearbook, and even varsity track as a hurdler) and won both academic accolades and farming prizes through 4-H. It was widely expected that he would go to an agricultural college, but with his mother's encouragement, he applied to Harvard and was accepted with a full tuition scholarship. At a freshman mixer his first week there, he met Marilyn (Mainey) Blumenstiel, a



Neil R. Stout

Simmons College student also from Ohio. By senior year, they were engaged.

After graduating with a degree in history in 1954, he enlisted in the Army and had the good fortune of being sent to France in peacetime. Having never been out of the U.S. before, he delighted in taking trips to London, Paris, and other European capitals on leaves from his base. He returned to America in 1956 to marry Mainey and begin graduate studies in American history at the University of Wisconsin, earning a PhD in 1961.

His first faculty position was at Texas A&M but, eager to leave the segregated South, he accepted an offer in 1964 from the University of Vermont. He remained on the UVM history faculty until 2001,

and he and Mainey built a happy life in Burlington, raising two children and giving them the same deep love and support that his parents had given him.

Though he specialized in colonial America, he ranged widely in his academic work, helping to found UVM's historic preservation program, directing the university's program in cultural history and museology, and teaching interdisciplinary courses such as a class on autobiographies. At the time of his death he was still in regular contact with students stretching back to the early 1970s.

His writings include two books, "The Perfect Crisis: The Beginning of the Revolutionary War" and "The Royal Navy in America, 1760-1775." A guide he wrote for his students, "Getting the Most Out of Your U.S. History Course: The History Student's Vade Mecum," became so popular a large textbook company bought it and sold it with their history textbooks. His final piece of published writing appeared in November 2022 in the journal *Commonplace*, "The Curious Affair of the Horsewhipped Senator: A Diplomatic Crisis That Didn't Happen".

Over his long life, Neil had many interests and passions. He was a devoted member of an early-morning Bible study group at the Cathedral Church of St. Paul in Burlington. He was an avid amateur photographer for a time, setting up a darkroom in his basement. Feeling out of shape in his late 40s, he began running, initially, a labored lap around the

cul-de-sac where he lived. Within a year, he completed a marathon. He took up yoga in his 70s and was young at heart till his final days.

His life took a sad turn when his son Peter died suddenly in 2014 and Mainey died three years later, after 61 years of happy marriage. But he found new, unexpected love at age 85. Elizabeth (Wiz) Dow, a former graduate student who had lost her husband three years earlier, offered him condolences and advice about life after losing a beloved spouse. Soon they were talking on the phone for hours and finding excuses to meet for meals. In 2019, he moved to her home in Hardwick, where they lived joyfully with two cats, a vegetable garden and a porch swing. In August he celebrated his 90th birthday with a party on their lawn attended by people from many chapters of his life.

Neil is survived by his daughter, Hilary, and son-in-law, Peter Truell, of New York City; three grandchildren, Clare, Michael and John Truell; two sisters, Sarah Stout of Chevy Chase, Md., and Nancy Stout of New York City; and his partner, Wiz, who held his hand as he took his last breath. Besides Mainey and Peter, he lost a sister, Mary Carol, who died in infancy in 1942.

In lieu of flowers, donations in his honor may be made to the Jeudevine Library Expansion Project in Hardwick.

A memorial service will be held in Burlington in the spring at a date to be announced.

## WEEKEND SERVICES

### Hardwick

**UNITED CHURCH OF HARDWICK.** 216 South Main Street. 802-472-6800 for information. Sunday Service, 10 a.m. In person, Zoom or Livestreaming. Communion Service first Sunday of month. Rev. Dr. Evelyn Lavelli, pastor (parsonage 472-6353). Jean Hackett, Music Director. We are an Open and Affirming Congregation. All are welcome. Masks optional.

**ST. JOHN THE BAPTIST EPISCOPAL CHURCH.** 39 W. Church St., 802-472-5979. Office hours Wed. 9:30 a.m. - 2 p.m. All invited; all welcome. Sunday 10 a.m. Rite II Service with music. Coffee hour immediately following service.

**ST. NORBERT CHURCH,** a part of Mary Queen of All Saints Parish, S. Main St., PO Box 496, Hardwick, VT 05843; mary\_queenofallsaints@comcast.net; 802-472-5544. Office Hours: Thurs. 10 a.m.-2 p.m. Saturday Vigil Mass - 4:00 p.m. and Sunday - 8:30 a.m. Confessions before Masses.

**HARDWICK BIBLE BAPTIST CHURCH,** 296 S. Main St. Pastor Perkins. Sunday Services: 9:30 a.m., 10:30 a.m. and 6:00 p.m.; Thursday 6:30 p.m. For transportation or information call 802-472-5294.

### East Hardwick

**FIRST CONGREGATIONAL CHURCH,** (NACCC). Worship led by Jim Casavant, Interim Pastor, 11:00 a.m. **TOUCH OF GRACE ASSEMBLY OF GOD,** corner of Rts. 15 and 16, E. Hardwick; Sunday a.m. worship, 10 a.m. (incl. 11:20 a.m. children's church); 9 a.m. adult Sunday School (Sept. thru June); Tues. evening Bible study (call to confirm); Wed. youth group, 5 p.m. dinner, 6 p.m. activity. Pastor Anthony Ford. Information: touchofgraceagvt@gmail.com

### Greensboro

**UNITED CHURCH OF CHRIST,** 165 Wilson St. 802-

533-2223, (Office hours: Tues. - Thurs. 10 a.m. - 3 p.m.) Weekly 10 a.m. Sunday Services. Also offered online. Communion Service first Sunday of the month. Rev. Dr. Ed Sunday-Winters, Pastor. Hal Parker, Music Director. Coffee hour following service. We are an Open & Affirming Congregation. All are welcome. Website: guccvt.org.

### Greensboro Bend

**GREENSBORO BEND UNITED METHODIST.** Minister Kirk Thompson. Service of Worship and Praise 10 a.m. Fellowship after service. Information: 802-533-2637 or 802-533-2263.

**ST. MICHAEL'S CHURCH,** a part of Mary Queen of All Saints Parish, 802-472-5544. Mass - Sunday 10:30 a.m. Confessions before Mass.

### Craftsbury

**THE UNITED CHURCH OF CRAFTSBURY;** an Open and Affirming Congregation; Affiliated with the United Church of Christ. Sunday services at 10 a.m. Handicap accessible. No matter who you are or where you are on your spiritual journey, you are welcome. Church Phone: 802-586-8028. Information: www.unitedchurchofcraftsbury.com. Find us on Facebook, or e-mail unitedchurchcraftsbury@gmail.com.

**OUR LADY OF FATIMA ROMAN CATHOLIC CHURCH,** 21 Creek Road, Craftsbury. Our Lady of Fatima is part of Mary Queen of All Saints Parish in Hardwick. Please call 802-472-5544. email: Mary\_queenofallsaints@comcast.net. Christmas Eve Mass, Dec. 24, 6:30 p.m.

**EAST CRAFTSBURY PRESBYTERIAN CHURCH.** 1773 East Craftsbury Rd., Craftsbury, VT 05856. Sunday Service, 11 a.m. (Handicapped accessible.) Bible Study at 10 a.m. Masks optional. Worship led by Rev. Dr. Lawrence Jones, Interim Pastor. Tel. 802-586-7707. Email: ecpcvt@gmail.com. Website: www.eastcraftsburypresbyterianchurch.org.



photo by Hal Gray

The new flag at the Greensboro United Church of Christ touches varied current topics in a time of many public interests and issues. It is a lot to read as one drives by: perhaps the best approach is to concentrate on a different line each time one passes the flag.

# OBITUARIES

## JUDITH (JUDI) MENARD

WOLCOTT – Judith (Judi) Ruby Menard, 78, of Wolcott, died peacefully on February 7, in the comfort of her home with family at her side.

She was born August 24, 1944, in New Haven, Conn., the daughter of the late Clifford S. Jones Sr. and the late Evelyn M. (Richardson) Jones. Judi attended Wolcott public schools and graduated from Peoples Academy in Morrisville in the class of 1962.

She married Louis Gerard Menard in Hardwick on July 25, 1964, and had 58-plus years with her true life partner.

Judi loved children and spent most of her working years as a parent and day care provider. There were 70-plus infants, adolescents, and teenagers that benefited from her love and care as a foster parent over the years. She also instructed new couples desiring to be foster parents through the training program with the State of Vermont. She volunteered to be a group leader for the Camp Fire Girls and The Boys Scouts when her children were young. She was a calming soul in a hard world for many of the children that she cared for and many still call and return to visit. She loved spending time with her family, especially with the grandchildren and great-grandchildren. She enjoyed doing her word puzzles, reading, walking and the nature surrounding her and Louis at their home in Wolcott. Most recently, her favorite activity was cruising the back roads with Louis for their afternoon rides.

She was a member of the Wolcott Church of the Nazarene. Judi will be remembered for teaching Sunday school and her kindness to everyone.

Survivors include: her beloved husband, Louis of Wolcott; her children Anita Lamotte and her husband, Tracy of Sheffield, Lia Menard of Wolcott, Louis J. Menard and his wife, Kathie of Walden, Ivan Menard and his wife, Brenda of Hardwick, Lucas Menard and his wife, Tammy of Barre, Anna Menard of Washington and William McKinney and his



Judith (Judi) Menard

wife, Michele of Watertown, N.Y.; foster daughter, Lee Seligman of Lake Helen, Fla.; her sisters, Bonita Ovitt of Claremont, N.H., Janet Theroux of Franklin, N.H., and Elizabeth Combe of Morrisville; 17 grandchildren; 12 great grandchildren; and many nieces, nephews and cousins.

Judi was predeceased by her parents and a brother, Clifford S. Jones Jr.

Funeral Services will be held at 11 a.m., on Saturday, February 18, at the United Church of Hardwick, located at 216 S. Main St. A light lunch to follow.

Visiting hours will be held at Northern Vermont Funeral Service, located at 60 Elm St. in Hardwick on Friday, February 17, from 6 p.m. to 8 p.m.

In lieu of flowers, contributions may be made to the American Diabetes Foundation, or to the North Country Animal League located at 16 Mountain View Meadow Road in Morrisville, VT 05661, where she would take her grandchildren when they were young to donate food and visit the rescues.

Arrangements are in the caring hands of Dian R. Holcomb of Northern Vermont Funeral Service, 60 Elm Street, Hardwick. Online condolences are welcomed at [northernvermontfuneralservice.com](http://northernvermontfuneralservice.com)

## RICHARD J. (DICK) SULLIVAN SR.

GREENSBORO: Richard James (Dick) Sullivan, 95, formerly of East Hardwick died peacefully, on Saturday, February 11, at the Greensboro Nursing Home, where he had made his home for several years.

He was born January 15, 1928 in Hardwick; the last of six children born to the late Michael J. and Helen (Lewis) Sullivan. He graduated from Hardwick Academy in the class of 1946.

On November 11, 1950, he married Ann Montgomery at St. Norbert's Church in Hardwick.

Dick entered the Army National Guard of Vermont in 1950. He served his country stateside for more than 30 years. He was an auditor for the National Guard, United States Property and fiscal office at Camp Johnson. Captain Sullivan was honorably discharged on January 14, 1987. During his military career, Dick and his family lived in Burlington. Following his retirement, he and his family returned to the Hardwick area, where he remained until his health failed.

He was a member of St. Michael's Catholic Church in Greensboro Bend, and the American Legion Post #7 in Hardwick. Dick loved sugaring and enjoyed hunting, fishing, golfing and antiques.

Survivors include three children: Maureen Sullivan and her husband, Kevin Blake of Coventry, Patricia Sullivan and her husband, Bruce Brink of Danville, and Richard J. (Rick) Sullivan II and his wife, Dawn of East Hardwick; two grandchildren: Emily Therrien and her partner, Josh Kuckens of



Richard J. (Dick) Sullivan Sr.

Hardwick and Alan Therrien and his wife, Carly of Huntington; nieces and nephews.

He was predeceased by his wife, Ann M. Sullivan in 2020; five siblings, William Sullivan, Marguerite Sullivan, Loretta Sullivan and twin sisters, Mary Renaud and Madelyn Batchelder.

All services will be held in the spring at the convenience of his family. Burial will follow in the Sanborn Cemetery in East Hardwick.

In lieu of flowers, contributions in his memory may be made to the Hardwick Rescue Squad, P.O. Box 837, Hardwick, Vermont 05843.

Arrangements are in the care of Dian R. Holcomb of Northern Vermont Funeral Service, 60 Elm Street, Hardwick. Online condolences are welcomed at: [northernvermontfuneralservice.com](http://northernvermontfuneralservice.com)

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# OBITUARIES

## SARAH ANN SOUTHALL

MORRISVILLE – Sarah Ann Southall, 64, passed away unexpectedly from a sudden illness at the Central Vermont Medical Center in Berlin on Wednesday evening, February 8. She was a beloved wife and life partner, mother, daughter, sister, aunt, friend, and a warm and selfless giver to anyone in need.

Sarah was born in Morrisville on October 27, 1958, the daughter of Kenneth and Linda (Newton) Campbell. On May 7, 1994, she married the love of her life, Dr. Henry “Harry” Southall in Morrisville.

Sarah was a member of the 1976 graduating class of People’s Academy where she was active in theater, chorus, was a class officer, and a member of Girls State. Continuing her education at Champlain College, she graduated in 1978 with her degree in medical transcription. She began her career employed at Copley Hospital in Morrisville as a medical transcriptionist and then took a position with Neurological Associates of Vermont in Burlington where she served as the office manager for five years. Returning to Morrisville to become office manager in the medical practice of her future husband, Dr. Henry Southall, she was an



Sarah Ann Southall

integral partner in the success of serving patients throughout the region. In conjunction with their practice, Sarah also worked as a transcriptionist for a number of physician practices throughout central Vermont.

Sarah loved being a mother and mentor, opening her home and her heart to young friends for day, night, and second home visits of some length. She actively participated in school programs of music, stage, art, soccer, and hockey. She served on the Lamoille Area Hockey Association and People’s Academy

Hockey boards. For all of these she was an avid fundraiser and supporter. These personal relationships have continued to the present.

Sarah enjoyed such a wide variety of interests in her lifetime. She was most at home in the outdoors, taking great pride in maintaining her many acres of property, tending to her prodigious flower and vegetable gardens, as well as boating, canoeing, kayaking, and camping. She was an avid reader and photographer. She loved canning, pickling, making jams, and she always made time to enjoy a good book and bask in the glory of her pool. Sarah loved to cook, bake and was the consummate maker of the best ever artichoke dip, all of which she enthusiastically shared with family and friends. She and Harry enjoyed their annual trips to Cancun Mexico, where she loved the artistry and culture of the area. A special part of Sarah’s life and heart was filled with the joy and company of animals, especially cats and dogs.

Sarah is loved and mourned by her husband of nearly 29 years, Dr. Henry Southall of Morrisville; their children, Greer Stiens and her husband, Damian, of Fort Stewart, Ga., Holden Southall of Johnson; her parents, Ken and Linda Campbell of Johnson and Bushnell, FL; her sisters, Terri Palermo and her husband, Chris, of Morrisville, Karen

Hussey and her husband, Kevin, of South Hero, Lori Renaud and her husband, Paul, of Hardwick, Heather Campbell and her fiancé, Robert Rushford, of Richmond; her brother, Craig Campbell of Morrisville; 5 nieces, 7 nephews, 2 great-nieces, and 7 great-nephews; her aunts, Sukay Campbell of Morrisville, Paula Campbell of Jericho, Mary Redmond of East Montpelier; and her constant companion and canine best friend, Floki. Sarah is predeceased by three uncles, Ralph Campbell, Malcom “Mac” Campbell, and Paul Redmond, her paternal grandparents, James and Winona Campbell, and her maternal grandparents, Robert and Helen Newton.

A service celebrating the life of Sarah Ann Southall will be held from the United Community Church of Morrisville on February 25, at 11 a.m., with a reception to follow in the church dining room. The family requests that those attending the service please wear a mask. The Morrisville After-School Program was near and dear to Sarah’s heart. Instead of floral gifts, please consider memorial gifts to MASP, P.O. Box 858, Morrisville, VT 05661 or to the charity of one’s choice. Services are in the care of Dian Holcomb of Northern Vermont Funeral Service in Hardwick. To send online condolences please visit: [northernvermontfuneralservice.com](http://northernvermontfuneralservice.com).

## SUPPORT GROUPS

**ACUDETTOX**, Ear Acupuncture, good for anxiety, depression, various organ supports, 4 p.m., Wednesdays, and every 4th Saturday, 11 a.m., North Central Vermont Recovery Center, 275 Brooklyn Street, Morrisville. Information: 802-851-8120.

**AL-ANON MEETING**, Saturdays, 10 a.m., Community Justice Center, St. Johnsbury. Information: 802-626-5355.

**AL-ANON MEETING**, Wednesdays, 5:30 p.m., North Central Vermont Recovery Center, 275 Brooklyn Street, Morrisville. Information: 802-851-8120.

**AL-ANON MEETING - Thursdays**, 6 p.m., Church on the Common, Craftsbury Common.

**ALCOHOLICS ANONYMOUS - Mondays**, 8 - 9 a.m., St. Johns Episcopal, Hardwick. Steps/As Bill Sees It.

**ALCOHOLICS ANONYMOUS - Mondays**, 7 p.m., United Church of Hardwick, 216 S. Main St. Open discussion. Information: 748-3708. Local AA Phone #802-334-1213 or toll free 1-877-334-1213.

**ALCOHOLICS ANONYMOUS - Wednesdays**, 7 p.m., The Church in Cabot, 2 Common Road. Beginners’ Meeting. Open Meeting.

**ALCOHOLICS ANONYMOUS - Thursday mornings**, 7 a.m. Big Book Meeting, St. John the Baptist Episcopal Church, 39 West Church Street, Hardwick. Open Meeting.

**ALCOHOLICS ANONYMOUS - Tuesdays**, 6 p.m., Meditation Meeting, United Church, 6 Church Lane (next to library), Craftsbury Common. Open Meeting.

**ALCOHOLICS ANONYMOUS**, 11th Step Meeting, Sundays, 5:30 p.m., Dr. Bob’s Birthplace, 297 Summer St., St. Johnsbury. Open Meeting.

**ALCOHOLICS ANONYMOUS**, 6 p.m., Sundays, North Central Vermont Recovery Center, 275 Brooklyn Street, Morrisville. Information: 802-851-8120.

**ALCOHOLICS ANONYMOUS**, for Women Only, 7 p.m., Fridays, North Central Vermont Recovery Center, 275 Brooklyn Street, Morris-

ville. Information: 802-851-8120.

**ALCOHOLICS ANONYMOUS, Step Meeting**, 8:30 a.m., Saturdays, North Central Vermont Recovery Center, 275 Brooklyn Street, Morrisville. Information: 802-851-8120.

**ALL RECOVERY**, 4 p.m., Thursdays, North Central Vermont Recovery Center, 275 Brooklyn Street, Morrisville. Information: 802-851-8120.

**A2WARE OF CENTRAL VERMONT**, Approaching Autism with Advocacy, Recovery & Education, Autism Support Group. Information: Claudia at 802-229-4665.

**ASBILLSEESIT, AA Meeting**, Tuesdays, 6 p.m., North Central Vermont Recovery Center, 275 Brooklyn St., Morrisville. Information: 802-851-8120.

**BRAIN INJURY SUPPORT GROUP**, 1 to 2:30 p.m., second Wednesday of the month, Vermont Department of Health, 107 Eastern Ave., Suite 9, St. Johnsbury. Hosted by The Vermont Center for Independent Living. Information: 1-800-639-1522 or [tyoungman@vcil.org](mailto:tyoungman@vcil.org).

**BREASTFEEDING SUPPORT GROUP**, with Vicki Rich, RN & IBCLC, hopes to start back up Spring 2022. Johnson Church of the Nazarene. Information: 802-888-3470.

**DIABETES SUPPORT GROUP**, 1:30 p.m., The Health Center, Plainfield. Third Thursday each month. Information: 802-322-6600 or [dgrabowski@The-Health-Center.org](mailto:dgrabowski@The-Health-Center.org).

**FAMILIES ANONYMOUS**, 6 p.m., Mondays, North Central Vermont Recovery Center, 275 Brooklyn St., Morrisville. Information: 802-851-8120.

**GRIEF SUPPORT**, a safe, confidential space where you can share your story or just be surrounded by those who understand and care, first and third Tuesday of each month, 5:30 to 6:30 p.m., Lamoille Home Health & Hospice Bldg., 54 Farr Avenue, Morrisville. Information: Oona Lee at 802-888-4651 or [olee@lhha.org](mailto:olee@lhha.org).

**MAN TO MAN Prostate Cancer Support Group** monthly meeting, 5 - 6:30 p.m., Norris Cotton Cancer Center - North, St. Johnsbury, Gladys Brooks Cancer Resource Library. Information: 802-748-2204 or 1-866-466-0626 (press 3, ext. 6308).



photo by Vanessa Fournier  
Karen Brown (left) of Dusty Swamp Provisions in Hardwick held a herbal salve workshop on herb-infused bear fat and local beeswax on February 11 at the Center for an Agricultural Economy (CAE). Fourteen people attended. Weighing and choosing from seven varieties of herbs and flowers are (left to right): Lori Halsey of Derby, Hayley Williams of Hardwick and Katharine Arnold of Hardwick. Grow Your Own is sponsored by the Hardwick Area Food Pantry and CAE.

# Events

## Thursday, February 16

**COMMUNITY DINNER**, noon, United Church of Hardwick. Eat-in or Take-out. Call Sharyn Salls, 472-6566 to reserve your meal. Hosted by Hazen Union students and the Center for an Agricultural Economy. Donations appreciated. Volunteers Welcome.

**GAME NIGHT**, at the Village Restaurant, Hardwick, Thursdays, 6 - 8 p.m., unless there is a home basketball game. Lynn is offering a limited menu of burgers and appetizers. Hosted by Sarah Tewksbury. First come, first serve event, with room for roughly 10 teams.

**TAI CHI CLASSES**, Thursdays, 10:30 - 11:30 a.m. Tai Chi for Health & Fall Prevention (no experience needed, including seated Tai Chi and remote options via Zoom), United Church of Christ, 165 Wilson St., Greensboro. Sponsored by Northeast Kingdom Council on Aging. Classes taught by Norma Spaulding, (802) 472-8724, nspauld@gmail.com and Paul Fixx, (802) 441-4599, pfixx@pfixx.net.

## Friday, February 17

**STORY TIME AND PLAYGROUP**: Fridays, for kids birth to age 5, 10:30 a.m., Jaquith Public Library, 122 School St., Rm. 2, Marshfield. Information: 802-426-3581.

## Saturday, February 18

**ALBANY LIBRARY WRITING GROUP**, 2 - 4 p.m., Albany Public Library. Teens and adults are both welcome. Writing prompts provided. Information: albanypubliclibraryvt.org, (802) 755-6107.

## Sunday, February 19

**HISTORIC MOVIE NIGHT**: Travels Abroad, a movie about the Simpson Library founder, Jean Simpson, along with Jean's mother Kate and Bunny Grant, on a trip to Europe, 6 p.m., East Craftsbury Presbyterian Church. Information: email: jwsimpsonmemorial@gmail.com.

## Tuesday, February 21

**TAI CHI CLASSES**, Tuesdays, 9:15 - 10:15 a.m. Qigong & Tai Chi Forms (some experience recommended), 10:30 - 11:30 a.m. Tai Chi for Health & Fall Prevention (no experience needed, including

seated Tai Chi), Hardwick Area Health Center, 4 Slapp Hill, Hardwick. Sponsored by Northeast Kingdom Council on Aging. Classes taught by Norma Spaulding, (802) 472-8724, nspauld@gmail.com and Paul Fixx, (802) 441-4599, pfixx@pfixx.net.

**REDISCOVERING THE SECRETS** of Town Meeting and Community, a presentation by Susan Clark, Town Moderator of Middlesex, 6:30 p.m., Woodbury Elementary School Gym. Presentation followed by questions and discussion.

## Thursday, February 23

**TAI CHI CLASSES**, Thursdays, 10:30 - 11:30 a.m. Tai Chi for Health & Fall Prevention (no experience needed, including seated Tai Chi and remote options via Zoom), United Church of Christ, 165 Wilson St., Greensboro. Sponsored by Northeast Kingdom Council on Aging. Classes taught by Norma Spaulding, (802) 472-8724, nspauld@gmail.com and Paul Fixx, (802) 441-4599, pfixx@pfixx.net.

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**COMMUNITY DINNER**, noon, United Church of Hardwick. Eat-in or Take-out. Call Sharyn Salls, 472-6566 to reserve your meal. Hosted by members of the Church Mission Team and other volunteers. Donations are welcome and volunteers are always needed.

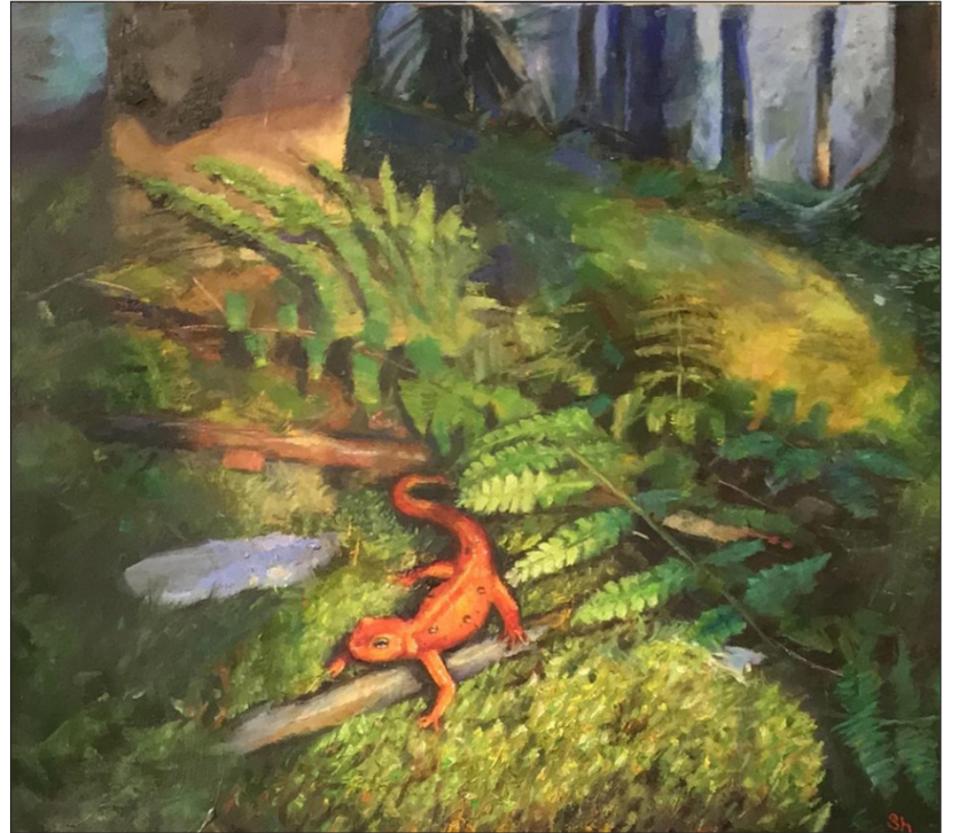
## Saturday, February 25

**HAIKU POETRY SLAM**, 5 p.m., East Craftsbury Presbyterian Church. Bring your own haiku, or another's, or come to listen. Information: email: jwsimpsonmemorial@gmail.com.

**CONNIE'S COFFEE AND CANVAS**, 3 p.m., Albany Town Hall. Program is for adults. Tea and coffee served. Register by emailing: albanypubliclibraryvt@gmail.com.

## Exhibits

**VICTORIA MATHEISEN**: Recent oil paintings of the Northeast Kingdom and Beyond, Parker Pie Gallery, 161 County Rd., West Glover, through February 28.



*courtesy photo*

Last year's first place overall winner in the Vermont Student Wildlife Art Contest was Shakeh Hagoplan, a ninth-grader from Burlington.

## Student Wildlife Art Contest Ends March 17

GREENSBORO – Vermont student artists, grades 7 to 12, will be eligible for a portion of \$3,200 cash awards by submitting their wildlife art for the annual Vermont Student Wildlife Art Contest. The deadline to apply is March 17.

There is a \$1,000 first place and nine other cash awards that go directly to the winning artists. Flat (2-dimensional) art in any medium and depicting any

species of Vermont wildlife may be submitted.

An exhibition of the top 40 art entries will be held in late April at the Highland Center for the Arts. Rules and information (Prospectus) and online application form are at vtwildlifeeducationfund.org/.

The contest is sponsored by the Vermont Wildlife Coalition Education Fund and the Highland Center for the Arts.

## Greensboro Slavic Chorus on Mondays at HCA

GREENSBORO – Maria Schumann leads a weekly sing on Mondays, from 6 p.m. to 7:30 p.m. through May 1 at the Highland Center for the Arts. Singers will focus on traditional folk songs from Russia, Ukraine, and Belarus but will also learn songs from the Baltics, the Balkans, and Georgia.

Through melody, harmony, dissonance, rhythm, and images of nature, these ancient songs create a deep experience. Learning

is from ear and singing is both in unison and in harmony. Singers may sample some sessions, but will be asked for a commitment to participate fully, as some of the songs are complex and take a long time to learn. Sessions will end with a spring concert.

No singing experience is necessary, but ability to sing on tune is required. Singers are asked to take a rapid COVID test before attending.

## Vivian Leva and Riley Calcagno in Concert on Feb. 18

CABOT – Vivian Leva and Riley Calcagno will perform on Saturday, Feb. 18, at the Willey Building Auditorium, from 7 p.m. to 9 p.m.

Both Leva and Calcagno grew up in the Appalachian stringband tradition, have noted parents in the old-time scene, and spent formative years running wild around festival campgrounds. They are steeped in an instru-

mental culture of hard-picking and virtuosic musicianship.

Afternoon Workshops in oldtime fiddle and country harmony singing are being offered. To sign up, visit cabotarts.org

Doors open at 6:30 p.m. The Willey Building is located at 3084 Main St. For advance tickets, see cabotarts.org. For information call (802) 793-3016 or email director@cabotarts.org

## OUR COMMUNITIES

### Sourdough Pancake Brunch Feb. 19

WALDEN – On Sunday, Feb. 19, Cole's Pond Sledgers will have their annual sourdough pancake brunch at the Methodist

Church located at 109 Noyestar Road. Hours are 9 a.m. to 1 p.m. The menu includes pancakes, eggs, bacon and sausage.

# IN THE GARDEN



*courtesy photo*

*The cross braces add stability.*



*courtesy photo*

*The shelf will hold four or five flats of seedlings.*

## Building a Simple Plant Stand

by Henry Homeyer

CORNISH FLAT, N.H. – As I write this, the wind chill factor is well below zero, and summer seems a lifetime away. But if you are thinking about starting seeds indoors this year, this would be a good time to build a simple wooden plant stand. You don't have to be a carpenter to build this, or to have expensive power tools. Your local lumber yard will cut the pieces you need.

Mine is a simple A-frame, with one shelf, and the space for more plant flats on the floor. It stands about four feet tall, is five feet wide from end to end, and two feet from front to back at the base. It has space for four or five flats or trays, each of which will hold at least 32 plants, more if you buy the smaller six-packs that I avoid (some flats can hold 48-72 plants). And if at a later time you want to grow more plants, you can put another four flats or more on the floor and add lights above them.

The lumber for this cost me about \$50 and the light fixture: a simple shop light with two four-foot LED bulbs and a plug-in

cord, cost \$62, although often they are more expensive. Looking at catalogs, I see that one can easily spend much more for a pre-made plant stand. If you decide you like starting plants in the house, you could buy the extra lights next to illuminate more flats on the floor. Here is what you need to buy for the model I built: (4) pieces of 1"x3" pine, 4 ft. long; (4) pieces of 1"x3" pine, 5 ft. long; (2) pieces of 1x3 pine, 16" long for cross bracing; (1) piece ¼" plywood, 18"x4' (you can use thicker plywood if you have some); (1) pair 3" strap hinges; 4-feet of quarter inch jack chain for hanging the lights and 2 small cup hooks to hang the chain; (1) 4 shop light with LED bulb and a plug-in cord; (30) sheet rock screws (1.25" long); Tools: portable drill with magnetic bit to fit the screws and a measuring tape.

Most lumber yards will cut all your materials to size for you, but do not have small sheets of plywood. I found that Home Depot does have plywood in two-foot by four-foot sheets, and they cut mine to give me a piece 18" by 4' for the shelf. You will need to ask them to cut the 1x3 pine boards as follows:

four 60-inch pieces, four 48-inch pieces, and two 16" pieces.

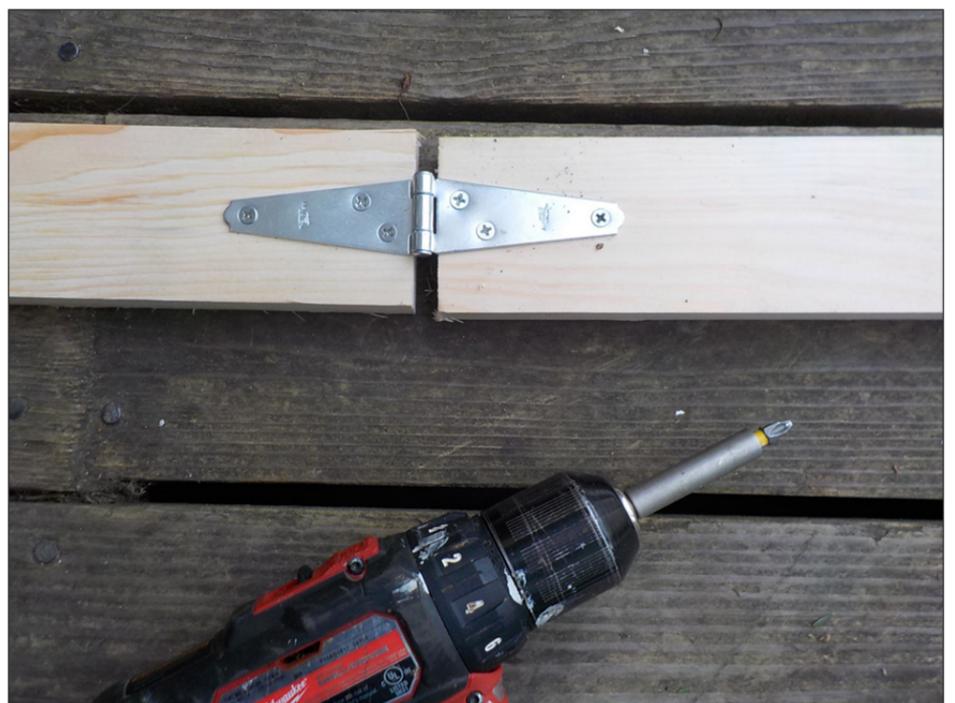
Start by making two legs for your plant stand. Lay the four-foot pieces end-to-end on the floor. Do it on your deck if possible, or next to a wall so that you can get them in a straight line by lining them up with something that is straight. Lay the hinges in place so that you will be able to fold them closed (most hinges only close one way). A cordless drill with a magnetic bit for Phillips screws will make your work much easier. To start the small screws on the hinges, make a hole first with a nail or awl, or a tiny drill bit.

Next close up the hinged legs and place them five feet apart on the floor. Place two of the five-foot pieces on top of the first side. One should be screwed right at the top, one 24 inches from that. Flip over the stand, and do the same on that side. Stand it up, and spread the legs two feet apart at the bottom. Then add a cross brace on each end of the A-frame just below support

pieces for your shelves.

Lastly you need to hang the light. Mine came with S-hooks and chain, which made hanging the lights easy. If yours do not, you will have to buy them. Most shop lights have slots and holes on the back side so that you can slip in S-hooks easily to hang it. You can also open a link of your jack chain and fit it in without an S-hook, just use two pairs of pliers to bend a link open. Screw two small cup hooks into a top cross piece and attach the jack chain. The chain will allow you to raise or lower the light: lights should be about six inches above the plants.

Starting seedlings indoors is miraculous for me, even after doing it for decades. I hold my breath waiting for germination, and fuss over the seedlings like a mother hen. And when I bite into my first tomato in August, I have the added satisfaction in knowing I brought that tomato into my world with lots of help from Mother Nature.



*courtesy photo*

*Install the hinges on the four-foot leg pieces.*

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# THE OUTSIDE STORY

## Pigeons in Love

by Anna Morris

QUECHEE -- Humans often ascribe traits that we admire to other animals. We treasure a dog's loyalty, revere an eagle's power, and applaud a dolphin's intellect. We hold these creatures in high esteem, whether they are spotted rarely in the wild or are daily lounging at our feet, because we value these same attributes in ourselves. I'd like to add another candidate to this list of animal virtues: a pigeon's ardor.

I care for a flock of four rescue pigeons, each of them deemed non-releasable after being brought injured to the Vermont Institute of Natural Science's Center for Wild Bird Rehabilitation. Bennington, Springfield, Simon, and Garfunkel now live protected in a sheltered enclosure, tossed together by their various misfortunes. While it is easy to feel sympathy for an injured animal of any kind, I am often surprised that the same person who rescued the bird may tell me, somewhat embarrassed, "It's just a pigeon."

It's true that pigeons are not rare. Today, *Columba livia*, the rock pigeon, is one of the most widely distributed birds on the planet. Pigeons evolved to nest on rocky sea cliffs in southern Europe and the Middle East, and humans domesticated these birds nearly 10,000 years ago, long before keeping chickens. People have valued pigeons for their meat,

as messengers, or as companion animals, and have bred more than 1,000 different colors and varieties of the species. Most importantly, people took their pigeons with them wherever they went, and today the global population, a combination of the original rock pigeons and escaped domestics from the past ten millennia, is around 120 million individuals.

But to be common in number and common in personality are two very different things. Simon, the only female in my pigeon flock, is the object of Bennington's constant affections. I have watched him run his beak gently through the hard-to-reach feathers on the back of her neck for hours on a sunny winter morning. Though she cannot return the favor (she has a badly misaligned beak) she follows at his heels and keeps the other pigeons out of the best nesting box. Pigeons are monogamous, keeping one partner for life. They continuously reaffirm their connections; even in January Bennington dances for his mate, puffing out the feathers around his neck, inflating air sacs in his throat, and cooing and strutting in front of her.

Though Simon has yet to lay eggs, pigeons can breed nearly year-round, even during more mild New England winters. This ability is granted to them by a unique adaptation called crop milk. When the young pigeons (or squabs) hatch, their parents feed them a white, protein-rich substance



*Pigeons in Love*

secreted directly from the walls of the crop until the squabs can digest seeds on their own. This milk can be produced at any time of year, allowing pigeons to raise their young on a nutritious diet even while seeds are scarce. Both the male and female produce this milk, sharing feeding and incubation duties as well.

The devotion that pigeons have to their partners and young was used to create one of the most unique breeds of any domesticated animal: the homing pigeon. Homing pigeons are another domesticated breed of *Columba livia*; these heroes are the same species as the birds you're likely to come across in city parks. Throughout both world wars, homing pigeons were used to get messages quickly from soldiers in the field to their officers back at base.

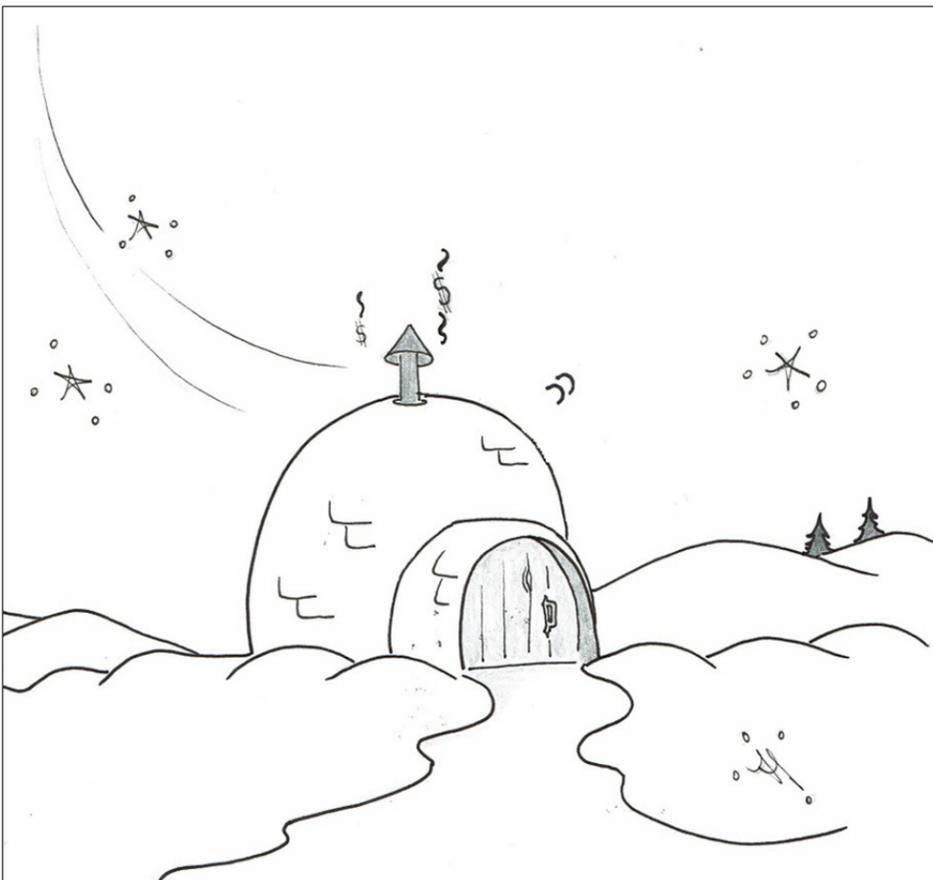
Because pigeons have both an incredible natural sense of direction and a desperate dedication to their families, they will fly through darkness, storms, and falling bombs to get back to a waiting mate. Pigeons often traveled in aircraft

with Royal Air Force bomber crews during WWII. One pigeon, Winkie, saved the entire crew of a crashed bomber by flying 120 miles in less than two hours to her home coop in Scotland, where her owner contacted RAF officials, activating a rescue mission. Doubtless she was unaware of her heroic act and was grateful to be safe with her partner again, but not nearly as grateful as the rescued crew of the bomber.

Sometimes, the traits we see in animals are less flattering than those afforded to the eagles and dolphins of the world, and usually pigeons get a bad rap. I like to remember that they are simply living their lives alongside us, because our skyscrapers remind them of sea cliffs, our food is abundant and sometimes unattended, and we all want to settle down in a safe place with someone we love.

[Anna Morris is an environmental educator at the Vermont Institute of Natural Science. Illustration by Adelaide Murphy Tyrol.]

## Woodsmoke by Julie Atwood



**"I CARE ABOUT THE AFFORDABLE HEAT ACT TOO, BUT CALLOUS REMARKS BY STATE OFFICIALS REGARDING ONE'S CARBON FOOTPRINTS WILL NOT HELP CREATE SOLUTIONS!!"**

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# IN THE GARDEN



photo by Andrea Knepper

Microgreens are ready to harvest when the seedlings have leaves that resemble the adult leaves of the plant.



photo by Andrea Knepper

Freshly harvested microgreens can be used for salads and sandwiches, as a garnish for dishes or added to smoothies for a nutritional boost.

## Brighten the Winter with Microgreens

by **Andrea Knepper, Extension Master Gardener, University of Vermont**

BOLTON – What could be better than fresh greens during the dreary winter months? What if you grew and harvested them yourself?

Growing microgreens in your home is easy, cost-effective and satisfying. All you need is some soil, seeds and a sunny spot.

Microgreens are immature plants that can be ready to harvest in one to two weeks. They are nutrient-dense with some varieties having up to a 40 percent greater concentration of some micronutrients according to researchers at the University of Maryland. Any seeds can be used for microgreens, but because they are harvested at an early stage, they should be untreated and organic.

Plants that are quick to sprout are good options for microgreens. Radishes, broccoli, cabbage, peas and sunflowers are popular choices as are the spicy flavors of mustards, basil and cilantro. Microgreen blends also are available from most seed suppliers.

To get started, find a container. Take-out containers, plastic produce containers, cardboard juice cartons and seed-starting trays will all work.

Choose a light, indoor potting soil or seed-starting mix. Put about two inches of the soil in your container.

Spread your seeds over the soil. The seeds should form a dense layer but not cover each other. Loosely cover the container with its lid or an unsecured layer of plastic wrap. Or lightly cover the seeds

with more soil.

Use a spray bottle to mist the seeds thoroughly. Keep the soil moist until the seeds sprout.

When the seeds have sprouted, remove the cover. New seedlings need at least four hours of direct sunlight. Grow lights can be used if you don't have a windowsill or counter that receives enough sunlight.

Microgreens will be ready to harvest when they have one set of true leaves. Seed leaves, or cotyledons, are the first to develop after the seed sprouts.

Keep tending your seedlings until more leaves appear. These leaves will look different. They are the true leaves and will resemble the adult leaves of the plant. Your microgreens are now ready to harvest.

You can plant new seeds over the clipped stems. Lightly cover the seeds with fresh potting soil, and repeat the process for another harvest.

Give your microgreens a wash, and they are ready to enjoy. Add fresh microgreens to salads and sandwiches. Use them in place of lettuce in tacos and burgers. Garnish dishes or blend into smoothies for a nutritional boost.

Microgreens can be stored in a plastic bag in the refrigerator. Just make sure that they are completely dry before storing.

For a step-by-step guide to growing microgreens at home, go to [//go.uvm.edu/microgreens](http://go.uvm.edu/microgreens).

[Andrea Knepper is a UVM Extension Master Gardener from Bolton.]

## We're alive and well in Greensboro!



Although we no longer have a location in Hardwick, we continue to cover the ten towns in our coverage area, in fact, our readership has increased.

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# YANKEE NOTEBOOK

## With apologies to T.S. Eliot:

by Willem Lange

EAST MONTPELIER – Here I am, an old man in a cold month, waiting for spring, dictating to a young lady.

It's hard to grasp the difference in perspective between what I was doing happily - living alone at home in the company of a small dog - to being confined to a bed in a nursing home with a view through a half open door, and to know that this view is probably not going to change for at least a month.

One or two of the residents I can remember; they were here when my wife died here almost five years ago. All day long people scurry, shuffle, wheel, and pound past the door on various errands. After 9 o'clock the hall lights go off and things begin to quiet down a little. It's a long night. My roommate, who can walk a little bit, goes to the john during the night. I, who can't yet, don't. As I said, it's a long night.

Like most establishments of this nature, they're short-handed. Everybody on the staff runs around at top speed past my door. Some of the nurses are "travelers" with the most delightful deep Southern accents. By the time I leave, I may have some inkling of what they might be saying to each other. Every now and then someone will stick her head in and ask how I'm doing. I have the choice of shaking my head sadly or making the "okay" symbol with my fingers and trying to smile. They don't need the additional weight of my mood.

When I came in here, I figured that two weeks should

do it to heal my broken pelvis. It now appears that estimate was wildly optimistic, founded upon nothing but hope.

I guess the biggest change to which I have to adapt is in the scope of my life. I could go out, climb in the car and go anywhere. On the way back from the grocery store I could see Camels Hump black against the evening sky; in the east, Spruce Mountain. At the moment I can see ten feet to a yellow sheetrock wall. Above me, a suspended ceiling with a fire sprinkler right above my bed. A wall clock with a mesmerizing second hand – one second per click.

There are bright spots. My girlfriend visited me Saturday and brought me lemon bars, her specialty. My daughter visits to type these columns and today brought me homemade boneless pork barbecue ribs. Friends drop by for chats; one of them brought me a big comedic get-well card from my cronies at the coffee shop. And today in the sunroom a friendly nurse slipped me a copy of the alternative menu. She has unleashed a dragon. So, it isn't all gloom and doom. In the past when I've been laid up, I was able to be at home, looked after by my lovely wife and cuddly dog. Not this time, but this time the cuddly dog, at least, can visit.

So I'm thinking, four weeks? I can do that. There are folks here who have done years already and if they can do that, I can do a month more.

An old boss of mine in the Adirondacks used to have trouble with consonants. He was also an insufferable optimist. As he would say, "Fings are wookin' up! Yup! Wookin' up!"

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## MEETING MEMO

### Wednesday, February 15

•Wolcott Select Board, third Wednesday of month, 6 p.m.

### Thursday, February 16

•Hardwick Select Board, third Thursday of month, 6 p.m.

### Monday, February 20

•Caledonia Central Supervisory Union Full Board of Directors' Regular Meeting, 6 p.m., Danville School and remote access is also available.

### Tuesday, February 21

•Cabot Select Board, third Tuesday of month, 7 p.m.

•Craftsbury Select Board, third Tuesday of month, 7 p.m.

•Marshfield Select Board, third Tuesday of month, 5:30 p.m.

•Danville School District Special Informational Meeting on Budget, 7 p.m., Danville Town Hall Conference Room (36 Rte. 2, West Danville.

### Monday, February 27

•Walden Select Board, every other Monday.

### Tuesday, February 28

•Twinfield Union School Special Informational Budget Meeting, 6 p.m., Twinfield Union School Library.

### Monday, March 6

•Danville School District Special Informational Meeting on Budget, 7 p.m., North Danville Community Building, 4215 Badger Memorial Highway, North Danville.

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# SPORTS

## Rivard Reaches 1,000 Career Points in Huge Week

by Ken Brown

MORRISVILLE – Senior big man Tyler Rivard continued to stamp his name in the school record books last week as the Hazen Union boys' basketball team swept the season series against Peoples Academy (PA) before losing a nail-biter to Division II power Montpelier and earning a huge divisional win against Thetford Academy.

PA transfer Brendan Moodie showed little mercy for his former school last Wednesday, connecting on five 3-pointers in a 21-point performance to lead the Wildcats to an 86-31 road win. Rivard had an efficient 17 points and 10 boards in limited minutes and Ryan Morrison had a career-high 16 points, including 10 in the fourth quarter. Junior point guard Xavier Hill added 15 points and dished out five assists in the win. The Wolves came into the match-up with momentum following back-to-back upset wins over Thetford Academy and Harwood, but Hazen Union took control of the game early with a 42-19 first half and never looked back. The loss dropped PA to 6-9 on the season and the eleventh seed in the

current Division III standings.

"We played quite well on the road against PA and Brendan came out and had his best game of the year. Ryan is improving really quickly and also had a strong performance for us," said head coach Aaron Hill.

Carter Bruzzese and Carson Cody scored 13 points apiece to lead Montpelier to a gutty 60-55 road win over the Wildcats on Friday night, surviving a record-breaking night by Tyler Rivard. Rivard's 25 points and school-record 33 rebounds helped Hazen race out to an 18-10 lead after the first quarter, before the Solons trimmed the deficit to just two heading into the break. Both teams were knotted at 41-41 with eight minutes to play, but Bruzzese made five of six free throws down the stretch to keep the Wildcats at bay. Ronnie Riby-Williams added eight points and eight boards and Montpelier connected on seven 3-pointers to keep pace at the top of the division II standings with their sixth straight win. Rivard also converted on 11 of his 14 free throw attempts for the Wildcats in what was another milestone night for the senior center, who is cementing himself as one of the best to ever do it in a Hazen Union uniform. His 33 rebounds shattered the previous record of 26 set by Billy Boyd in 2009 and George Luther's 25 in 1981 at the Barre Auditorium.

"Playing Montpelier was a battle and we were great defensively all game long. Gabe Michaud's defense was outstanding, holding their leading scorer well below his season average. Tyler had another dominating performance and recorded another program record. We have some big games coming up and Thetford is an important game for us this week. They beat us earlier in the season at their place and they are one of the best teams in our division. They play a unique man to man defense that can be challenging to play against and we are very excited for the rematch," said Hill.

Hazen Union and Rivard exacted sweet revenge on an earlier season loss to Thetford Academy this past Monday night with a 74-55 thrashing led by a 39-point explosion from the senior, including the one-thousandth of his stellar career. Hazen took a



photo by Vanessa Fournier

Hazen Union boy's varsity head coach Aaron Hill (center) speaks to his players during a time out against Montpelier February 10. Standing (left to right): Morgan Michaud, Gavin Stratton, Jadon Baker, assistant coaches Mike Baker, Letty Hill and Adam Gann. Seated (left to right): Brendan Moodie, Xavier Hill and Gabriel Michaud.

33-19 advantage into the break behind 17 first half points from Rivard. Nine more points in the third quarter from the senior center swelled the lead to 20 and the Hazen faithful knew something special was brewing. A packed Cat Den stormed the court after Rivard secured a defensive rebound and went coast to coast for the finish with just seconds remaining in the game. Mitchell Parkman led the Panthers in the loss as they fell to 12-4. Rivard's final season in a Wildcat uniform has already included a record setting 50-point night against Enosburg, becoming the all-time rebounder in school history, and one of the best the state has ever

seen. Rivard joins eight others at Hardwick Academy and Hazen Union to reach the career milestone and the first since Isaiah Baker in 2021. He is averaging 24 points and over 16 rebounds per game and with several games remaining, is on pace for truly one of the best single seasons in school history.

Hazen Union is currently ranked second in the Division III standings behind undefeated Winooski and has now widened the gap between them and third-ranked Thetford. The Wildcats welcome Lamoille to town on Wednesday and will travel to Lake Region on Friday night to wrap up their week.



photo by Vanessa Fournier  
First year Hazen Union girls varsity head coach Randy Lumsden (left) talks to his team during a time out against Blue Mountain February 11. The team's winning streak continues with a record of 17-1. At right are Sarah Collier (center) and Baylie Christensen (right).

## Registration for Warrior Soccer Club Now Open.

NORTHEAST KINGDOM – Registration for the Northeast Kingdom Warrior Soccer Club is now open. Multi-sport athletes can register and play with Warriors when available. The cost is low and we will host many informal, small-sided games during practice times. Players who choose to, can enter the Capital Futsal League (indoor) and play outdoor matches in the Vermont Soccer League in May and early June.

For more information see [//drive.google.com/file/d/1GQ-Aa0nYtoAWSrPjJ7V-JaIARec3uy\\_a\\_8/view?usp=share\\_link](https://drive.google.com/file/d/1GQ-Aa0nYtoAWSrPjJ7V-JaIARec3uy_a_8/view?usp=share_link).

For those ready to register see [//system.gotsport.com/programs/934Z72840?reg\\_role=player](https://system.gotsport.com/programs/934Z72840?reg_role=player). Volunteer applications are also sought. Players providing volunteer support will receive free registration and community service credit for graduation.

# SPORTS



photo by Vanessa Fournier  
Tej Stewart (right) of Twinfield-Cabot drives toward the basket past Craftsbury's Dylan Washer (No. 32) during action February 6 at Twinfield. The hosts beat their guests 69-40.



photo by Vanessa Fournier  
Meles Gouge (right) of Twinfield-Cabot goes for possession of a loose ball against Roemann McLellan (No. 22) of Craftsbury during play at Twinfield February 6. Twinfield-Cabot won 69-40.

## Young Trojans Turn a Corner in Big Week

by Ken Brown

MARSHFIELD – The Twinfield-Cabot boys' basketball team had three big wins over Craftsbury Academy (CA), Stowe, and BFA-Fairfax before giving a red-hot Danville team all they wanted last week as they improved to 9-5 on the season.

Freshman Tej Stewart poured in a game-high 20 points to lead the Trojans to a dominant 69-40 home win over CA last Monday. Meles Gouge added 12 points for Twinfield-Cabot and Brayden Cushing rounded out a balanced scoring attack with 10 in the win. Freshman Landon Miller led the Chargers with 17 points and Dylan Washer chipped in with 15 in the loss.

"I think we were a little rusty after a long layoff and started the game kind of slow, but picked it up in the second half and moved the ball much better. Credit to Craftsbury and how hard they played and Tej did a good job of fighting through it and attacked the basket really well after half-time," said head coach Chris Hudson.

Senior T.J. Bernatchy had one of his best games of the season,

scoring 14 big points on the interior to lead the Trojans to a 52-43 home win over Stowe on Tuesday night. Gouge and Stewart led the Trojan backcourt with 13 points apiece to take a commanding advantage into the break. Dylan Sautter's game-high 23 points led the Raiders on a run in the second half before Bernatchy and the Twinfield-Cabot defense stiffened down the stretch. Chase Brown added 13 points for Stowe in the loss as they fell to 1-11 on the season.

"They've improved dramatically since we played them earlier in the season and T.J. gave us a nice spark on both ends of the court. We let them hang around in the second half and it almost came back to bite us, but T.J.'s defense was a nice catalyst for us and it led us on a nice run to close it out," said Hudson.

Stewart continued to fuel the Trojan offense, scoring 20 points for the fourth time in five games in a big 59-55 road win over BFA-Fairfax on Friday. Gouge added a strong 16-point effort for Twinfield-Cabot and Eli Russell sealed the game late with a pair of clutch free throws. The Trojans

connected on ten 3-pointers on the Bullet defense as they fell to 4-10 on the season.

"We moved the ball and played really well for three and half quarters. Eli hit some big free throws in a pressure situation for us and Tej did some nice things throughout the game, but we expended way more energy than we should've had to in the final few minutes of that game. We are still a very young team and overall we're very happy to come away with an important road win, but we need to continue to learn how to relax, play free, and close out big ball games," said Hudson.

The Trojans could've used that extra energy the next day as Christian Young's 23 points helped Danville escape with a hard fought 58-50 road win. Andrew Joncas added 16 points for the Bears as they improved to 9-5 with their fourth straight win. Stewart added another 20-point performance for Twinfield-Cabot in the loss and Gouge chipped in with 13. Hudson's young squad survived their grueling week and remain the sixth seed in the current division IV standings, just percentage points behind No. 5 Mid-Vermont Christian and

No. 4 Danville.

"Give them credit, they beat us, but I liked the way we battled back in the end after a long week of basketball with our fourth game in six nights. Our three best players logged over 100 minutes on the court this week and I'm just so proud of this team and how they are growing together throughout this season. I feel like we are two evenly matched teams, but Danville's seniors did a great job of stepping up in crucial moments of that game. We have seven freshman on this team and we are learning as we go and will get another chance against them this week in a big game for us. We have a tight harmonious group of talented kids here and they are so fun to coach and I look forward to watching them continue to develop in some big games for us in the home stretch of the season," said Hudson.

Twinfield-Cabot travels to Danville on Wednesday to complete the home-and-home rivalry and will host Oxbow on Friday night in a pair of pivotal Mountain League match-ups that will determine postseason seeding for the Trojans.

# SPORTS

## SKI REPORT

BY ERIC HANSON

### Local Skiers Qualify for Vermont U16 and Eastern High School Teams

HUNTINGTON – Each state in the Northeast selects 20 Under 16 (U16) skiers and 24 High School students to race in a regional championship in March. This past Sunday over 220 skiers from Vermont traveled to Sleepy Hollow Touring Center to race in a 3 km classic race in the morning and then a 3 km skate race in the afternoon to see who will be on Vermont's team. Parke Chapin (Green Mountain Valley School) took top honors for the boys winning both the classic and skate races. Greensboro's Leo Circosta placed 10th overall to qualify. Charlie Krebs was 24th (from Craftsbury but attends St. Johnsbury) and just missed a spot but will still have a chance to make the team at the state high school championships where four additional skiers are named to the Vermont

squad. Charlie Kehler (Craftsbury) easily made the U16 team placing sixth overall and was 26th overall. Alan Moody and Silas Hunt (both Craftsbury) were 41st and 67th, respectively. Max Demaine (Glover) was 64th. Thomas Kehler (Greensboro) jumped in for the fun of it as a U14 and placed 101st. On the girls' side, Virginia Cobb (Westford) won both races. Leo's sister, Amelia, placed third overall and first among the U16 skiers. Ruth Krebs (Craftsbury-St. J.) and Anika Leahy were 11th and 16th overall qualifying them for the high school team. Both are still under 16 and were fifth and seventh in the U16 age group. Isabel Linton (Coventry) was 28th, Ava Purdy (Wheelock/St. J.) 51st, and Tressa Urie (Albany/Putney School) 89th.

### Adaptive Skiers Take to the Trails

CRAFTSBURY - Green Mountain Adaptive Sports sponsored a day of skiing at the Craftsbury



*courtesy photo*

*Two new skiers build up the courage to try sit-skiing.*

Outdoor Center this past weekend. It was an opportunity for people with various disabilities to try out sit-skiing and other forms of exploration on snow. East Montpelier's

Otis Loga, a high school student at U-32, joined COC staff in teaching newcomers to the sport. Otis has been racing on a sit-ski in numerous high school races this winter.

## Next Generation Ready for Late Model Stardom

BARRE — After cutting it up in the world-famous Flying Tiger division last summer, a pair of second-generation drivers are ready to take it to the next level as they chase a new Thunder Road title. Justin Prescott, stepson of 1999 King of the Road Brian Hoar, and Kaiden Fisher, son of 2003 King of the Road Jamie Fisher, and have both made it their goal to be the top rookie in the ultra-competitive Late Model class in 2023.

Justin Prescott had a stellar season in 2022, taking his first Flying Tiger win last April on opening day of his sophomore season. He used that momentum to stay inside the top-three leader board all season long before coming home in a tie for second-overall with Triple Crown champion Derrick Calkins. Prescott will pilot the Army Hill #04VT Chevrolet after getting his first taste with Hill at White Mountain Motorsports Park last September and is enthusiastic to start the season.

"I'm definitely looking forward to the challenges of the next level," said Prescott. "The competitiveness and prestige of the Late Model division is something



*photo by Alan Ward*

*Williston's Justin Prescott (04VT) and Shelburne's Kaiden Fisher (18VT) are set to battle hard for the Late Model Rookie of the Year title at Thunder Road as the latest generation in history makers to carry on their respective fathers' legacies.*

I've always admired so I'm just flat-out excited for this opportunity that Army has given me and I'm looking forward to making the most of it." Along with learning the ropes in the ultra-competitive division, Prescott will also be fending off a season-long storm in his search for the rookie title.

"Tropical Storm" Kaiden Fisher has also stated his intention to chase the Thunder Road rookie honors as the next in his

family to climb aboard a Late Model. Following his championship-winning father "The Hurricane" Jamie Fisher, American-Canadian Tour winning Uncles Chris and Steve and with help from wrench-turning Uncle Peter, young Kaiden Fisher has already proven his power on track. Kaiden Fisher took down two Flying Tiger wins in his rookie bid last season, coming off a stellar Street Stock season that saw the

young ace take the four-cylinder championship.

As in the past, Fisher remains quietly confident. "We plan on running for the title and Rookie of the Year at Thunder Road and the American-Canadian Tour events at the Road as well," said Fisher. "If time allows, we might possibly make it to a few more ACT Tour and White Mountain Motorsports Park events too but we'll see." After a third-place qualifying effort and a sixth-place finish in his first Vermont Milk Bowl presented by Northfield Savings Bank last October, it's easy to understand where that coolheaded confidence comes from.

Although Thunder Road opens its gates for a double-shot of lid-lifting action that includes the American-Canadian Tour and Pro All Stars Series on May 6 and May 7, the Late Model season starts in earnest with the Memorial Day Classic 125 on Sunday, May 28. The Memorial Day Classic will once again feature the Monaco Modified Tri-Track Series with their \$10,000-to-Win Granite City 100 set to feature the top Tour-type Modified talent in the Northeast.

# Chargers Fall in Week Filled with Tough Tests

by Ken Brown

MARSHFIELD – The Craftsbury Academy (CA) boys' basketball team tackled some of the top teams in Division IV last week, falling to Twinfield-Cabot, Blue Mountain, and Danville.

Tej Stewart led a balanced scoring attack with 20 points as the Trojans raced past CA at home last Monday 69-40. Freshman Landon Miller led the Chargers with 17 points and Dylan Washer added 15 in the loss. Meles Gouge added 12 points for Twinfield-Cabot and Brayden Cushing chipped in with 10 as they improved to 9-5 on the season.

"We were in the game for three quarters and the kids played great. They worked hard against a very good team and they figured some things out that we've been working on all season," said head coach Sean Ryan.

Evan Dennis pumped in a game-high 30 points to lead Division IV defending champion Blue Mountain to an 88-35 home win on Wednesday. Dylan Washer paced the Chargers with 22 points and Landon Miller knocked down a trio of three-pointers in the loss. Ricky Fennimore added 18 points, including a pair from long range as they improved to 11-3.

"The D4 champs are a very good basketball team, who are deep and can get out and run. They are a class group led by a class coaching staff and are the top team we've played in our division this season. Unfortunately we went there with only five players, but the kids did what they could, but numbers killed us," said Ryan.

Andrew Joncas led Danville with 13 points in a decisive 69-32 road win over the Chargers on Friday night. Kohl Guinard complimented with six points and a game-high 15 rebounds and Christian Young chipped in with 10 in the win. Washer continued to lead CA's offense with another 20-point effort. The Bears improved to 10-5



photo by Vanessa Fournier

The Craftsbury Academy basketball team line up for the National Anthem before their game at Twinfield February 6. Pictured (left to right): Landon Cochran, Sterling Blodgett, Dalton Gravel, Dylan Washer, Roann McLellan, Grayson McNaughton, Landon Miller, assistant coach Brandon Berry and head coach Sean Ryan.

with their fourth straight win.

"They got out early on us, but we did a good job of battling and hanging around. Poor shooting and lack of rebounding was the difference. We showed improvements from our first matchup with them and that is the first goal with a young team. The boys continue

to get better each and every game and never quit," said Ryan.

The Chargers looked to get back in the win column on Monday as they welcomed Trinity Baptist to town on Senior Night. They are scheduled to travel to 13-0 division III runner-up Winooski on Friday night.

## Registration for Little League Baseball Open

CABOT – The Central Vermont Little League offer programs for boys and girls between the ages of 4 and 12 in the communities of Berlin, Cabot, Calais, East Montpelier, Marshfield, Middlesex, Montpelier, Plainfield, and Worcester. Registration for this spring's season and more information is at cvtll.org or contact Leah Sare, Cabot Town representative for the league at leah.baribeau.sare@gmail.com.

## SPORTS CALENDAR

(Sport schedules are posted by athletic departments of area schools. Times and dates may change.)

### Wednesday, Feb. 15

7:30 p.m., Hazen Union Boys' Varsity Basketball vs. Lamoille at Hazen Union.

### Thursday, Feb. 16

6 p.m., Hazen Union Girls' Varsity Basketball at Craftsbury.

### Friday, Feb. 17

7 p.m., Craftsbury Academy Boys' Varsity Basketball at Winooski.  
7 p.m., Hazen Union Boys' Varsity Basketball at Lake Region.

### Saturday, Feb. 18

10 a.m., Twinfield-Cabot Bowling vs. Craftsbury Academy, Twin City Lanes, Berlin, Craftsbury Open.

### Monday, Feb. 20

6 p.m., Craftsbury Academy Boys' Varsity Basketball vs. Stowe at Craftsbury.  
7 p.m., Hazen Union Boys' Varsity Basketball at Williamstown.

### Thursday, Feb. 23

7 p.m., Craftsbury Academy Boys' Varsity Basketball at Fairfax.  
7 p.m., Hazen Union Boys' Varsity Basketball vs. Randolph at Hazen Union (Senior Night).

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# JIM FLINT'S RUNNERS' ROUNDUP



*courtesy photo*

April Farnham, #892, from Plainfield, won the women's division at the Millstone Madness Snowshoe Race on the trails through the Barre granite quarries. Lauren Scott, left, was the fastest nonbinary snowshoer. Matt Dugan, right, topped the men's division.

## A Mad Dash at Millstone

WEBSTERVILLE – Twenty participants at Saturday's Millstone Madness Snowshoe Race experienced a taste of adventure during their three-mile ramble through the old granite quarries. Blue skies and bright sunshine were a welcome sight after a winter filled with overcast days. The temperature warmed to the freezing mark as the race kicked off at 10 a.m.

Tim Hogeboom and Elizabeth McCarthy arrived at the Millstone trails with just enough time to check in. The Walden couple pulled on their snowshoes and made fast tracks to the starting line. Heading up the first uphill stretches, Tim caught his breath as his heart rate increased.

"The conditions for the Millstone race were less than ideal," said Hogeboom. "A warm slushy Friday led to a frozen crunchy uneven surface on Saturday. There were deep holes where someone had apparently post-holed on Friday. The course was twisty, up and down, and steep in a few spots. So easy to fall in these conditions!"

McCarthy and Hogeboom entered the race to get outside and keep in shape for running, without having to navigate icy roads. They trained by snowshoeing on their back fields and on their neighbors' woods trails and the VAST snowmobile trails. Alternating between walking and running, they gradually built up to running a 5k distance on snowshoes.

"I used my daughter's old Tubbs to train



*courtesy photo*

Tim Hogeboom, from Walden, won his age group at the Millstone Madness Snowshoe race and the raffle of a pair of new Dion racing snowshoes. Race director Jackie Jancaitis presented Hogeboom with his prizes.

in," said McCarthy. "Of course, running in the wrong snowshoes is like being a hobbled horse. On race day, Onion River Outdoors offered 50% off renting racing snowshoes. This paid off in comfort and my finish time."

April Farnham, from Plainfield, trained for the Millstone race by snowshoeing up Spruce Peak on multiple occasions, including several times in one day. She started in the back of the pack, slowly making her way through the course passing people.

Mack Gardner-Morse, from Calais, ran in his hiking snowshoes. "I struggled to do three miles," he said. "I fell down once and tripped three times."

Gardner-Morse, 61, was the first runner to finish from the 10 towns covered by the Hardwick Gazette. He crossed the line in 36:08 to place fourth, behind Chris Cote (35:36), Stephen Maas (32:55), Greg Jancaitis (31:05), and the winner, Matthew Dugan (30:29). Three of the top five finishers were ages 59 to 61.

Farnham, 55, was the top female finisher. She placed sixth overall in 36:12. "I was slowly gaining on Mack," said Farnham. "A few more feet and I would have had him. He is an animal out there; it was fun to chase him down!"

Early in the race, Hogeboom, 71, leapfrogged ahead of Chris Cote when Cote fell. After Cote went by him, Hogeboom fell in behind Erin Mohr, who was setting an even pace. He passed Mohr with about a third of a mile left and finished seventh, in 36:44.

"I struggled to keep my balance and somehow managed to stay on my feet the entire race," said Hogeboom. We enjoyed a soft snow surface where the course skirted the edge of a field with nice views. Then back into the woods and more crunchy hard stuff. I enjoyed the downhill and flats sections leading to the finish line, where there was a warm fire, treats to eat, and lots of prizes."

McCarthy, 70, tried to keep a steady pace as she traversed the rolling single track sections. The crunchy footing forced some walking up the hills. She ran by herself in the middle of the pack for most of the race. Heidi Hales, 51, caught her during the last half mile. Hales and McCarthy placed 13th and 14th, respectively.

"I envied Heidi's energy and uphill sprint, wishing her well as she passed me," said McCarthy. "I followed her, running as fast as I could on the last downhill and flat to the finish. I was pleased with my time. It was much faster than my training runs on the old Tubbs."

Farnham, Hogeboom, and McCarthy won Central Vermont Runners' mugs for their efforts. Hogeboom won the raffle prize of a pair of Dion Racing Snowshoes (donated by Dion Snowshoes from Pownal).

"We get plenty of snow in Walden, which is a big advantage training for a snowshoe race," said Hogeboom. "We were able to get out and snowshoe 10 times to prepare for Millstone. Elizabeth didn't have racing snowshoes, and now we both do. I'm not sure who's going to use the Dion's, but one of us will."

"Now I have Tim's old pair of racing snowshoes to train on instead of the old Tubbs," said McCarthy. "I'll be ready for some light-footed running in the spring."



*courtesy photo*

Mack Gardner-Morse, from Calais, leads a pack of competitors out of the gate at the Millstone Madness Snowshoe Race Saturday in Websterville.

## Snowshoers Race at Peak Ultra

PITTSFIELD - Erin Magoon and Andy Gilbert placed high at Saturday's Peak Ultra Half Marathon Snowshoe Race. The roughly ten-mile course involved more than 2,000 feet of elevation gain.

Magoon, 43, from Craftsbury, romped to victory in the women's division. She completed the two-loop course on a packed trail in two hours 41 minutes and 18 seconds. Magoon won an inscribed hatchet as her prize.

"I had never run in snowshoes but figured it's a new way to get out there in the winter," said Magoon. "Mostly I was just hoping to survive, but it was surprisingly fun. I was even more surprised to be the first woman. I didn't have my watch to record so I was more in the moment too. I would do it again for sure!"

Andrew Gilbert, 60, from Hardwick, joined Magoon for the race. They practiced a few times together on Hardwick Trails prior to the event. Gilbert finished just ahead of Magoon in 2:41:10. He placed sixth in the men's division.

## Thornton-Sherman Brothers Reach New Heights

BOSTON – Evan Thornton-Sherman and Myles Thornton-Sherman competed over the weekend at the Boston University David Hemery Track and Field Invitational. The brothers grew up in Waterford, Vermont and are graduates of St. Johnsbury Academy.

Evan, a freshman at the University of Maine, ran a personal best mile race on the banked 200 meter indoor track. Myles, a sophomore at Colby College, had a personal best pole vault at the prestigious meet.

Evan's time of 4:07 shattered his previous personal best mile of 4:15 set on January 15. The field was crowded with talented runners. The talented distance runner placed 117th of 432 collegiate milers competing across multiple heats.

Myles' vault of 15 feet 1.25 inches placed fifth among 24 NCAA D-III pole vaulters competing at the meet. His vault was the third highest in Colby history and exceeded his previous personal best vault by more than a foot.

# KEN BROWN'S HIGH SCHOOL ROUNDUP



photo by Vanessa Fournier  
Twinfield-Cabot's Mariah Dunbar dribbles the ball around Proctor's Valerie Johnson February 6 at Twinfield. Proctor topped Twinfield-Cabot 41-26.



photo by Vanessa Fournier  
Sophomore Haylee North (right) of Twinfield-Cabot looks to pass as teammate Camryn Hoffman (No.24) follows the action during a February 6 game at Twinfield. Proctor's Makayla French (No. 3) attempts to steal the ball. Proctor defeated their hosts 41-26.

## Menard Scores Vikings Surge

LYNDONVILLE – Hazen Union's Andrew Menard got in on the scoring during a third quarter eruption to help lead the Lyndon Institute boys' Hockey team to a win against Northfield over the weekend.

The junior defenseman scored one of the Vikings five third period goals, coming back from a 3-1 deficit to down the Marauders 6-3 at Fenton Chester Arena. It was the fourth victory in five games for Lyndon, who improved to 6-8-2 and moved up to ninth in the Division II standings.

The Vikings hit the road this week, traveling to Brattleboro on Monday, Woodstock on Wednesday, and wrapping up a busy week at Stowe on Saturday afternoon.

## Hall Helps Hilltoppers Claim Second Place Honors

ST JOHNSBURY – Hazen Union's Lydia Hall and the St. Johnsbury Academy (SJA)

gymnastics' team claimed runner-up honors behind Burr Burton over the weekend in the all-around team competition.

Hall was runner-up overall in the individual competition, placing third in the beam and floor exercise and fifth in the vault and bars. Freshman teammate Lydia Ruggles claimed another first-place finish in the individual, remaining undefeated in varsity competition.

Hall and the Hilltoppers will travel to Essex this weekend to compete in the High School Gymnastics State Meet.

## Lady Trojans Struggle with Injuries

MARSHFIELD – A depleted Twinfield-Cabot girls' basketball team fell to Proctor, forfeited to Richford, and struggled offensively against Danville last week, dropping them to 3-13 on the season.

Isabel Greb poured in a game-high 26 points to lead Proctor to a 41-26 road win over the Lady Trojans last Monday.

Cadence Goodwin added 11 points and 16 rebounds in the win for the Lady Phantoms as they improved to 6-10 on the season.

Laci Potter led all scorers with 15 points to power Danville to a 33-10 home win over Twinfield-Cabot on Thursday. Kendall Hale, Lauren Joncas, and Lynsey Lavelly combined for 15 more to help fuel a 22-3 first half run to put the game out of reach. After a slow start to the season, Danville has won five in a row, moving up to eighth in the current Division IV standings. The Lady Trojans have lost eight straight, including three to forfeit since losing four of their five starters to season ending injuries.

Twinfield-Cabot is scheduled to travel to Winooski on Tuesday before wrapping up the regular season at home against Williamstown on Thursday.

## Another Runner-up Finish for Charger Bowlers

RANDOLPH – The Craftsbury Academy (CA) bowling team claimed their fourth runner-up finish of the season last week as Randolph hosted the Chargers, Windsor, and Hartford at the Valley Bowl.

CA came out firing, qualifying first overall as a team and steamrolled into the Baker round with a lot of momentum. The Chargers bested Randolph in the opening round, exacting some revenge on a loss to the Galloping Ghosts last week. Windsor swept CA in the championship round in a tight match, 143-136 and 171-170. Senior Will Patnoe leads the Chargers in scoring average and is ranked in the top five in the state high school rankings.

Twinfield-Cabot will host CA this Saturday at Twin City Lanes in Barre to wrap up the regular season.