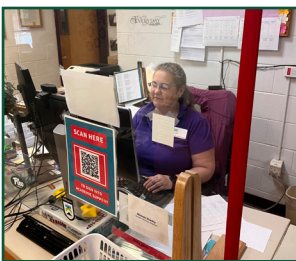


## NEWS

Students express their dislike for online classes.

PAGE 3



## NEWS

The face of Academic Support, Michele Stanley lives to help.

PAGE 4



## SPORTS

Wrestling coach Scott Legacy drives the nationally ranked Spartans.

PAGE 8



Castleton, Vermont

# SCASTLETON SPARTAN

STUDENT NEWSPAPER OF VTSU CASTLETON

Friday, December 13, 2024

# Christmas in Castleton

By Maddie Lindgren  
*Castleton Spartan*

With its largest attendance since its launch in 2019, the yearly Christmas in Castleton event brought holiday cheer to the town last weekend.

Arts and crafts, a busy Christmas market, a blinding parade, and heartwarming holiday traditions were all part of the daylong celebration from 11 a.m. to 6 p.m., which brought out visitors and residents to start the season in style.

Starting off the day, children and families could create their own photo ornaments to take home during the first arts and crafts session at the Castleton Free Library. Santa made an appearance to make sure everyone was staying on the nice list this year. The grinch however was lingering behind him trying to dim the Christmas cheer.

At the former Texaco lot was the Christmas Market. This showcased a wide range of local vendors exhibiting their handcrafted products and festive treats. They had everything from goat's milk fudge to stained glass ornaments, bourbon barrel maple syrup to hand knitted baby boots. The community members dodged in and out through booths, hands full with unusual presents and goodies.

Debra Lee Adams from Fat Toads Farm has been selling her goats milk soaps and fudge ever since the beginning.

"We've been here for five years, it's a family run business. I make all the fudge and the soap from our goats. Been here since the beginning so now people expect us to be here, it would be weird if we weren't here," Adams said.

Every year Adams also brings her infamous goats that are parked right outside Third Place. You could even feed them little pellets. Adams told a group of kids, "make sure to feed every goat in there so no one felt left out."

A food truck was posted behind the market selling their



MADDIE LINDGREN

Castleton was alive with Christmas spirit on Dec. 7.

famous fried dough, hot dogs, and even a fried dough hot dog, which is pretty self-explanatory. VTSU Castleton student Emma Ezzo got in line immediately when the smell of fried dough hit her nose.

"This is one good fried dough. It even comes with

a caramel sauce," Ezzo said sprinkling powdered sugar over the dough.

Among the vendors were Sweet Potato Accessories, run by local crafter Ashley Carter, who delighted shoppers with her cozy hand-knitted hats, scarves, and toys.

"The name of Sweet Potato Accessories came from my daughter. When she was little, we used to call her sweet potato, and it kind of just stuck," Carter shared. "This is our second year doing this and the turn out is way better than we expected, it's been a lot of fun."

With its selection of maple syrup and delicious treats, Genier Sugar House from Fair Haven, also attracted a consistent crowd. Before buyers even purchased their maple, they raved about the rich, smoky flavor of their bourbon maple syrup, which was given away

# Why can't we get Castleton merch?



EM ELY AND GABBY BLANCHARD

Tim Keeler, top, checks out new VTSU merchandise at the Castleton book store, while wearing a green Castleton University sweatshirt. Helen Culpo's assortment of Castleton gear, bottom.

By Gabby Blanchard  
*Castleton Spartan*

A student walks into an Effective Speaking class wearing a gray hoodie with a dark green decal stuck to the front that reads "Castleton Spartans" as the brave, capped Spartan is perched above the letters.

"Reese, where did you get that sweatshirt!" VTSU Castleton student Ines Robres Peireto shouted from across the room.

A similar exchange happened between two dads at a recent football game, when one asked the other if he could buy his Castleton Spartans hoodie, Castleton resident Rich Byrne recalled in a conversation with a VTSU Castleton professor.

Castleton Spartan gear is becoming more rare these days and students and parents are perplexed why.

So, why is Spartan team merchandise not allowed to be sold in the college store?

Who are the people preventing this?

Are they planning on removing all campus specific mascots and colors?

Microbiology professor and chair of natural sciences, Preston Garcia, has been asking these questions.

"I am saddened to see the varying of our history here. It's not a matter of not embracing

what's new, but not completely forgetting what the past was," Garcia said.

There is not a hint of Castleton green in sight when walking into the Castleton Campus bookstore these days.

Instead, salmon pink, neon teal, and three triangular shaped icons forming what is assumed to be mountains are plastered on the clothing that hangs from the many racks.

Geology professor Helen Mango also spoke about the impact the lack of Castleton Spartan merchandise has on the community. She explained that VTSU is not a place and after teaching at Castleton for more than 33 years, she knows that students want to belong to a place.

"The college community wants somewhere they feel comfortable and supported and seen and understood, where there are shared experiences and a sense of identity," Mango said.

She also gave examples from previous interactions with students who said they are going to Castleton and would like their apparel to say that because they don't identify with VTSU.

But the apparel that is sold in the only in-person bookstore out of all five VTSU campuses, located at the Castleton campus, is not up to store Manager

Penny Howard.

Howard stated that to the best of her knowledge, she believes that the athletic departments are the ones who still sell sports apparel. She shared how she reached out to the athletic department but has not gotten a response back.

Mango also stated that to her understanding, the only Spartan gear that is available right now is through the varsity athletics. Although, she is very fearful that this too will soon disappear.

Garcia talked about the change in the bookstore since the merger.

"The bookstore used to be vibrant," Garcia said. "I walk by now and it just looks empty and quiet, and being the only campus that has a bookstore, let's not lose that too."

Garcia expressed his concern over the hardship of going through the individual sports teams in order to receive merchandise to support certain sports. He shared how nice it is to be able to wear a hockey shirt to a hockey game, or a football hat to a football game. As an owner of gear supporting many different teams, he feels that it should be normalized for sports apparel to be easily accessible, especially to those who are parents and alumni.

VTSU Castleton students have these concerns too.

"It is kind of annoying because family members will want to get stuff to support, and it is hard for them. I know there is stuff on Amazon, but it is not really the best quality," said Annika Nelson, VTSU Castleton student and member of the women's hockey team.

When informed about the apparel being sold on Amazon, Howard's mouth literally dropped. After laughing with VTSU Castleton bookstore associate Andrew Martell about the many options for the "not so bad price," Howard took a serious tone when asking how Amazon can sell this brand if the college is not letting her?

"We went from some organization managing that bookstore to a different organization, and now to completely online books. Is just the turnover of those who oversee that space part of the problem? I don't know," Garcia said.

Previously owned by Follet, and recently turned over to Gear Shop, it is no secret that things have changed in the way merchandise is being represented.

Gear Shop could not be reached for comment despite an email and voice message seeking information.

See 'Merch' on page 6



# Dining hall must do better

Huden Dining Hall. The name may ring a bell to some, but if not, this is the only dining hall on the VTSU Castleton campus.

For \$2,297 a semester, you can purchase your very own meal plan! The gold plan includes unlimited meal swipes in the dining hall for the semester, \$120 dollars toward the campus Fireside Cafe, long strands of hair in the tofu, and maggot-looking bugs in the lettuce.

If you're lucky, you may be able to find a few dozen ants crawling around the pans of food at the hot food bar.

Huden Dining Hall is one example at VTSU Castleton where students don't get what you pay for.

The dining hall is seemingly becoming worse, evidenced by complaints becoming more and more frequent in the Yik Yak social media platform.

Yik Yak, an anonymous posting app, is constantly flooded with complaints, photos and videos from Huden. Dining hall workers are seen rubbing their teeth with their gloves and scratching their heads to then go serve up a sandwich.

Staff members are seen picking up food from the hot food line with their gloved hands and popping it into their mouth.

Little larvae were seen found crawling on the broccoli at the salad bar.

And if you're vegetarian or vegan, you're guaranteed to develop some sort of vitamin deficiency due to the lack of proper and nutritious meals.

Some of the vegan and vegetarian meals include, but aren't limited to, vegan hot dogs, dried out and charred black bean patties with no op-

tion for buns or condiments, hot quinoa congealed with warmed pineapple, and "root vegetable mac and cheese," which entails mac and cheese mixed with carrots, radishes, cauliflower, and potatoes.

Some days in the vegetarian section there is not even a protein option.

The staff at Huden aren't entirely to blame. It is impossible to know what their bosses are telling them to do and what standards those in charge are holding the workers to. It is easy to become lackadaisical when you aren't being held to certain standards. Though the staff could be more sanitary, they are incredibly friendly and are always leaving students smiling.

Some staff blast music, some will hit you with a joke, or even take the time to learn your name.

But due to the amount of money VTSU students pay for the dining hall, they deserve better.

There needs to be higher standards for the quality and overall cleanliness at Huden. There needs to be vegetarian and vegan meals, not just random ingredients.

It's well known that college dining halls aren't going to have the same quality that a 5-star restaurant might, but for \$2,297 a semester and \$4,594 a year, the standards at Huden must be higher.

And even if the food doesn't improve, sanitary guidelines and proper cleaning must improve. No one wants to find a live bug in their root vegetable mac and cheese or have someone scratch their face and then serve you a sandwich.

- Emily Ely



JOE VYVIAL

## Pearl's goodbye to *The Spartan*

I didn't always think the newspaper business was for me, which is extremely ironic considering my major and how long I've been involved in the Castleton Spartan student paper.

Now, especially considering my internship at the Rutland Herald, it feels like the logical next step.

I'm graduating this semester, and although I'll miss a lot about Castleton – theater, the greenhouse, giving tours at Admissions – the newspaper will inevitably be what defined my experience here.

I remember when I first became editor, and the sense of weight I felt.

Importance.

Like what I was doing mat-

tered and had to be taken seriously.

Those first couple months, I soaked it all in. I got up consistently earlier, made a Spartan themed playlist, hung out and watched movies in the Spartan office (some were class assigned so it's OK), and felt a particular esteem delivering the newspaper.

Now, it's up to Copy Editor Maddie Lindgren to pick it up next semester and add her own special flair and leadership style, which I know she'll do (no pressure, but like, a little pressure).

One thing I'll miss about the structure of the club, compared to other publications I may go on to work with, is how we were able to participate in

each step of the process. We were able to write, take photos, design the layout, and deliver it ourselves. You usually don't get to do all that for a newspaper.

I wonder who will design page 5 now (Arts and Entertainment). Somehow, I stuck with that for basically three and a half years...

I might cry.

I've been a part of many great memories over the years. Two trips to NYC for the College Media Association conference, one of which earned us the title of best newspaper in our division, three Christmases helping with our annual children's fundraiser, and at least 30 Sunday mornings devoted to designing the paper, pow-

ered by Dave's curtesy breakfast snacks.

And, of course, there were many articles that either challenged me or allowed me to explore personal interests. Art and Entertainment type articles typically resonated with me the most, but all of my articles following Honoree Fleming's death felt important to me as well and pushed me outside of my everyday coverage.

I'm incredibly grateful for our staff, past and present, and Dave for making the work fun and helping me find my ideal career. So long, Castleton Spartan!

- Pearl Bellomo  
Managing Editor

# Printed newspapers need to remain

In an age dominated by flashing screens and endless scrolls, the value of printed newspapers is frequently overlooked. However, physical newspapers, particularly on college campuses, provide a comfort that digital media struggle to match.

The physical structure of printed paper encourages interaction. Imagine student stopping to pick up The Castleton Spartan on their way to class. A phone notification cannot replace immediate engagement with a print copy.

The thin feel of paper, the crinkle in the flipping of pages, and the black ink spread across the pages cannot be duplicated by a thumb switching from screen to screen.

A study by Lauren Singer and Patricia Alexander of the University of Maryland states print materials generally result in deeper reading and higher information retention than digital versions. Print gives an outlet from the overstimulation of digital screens by providing a sensory experience that connects individuals with the text meaningfully.

Unfortunately, several campus publications have stopped printing due to mounting costs and falling circulation. Auburn University's Plainsman, Boston College's Heights, and the University of Maryland's Diamondback are just a few long-running newspapers that have discontinued print editions in recent years, some after over a century in operation.

These decisions are frequently made in response to financial constraints, but they come at the expense of a valued institution tradition. For example, the University of Nebraska's Daily Nebraskan decreased its print circulation in 2014, only to discover that its digital-first strategy lost readers interested in campus news.

At VTSU Castleton, continuing the print edition of The Spartan provides a sense of identity. The Spartan appears in almost every corner of Castleton and even several spots in Rutland.

A printed newspaper becomes an artifact, preserving the student body's voices, events and community. Print editions serve as lasting mementos for significant events such as athletic successes or considerable university advancements like the merger of Vermont schools.

Look at the University of Georgia's Red and Black, whose unique print issue celebrating a football victory sold out within hours, proving the importance of physical copies in recording milestones.

Additionally, print versions

Others may argue that going digital is environmentally friendly and aligned with current consumption habits. While correct, this argument ignores the environmental cost of digital interaction, which includes energy usage for servers and devices. Hybrid models that combine print and digital platforms can also increase the reach and impact of print editions.

Printed newspapers are more than just a thing of the past. They are a crucial outlet for connecting people, preserving history, and providing newer journalists with essential skills.

Maintaining a print edition is vital for colleges and media organizations because it protects journalistic history, not just nostalgia. Keep those presses going!

- Maddie Lindgren



DAVID BLOW

A Castleton Spartan student newspaper rack sits inside the Fine Arts Center with the latest edition.

teach essential journalistic abilities to students who develop layout design skills and editing skills. The transition to "digital-only" risked losing these fundamental lessons in favor of the temporary urgency of online material.

## Spartan gave me purpose

I am really sad to be leaving Castleton in a week. I have met so many wonderful people here and made so many memories.

It's sad leaving it all, and honestly scary going into the world trying to find a job that goes with my major.

I came to Castleton honestly not knowing what I was doing.

I had been at Community College of Vermont for three years, during COVID trying to finish my double major associate's degrees in accounting and marketing. I hadn't really considered going for my bachelor's.

I always wanted to major in writing, but because I was in early college and I had to stay at home, I went with CCV. And CCV unfortunately, does not have any majors with creative writing, so I put that out of my head, and it was honestly depressing.

I love writing, mainly creative writing, but if I can write it does not matter what it is, I will do it.

I decided randomly in July last year I was going to go to Castleton for my bachelor's degree in marketing. I was scared because for the prior three years I was either at work or doing school online and not leaving the house much, and

Castleton seemed daunting.

I am a huge introvert and am not the best at talking with people.

Then I saw the Spartan Newspaper at the Club Fair. I figured this is my chance to write!

I was so scared to inquire, because I am not good at talking to people. But they welcomed me with open arms and have changed my life.

The Spartan pushed me out of my comfort zone and got me talking to people. I am definitely still an introvert, but I am not scared to go talk to people anymore.

I actually strive to talk to and meet new people these days. It also got me out of my comfort zone with writing. I had never done journalistic writing before, only poems and small stories.

Journalism is a lot different, and I still have a lot to learn. But Dave (Professor Dave Blow) and the Spartan club members were all ready to help me learn, and keep me on the right track.

I was really worried about being a newbie to this type of writing, but they didn't care, they were willing to teach me and anyone else. Dave and Spartan editors gave me many opportunities that I would have not had if I didn't join the



COURTESY PHOTO

Rosa Kehoe, far left, poses in New York City with Spartan staffers who attended a conference there.

paper.

I got to write for the Rutland Herald through the Community News program, which has been a great resume builder.

It really has shown me that I need to stay writing, whether it be journalism or not. I learned through writing for the Spartan

that I can get a marketing job where I can do a lot of writing. Even though I am sad to be leaving, I am so glad I got the opportunity to join the paper for three semesters.

- Rosa Kehoe

Check us out  
online at  
castletonspartan.com

# CASTLETON SPARTAN

STUDENT NEWSPAPER OF VTSU CASTLETON

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*\*The Spartan is the official student newspaper of VTSU Castleton. It functions to inform, educate and entertain readers accurately and responsibly. The University, its administration, faculty, student body and staff are not responsible for the content..*



# Sustainable Christmas comes to Castleton



EMILY ELY  
A student decorates reused corks to create DIY Christmas trees.

By Emily Ely  
*Castleton Spartan*

The Solarium inside the Campus Center came alive with the sounds of Christmas tunes, lively chatter, and the steady hum of sewing machines on Wednesday, Dec. 4.

The Campus Sustainability Team hosted a DIY card, wreath, and gift-making event aimed at promoting a “green” holiday. The event encouraged sustainability by reusing materials and repurposing items that would otherwise be discarded.

This year, the team introduced a Repair Café with the slogan, “Mend, Don’t Toss.” Students brought in worn clothing, and volunteers with sewing skills were on hand to help repair it.

Team member and science professor Andy Vermilyea was spotted next to a wheelbarrow full of brambles, skillfully shaping them into circles so they could make them into

wreaths.

“Half of them (the grape vines) are from my house, the other half are from campus from cleaning out some places that were overgrown and going crazy,” said Vermilyea.

Team member Nik Buonocore-Villalobos was busy leading a crafting table, where students worked with recycled corks and other materials.

“I had this huge box of corks at home, so I was thinking about crafts we could do with those,” she said, as she began working on her cork Christmas tree.

“I am obsessed with sustainability, and I feel like we have so much in production already that if we really just gave it a chance to look around and use the things that we already have. Like, nothing on this table was purchased. The wire, the paints, the brushes, the corks, the glue, every aspect of this craft is completely reused. And I love that, it makes me happy inside,” Buonocore-Villalobos

added, smiling.

The event also showcased materials sourced from the local community. Caitlin Gates, communications coordinator came from a makerspace organization in Rutland called The MINT to promote sustainability. “We’re using recycled calendars to make garlands. Calendars are just so pretty and they’ve been coming out really well,” she said, while motioning to an example of the garland she had created.

VTSU Student Government Association member Zack Durr stopped by to show support.

“In SGA, we try to attend as many events as we can to support what students and faculty are doing on campus,” Durr said. “It’s cool to use sustainable practices and have fun while making holiday crafts.”

Durr had hoped to make a craft for his girlfriend but wasn’t sure what it would turn out to be.

The “Repair Café” aspect of the event drew many students eager to have their clothes repaired instead of throwing them away.

“If somebody has something that needs to be mended, we can help with that,” Vermilyea said.

The event offered more than just a chance to make crafts. It was an opportunity to learn about sustainable living.

“We thought we’d start with clothing because students have clothing,” said Greteina Johnson, who was one of the seamstresses assisting with the Repair Café.

VTSU student Leah Smith reflected on her ideas about sustainability especially around the holidays.

“When you give people personal and homemade gifts, they’ll remember it more than something cheap you got off Amazon,” she said.

See ‘Sustainablility’ on

# Brit Green: from doubt to doctorate

By Isabell Lanfear  
*Spartan Contributor*

VTSU Castleton McNair Scholars Director Brittney “Britt” Green was on her couch after making dinner as Lola, her 13-year-old boxer Pitbull mix, creaked up onto the couch next to her.

Her husband, Brandon Green, would sit next to Lola on the couch, watching shows with her, or applying for teaching jobs in his office while Green played games on her phone.

That’s often how Green unwinds after her day at the office, sitting on the couch with her husband and dog watching “Gossip Girls” for the 101st time.

However, Dr. Brittney Green was once just Brittney Green, who was once just Brittney Murphy, who was once just a child.

When Green was 2, she choked on a McDonald’s hamburger, not only scaring everyone around her, but also scaring herself, as she then refused to eat for the entire month before Thanksgiving. Thankfully, after much trial and error, the toddler decided that eating wasn’t scary anymore and began eating again just in time for the heavy-eating holiday.

Green was the third child of four. Her two older siblings, Tommy and Meredith were 13 and 12 years older than her. When she and her younger brother by three years, Brandon who Green called “Bubba,” were children, they attended a summer camp at the Herald Rec Center in Florida.

There was an arcade there and the two wanted to play. However, coming from a low-income family, they knew that their parents wouldn’t give them any cash. Needing coins for the arcade and knowing their dad had coins in a jar in the closet, the two hatched a plan to get some of the coins from the jar so that they could play at the arcade.

The heist was a success and the two spent the coins at the arcade and won some cute little animal figures. However, after their heist was unearthed, they learned that the coins had been real silver coins, worth hundreds of dollars. She still feels a little bad about it today but keeps the prizes in her office as a memento.

“We were always cooking up schemes,” said Green, smiling when recalling the memory.

After Hurricane Charlie decimated their Florida town, the Murphy family moved around a bunch throughout the then Brittney Murphy’s, middle school and high school career. It wasn’t all bad for her however, as she got to have two sets of best friends, and she noted that she felt like moving around didn’t really affect her that much.

—

While enrolled at the University of Central Florida to study humanities, Green worked full-time for a majority of her undergraduate career. For her freshman year, she worked as a model on the weekends. Her second and third years, she worked in a restaurant, which grew a secret passion for the restaurant industry.

“You might find one day that I’ve just up and left and that’s because I have some restaurant I want to work at,” Green joked.

Work and school became separate worlds for Green, with work often taking precedence over academics.

“I was working so much that I wrote down the exam times wrong,” Green said.

Her G.P.A started to tank, and everything was beginning to become very stressful. It wasn’t until Green learned about and joined the McNair Scholars program that she was forced to quit her job because her McNair director told her to.

“You can’t do nearly 40 hours in a restaurant and still

do good in school,” Green said. So, after quitting her job to focus on school, the director offered Green a position in the office at \$10 an hour, which was a livable wage for her at the time as she had also applied for scholarships.

“That’s really when college felt like it started for me because it felt like I had a purpose,” she said.

Before that, Green had just been going through college like she thought she was supposed to do, taking courses that interested her.

“I was flailing all over the place. I certainly was having fun, but I don’t know if I was really doing well in college or going in that direction,” she said.

She didn’t know what graduate school was until she joined the McNair Scholars program, learning skills and knowledge that she would use in life. She also eventually found what her two majors and minor would be; World Religions and Cultural Studies with a minor in Mass Communications.

She did research, going away for two research summers, one in Irvine, California and the other in Croatia. These experiences prepared her for her master’s degree, which she pursued at Dartmouth College.

From living in Florida her whole life to moving to the northeast for grad school, Dartmouth was the start of her graduate school journey.

“The look of it, the feel of it was just so different,” she said. “The folks that go to a school like Dartmouth are generally, very, very wealthy.”

She felt that the students really wanted to be there. So, she felt like she really fit in academically. “McNair prepared me really well for graduate school,” she said, adding that while there was a short period of time where she didn’t fit in culturally or socially when she first got there.

See ‘Green’ on Pg. 6



COURTESY OF BRIT GREEN  
Brit Green and surrounded by family after graduating from UCLA.



COURTESY OF BRIT GREEN  
Brit Green, far left, poses with members of the McNair Scholars program.

# Students are saying NO to online classes

By Brandon Burmeister  
*Castleton Spartan*

For students both current and former, two words bring back memories of glitchy connections, comfy work clothes, and social isolation.

Zoom classes.

After all, the platform was introduced during a tidal shift in education, brought on by the world-shattering lockdown from the Covid-19 pandemic. It was an incredibly useful tool, allowing students to still continue their education, even while being stuck at home.

Eventually, the student body was able to come back to the classroom and, on May 5, 2023, the World Health Organization officially declared the end of Covid-19 pandemic.

This, however, hasn’t stopped Zoom classes from being integrated into our education system to the point where it has now become commonplace.

But what are the views of students regarding online classes now that the dust has finally settled?

“I hate them with a burning passion. It’s just the way I learn, I have to be in a classroom with the teacher,” said Kylie Harrington reflecting back on her experience as she grips tightly the railing next to her.



PHOTO ILLUSTRATION BRANDON BURMEISTER

Harrington is a freshman in college and experienced the full brunt of Zoom classes during the pandemic as a high school freshman.

“I’m a very social person, and if I don’t understand what’s happening, I need to be able to either ask someone next to me or go up to the teacher and they can show me what I did wrong and what I’m missing. I’m a hands-on learner. I’ve always been that way,” she said.

She had terrible grades during the pandemic as a result, something she blames entirely on the learning environment shift during the pandemic.

“I had amazing grades until

COVID and I had amazing grades after COVID so I wasn’t the problem,” she said.

Harrington’s frustrations are echoed by other students who struggled to adapt to online learning.

“You’re not really motivated if it doesn’t seem genuine and real. It’s just a screen,” said Violet Tetreault, a sophomore Graphic Design major with a minor in marketing. “I feel like it kind of lacks that human interaction that really drives people forward to do stuff.”

This attitude is shared by professors as well, as they are dealing with the impersonal

side of Zoom classes.

Heidi Welch, the program coordinator for music education, is tired of online classes.

“Zoom is the biggest challenge for me. As a teacher of almost 30 years, the biggest challenge for Zoom was not seeing faces and really trying to encourage people to turn their cameras on so I can see what you look like. And I’d always get ‘my cameras broken.’ Well, how do I know that?” she said.

Not all opinions of online classes are completely negative, though.

Josef Vyvial, a sophomore Graphic Design major from the Czech Republic, sees the benefits of online classes.

“I think it’s pretty good to have options for online classes. Yeah, I prefer in-person, but I took this class that was pretty easy to me and I could have done all of it from back home. So, it was convenient for me to take it online,” he said.

Some students and professors say online classes offer accessibility to people who have responsibilities that require them to be elsewhere.

“I think having Zoom classes allows students from our other campuses to take courses that may only be offered in a program on a par-

ticular campus. For instance, the social work program is cited here at Castleton,” said Michael Reeves, the director of the social work program at the Castleton campus.

Vyvial and Reeves both, however, said they do prefer in-person classes. Reeves believes having in-person upper-level social work courses is necessary for students looking to get into the field as it allows for them to experience the work hands-on.

But Vermont State University has begun to integrate more and more online classes into the curriculum, some programs being consolidated completely to online. When questioned about the reason for this, administration has repeatedly said that students would prefer to have their classes online. This has raised alarm bells in both students and faculty as they fear a completely online college is on the horizon.

It also isn’t an opinion shared by other schools in the area. While higher education institutions like Vermont State University embraces Zoom classes, Rutland public schools have taken a more cautious approach.

“Public schools really don’t offer remote or Zoom options,” said Bianca McKeen,

the assistant superintendent for the Rutland City Public Schools. “The agency of Education made an exception to allow those types of things when we were in shutdown. And then as we came out of shutdown, they told schools they could not give that as an option anymore.”

She stated a variety of reasons why this was the case, from student check-in to making sure they were actually attending.

“It’s difficult for students to have the same kind of connections in remote classes as in-person classes. You feel a different way when you’re in a room with people and you can fully see the mannerisms of the group and the physical cues, as opposed to being online, you only get a small portion of that,” she said.

And this is shared by the students here. From the 31 students questioned in an informal poll, all from different areas of studies, none said they preferred online classes.

Tetreault rushed to comment before the interview was over, interrupting the question she was being asked as she felt so strongly about this topic.

“Zoom classes take away from what an actual campus and going to college should be, which is in-person,” she said.



## Maddie on the street

By Madeleine Lindgren  
Castleton Spartan



**Question:**  
What are you asking for for Christmas and why?



**Genevieve Pitts Junior**  
“I need a new hair straightener. I don’t even have one right now. I am just always using my roomates.”



**Trey LaVigne Senior**  
“I really want a choo-choo train this year. I think they’re cool and I used to get them when I was younger.”



**Devon Riggio Junior**  
“I really want some more Squishmellows. They are my favorite. Even though I have so many, I need more!”



**Jess Heinrichs Senior**  
“All I want is gift cards and clothes. That’s all I want every year.”



**Alexis Rodgers Junior**  
“I really want a weiner dog. I dont know if I’ll get one, but I really want one, a fluffy one. They’re so cute.”

## Michele Stanley: Strengthening Student Success

Madelyn Nonni  
Castleton Spartan

It’s no secret that VTSU-Castleton has its fair share of unwavering support for students from its dedicated faculty and staff. Within Academic Support, workers are incredibly aware of that kind of dedication.

Upon entering Academic Support, students are met with the bright and upbeat personality that is Michele Stanley, staff assistant in the department.

Her desk is placed perfectly at the entrance and after four years as a staff member, Stanley knows its services like the back of her hand. She is efficiently able to understand a student’s needs and determine which service would be best suited, whether it be an individual peer tutor, a follow-up with other staff, or drop-in tutoring.

Referring to herself as the “gatekeeper,” Stanley takes pride in greeting and navigating those when walking in and ensuring they are comfortable in the space.

“She gets to know each and every one of the students that comes into Academic Support, which all students enjoy. It makes them feel welcomed and comfortable and they always choose to go to Michele with any problems or questions they have,” said Learning Center Assistant and VTSU senior Alissa Benson.

“I love working with people... I love to interact with people,” Stanley said.

Before her current influential role in Castleton’s Academic Support, Stanley was driven by her education, previous employment and personal pursuits.

Stanley is a proud first-generation college student who grew up in a single-parent household. To support her education, she spent her summer breaks, weekends and holidays working as a nanny.

After putting herself through school, Stanley graduated from Adirondack Community College in Queensbury, New York with a degree in Hotel Management. Following graduation, Stanley spent six years working as a Hotel Manager in Massachusetts.

By the time she was 28, Stanley had broken through the glass ceiling and landed in top management with 250 employees working for her. Her journey to this position was not without its challenges though and she soured in a male-dominated industry.

Stanley also worked as a resident manager at Killington before putting the hotel lifestyle in the rearview mirror and making the transition into a daytime job.

“I did not want that 80-hour week, seven days a week, holidays, weekends. So, I decided to get a weekday job. And where do you find a weekday job? In academia,” said Stanley.

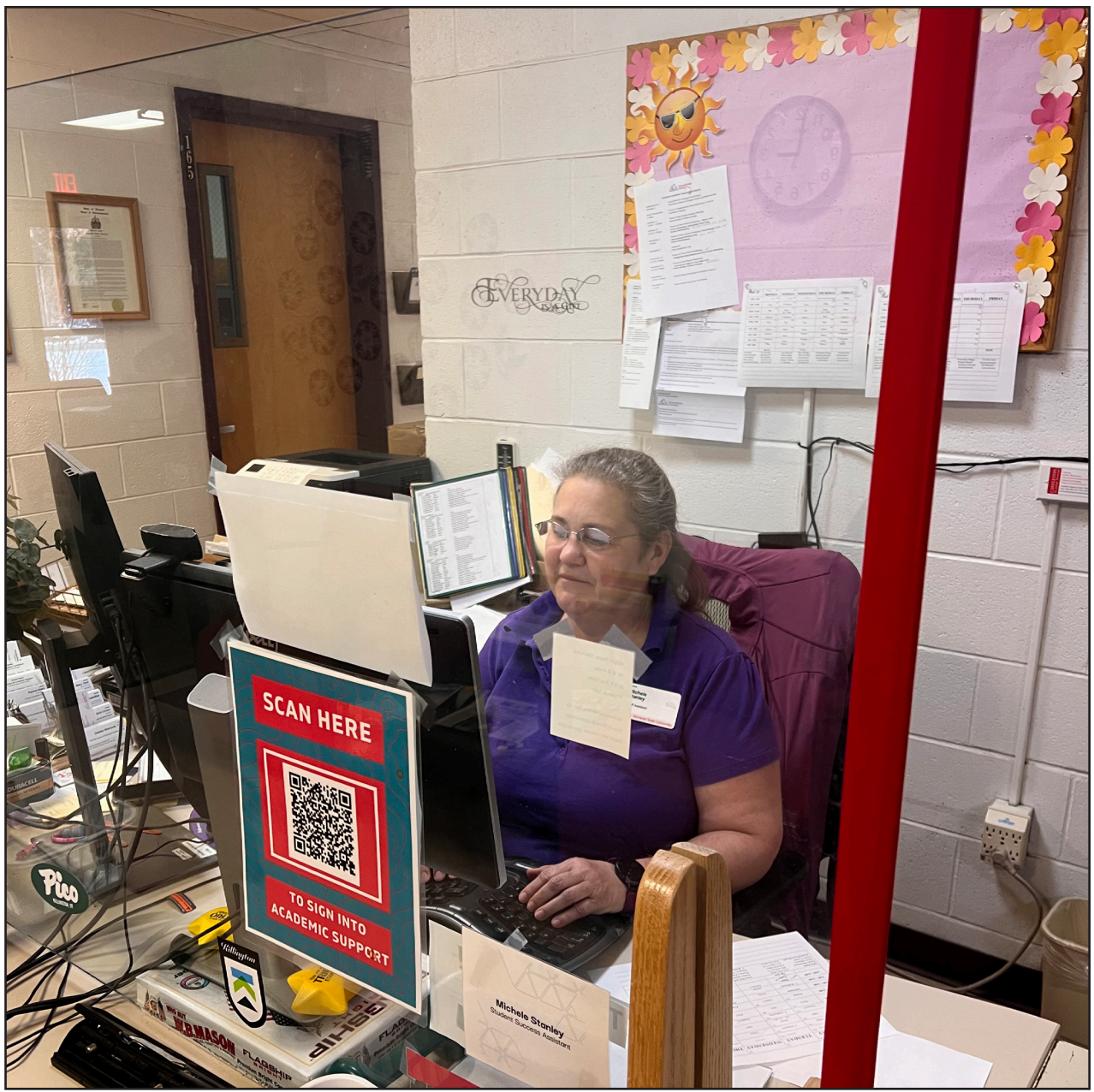
While looking for a daytime job, Stanley’s eye was caught after seeing a position in Castleton’s Admissions Office.

Determined to further her education, Stanley began her position and attentively pecked away the requirements to obtain a minor at Castleton in marketing. She took classes during her lunch breaks and took evening classes after an entire day’s work while maintaining her full-time job.

Stanley completed her requirements and obtained the minor in 2008.

She emphasizes the significance of a college education for both herself and the students within the Castleton community.

“I truly do believe in higher



MADelyn NONNI  
Michele Stanley works at her desk and is the first to be seen when you first enter the doors of Academic Support. Below, Stanley poes after competing in the Bicycling Fall Classic after two knee surgeries.

education... I believe that we’ve got to get these students a higher education. It’s just valuable,” she said.

Her commitment to supporting Castleton students stretches wide, as Stanley has become a vital contact for many students looking for guidance.

“There have been many times where I have had questions about certain topics and didn’t know where to go. I’ll ask Michelle and she’ll make a few phone calls and have the answer for me. I’ve seen her do this for many other students,” said Learning Center Assistant and VTSU junior, Drew Conant.

Her reputation as a valuable resource isn’t reserved only for students. Co-workers in the department also notice her hands-on approach and support for everyone.

“She takes time to get to know them as individuals. I’ve often described her as the cool aunt. She’s just a wonderful presence in our department,” said Doe Dahm, Writing and Humanities development coordinator in Academic Support.

She spreads the message of how positively impacted students’ post-grad lives can be when they receive higher education, including gaining professional life experience, instead of the endless grind of an over-consuming job. She stresses the importance of students entering into a job they want to do and something they can see themselves doing.

After 18 years in Admissions, Stanley made the switch to Academic Support, where she has remained in her current position for the past four years.

As staff assistant in the department, it could be argued that Stanley is one of its most important figureheads.

“We have many students coming in and they need assistance. It’s trying to determine what they really do need, and navigating them to the correct service,” she said. “There’s lots of options for them.”



Stanley’s dedication to finding the correct resource for her students is clear, as she’s known for going the extra mile at whatever cost.

“She takes every challenge seriously and will run through all of the resources and people that she knows to try to find a solution. I think her most important concern is helping students, and she won’t quit in helping them,” said Rachel Mark, director of Academic Support on Castleton’s Campus.

“She is my go-to person for any problems or questions I have whether it is school related or life related,” Benson said, illustrating Marks’ comment.

Academic Support serves around 230 students who return for six or more visits throughout the academic year.

“That’s really good and really helpful because then we can hopefully get them on a good track,” Stanley said.

“She supports not only her students, but also other faculty

in Academic Support. Michele is an amazing resource and has been a lifeline for me since I stepped on to campus the first day freshman year,” said Learning Center Assistant and VTSU junior Emma Patria.

But she’s not all just about work. Now at the age of 60, Stanley is determined to step away from the desk and keep herself physically active during her free time and during the weekends.

She can often be found in hiking locations like Billings Farm’s Carriage Trails in Woodstock or Mt. Philo in Vergennes.

“I also ride bicycles. It’s not unlike me to ride 22 miles. I like the ride into West Rutland and back, that’s 24-miles round trip. I ride now down into Hampton, into Whitehall, and come back out,” she said.

After a previous stroke, and a bilateral knee replacement five years ago, Stanley was determined to remain active and soon discovered biking, quickly evolving into her

favorite hobby.

“I will happily approve of her leaving early on a beautiful day so she can take a bike ride because I know she’s always the first person here in the morning,” Mark said.

During her off time, Stanley can also be found traveling the East Coast with her husband, taking a week off twice a year to spend some well-deserved vacation time. Oftentimes she’s visiting family in South Carolina, or spending time in Florida during Vermont’s harsh Februaries. This year, Stanley has her trip planned to St. Augustine.

While visiting Florida, Stanley enjoys participating in group-organized bike rides on main roads escorted by police. She has participated in the Gran Fondo Florida Ride, out of Delray Beach with Louis Garneau, the cycle-wear manufacturer, and their group out of Canada.

See “Michele” on page 6

## Are students idiling their cars too long?

Amanda Johnson  
Castleton Spartan

VTSU Castleton Liaison Librarian Charlotte Gerstein has been noticing that many students are idling their vehicles too long on campus, adding unnecessary pollution into the air

She said although the university’s utility vehicles also contribute to idling, she’s noticed more and more students letting their cars run unnecessarily. She said that people need reminding of environmental impacts and that idling is not permitted.

“I’m concerned about pollution,” she said. “I don’t like unnecessary pollution.”

She claimed that idling happens regardless of the weather. “When the temperature is not cold, people are still sitting there with their engines on,” she reported. “It’s not neces-

sary.”

Gerstein noted that “maybe some more signage” could help spread more awareness about turning off engines when the vehicle is not in use.

Gerstein also referred to the Vermont state law regarding idling via email which can be viewed at legislature.vermont.gov/statutes/section/23/013/01110.

In addition, she also forwarded sources from the Agency of Natural Resources and their “Be Idle Free” document that can be viewed online at dec.vermont.gov/air-quality/mobile-sources/be-idle-free.

Andrew Vermilyea, professor and chair of Environmental Science Program, also referred to the state law.

“It’s at least five years old,” he claimed.

He said that although he has not noticed it too much on campus, he does agree with the

negative impacts of it.

“There are some safety issues,” he said.

He also referred to the Castleton campus policy that had been implemented regarding idling.

“I’m part of the campus sustainability team...” he reported. “We wrote a campus policy for idling a number of years ago.”

He said the policy was written in 2014 “on the heels of state law.”

“It’s never been officially enforced,” he said, although he said it was approved by Castleton campus.

He added that the school policy is stricter than the state policy, setting the maximum number of minutes of idling at three, whereas the state policy is five minutes.

He also pointed out that, according to Oak Ridge National Laboratory, idling excessively

leads to carbon buildup and engine wear and tear, aside from the environmental impacts.

Vermilyea talked about the culprit of much of the idling.

“A lot of the idling actually comes from drop offs...loading and unloading vehicles,” he claimed.

Associate Professor of Physics Timothy Thibodeau, who stated he and Gerstein are also on the sustainability team, said that he has not witnessed a lot of student idling first-hand, adding that he has actually witnessed the opposite.

“I see lots of people being respectful and responsible,” he said.

In regards to his experience being different from Gerstein’s, he pointed out one reason that might be the case.

“I wonder, too, if it depends on what parking lot you’re in?” he said, questioningly.

He mentioned that when

VTSU was Castleton University, there was more language regarding sustainability, whereas that seems to be missing in VTSU’s mission statement.

He pointed out that, historically, older cars needed to warm up, but that is not the case with newer cars.

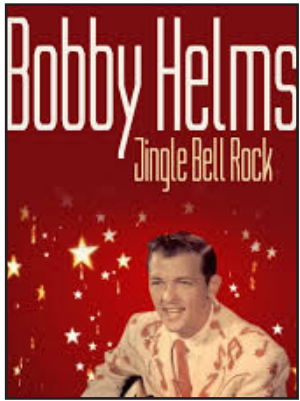
“It’s actually better to just get going,” he said.

He added that electric vehicles are only environmentally efficient if the electricity is not derived from fossil fuels. However, he claims that Vermont is “in pretty good shape” as far as electric energy is concerned.

Thibodeau questioned why some students seem to be adhering to the no-idling rules.

“Is it the policy that causes people to do the right thing?” he asked, adding that he hopes it is education and knowledge of environmental sustainability that causes this respectful behavior, rather than the policy.





# Students’ Christmas tune faves

By Jess Emery  
Castleton Spartan

The bells are ringing, the children are singing. Allegedly everything is merry and bright. It’s that time of year! Christmas music can be heard just about anywhere, at any time. The SiriusXM radio has all the Jackson 5 Christmas covers. Your local mall will surely be blasting Mariah Carey’s “All I Want for Christmas Is You” and “Sia’s Snowman” throughout the department stores as families line up to meet Santa Claus.

Tree lightings in town parks will have people singing everybody’s favorite carols.

The special time of year calls for a special kind of soundtrack.

And people are very specific on which songs they consider must have classics and Christmas songs that are a little too cringe.

For VTSU Castleton student Madelyn Nonni, her go-to Christmas song is a cover by a modern artist.

“Hot take, but my favorite is definitely “Mistletoe” by Justin Bieber.”

A popular genre of Christmas music are covers of classic carols done by pop artists. Something special occurs within one’s soul when their favorite artist is singing a classic Christmas song during their favorite time of year.

Celebrities who have done this include Ariana Grande with “Santa Tell Me,” Demi Lovato’s “Wonderful Christmastime,” and Taylor Swift’s “Santa Baby.”

Nonni’s cringiest Christmas song is “I Want a Hippopotamus for Christmas.”

“I cannot stand it,” Nonni said.

However, Nonni’s trash is student Hunter Day’s treasure, so to speak.

“My favorite Christmas song is “I Want a Hippopotamus for Christmas” because it’s just so silly and feels almost unrelated to Christmas,” Day said.

Remember the non-stop mall Christmas music?

Day is not about it.

“I worked in retail for a lot of my life so I cannot stand most like Mariah Carey Christmas songs cause they’re just so overplayed,” Day said.

“But ‘Baby It’s Cold Outside’ is just downright creepy and freaks me out,” Day continued.

That song consists of a male voice trying to convince the female voice to stay when she very clearly is trying to leave.

And student Sya Barnes had a similar take regarding “Baby It’s Cold Outside.

“Like ‘I can’t stay,’ and ‘it’s cold outside.’ Yeah, because it’s fucking snowing. Let me go. Just let me leave. I just want to leave. I don’t like it.”

She has a specific hatred towards the “Glee” version of this song.

“When Kurt and Blaine did it. I hate that version. It’s just weird. They’re wearing blazers, dancing around some chairs. Let me go. It’s just awkward,” said Barnes.

Thomas Harris’ favorite Christmas song is the classic “Jingle Bell Rock.”

“It always hits and is catchy and it has good Christmas spirit,” he said.

Students surely have their favorites and least favorites of Christmas music. Maybe your favorite time of the holidays is wandering through JCPenney, doing some Christmas shopping with Frank Sinatra’s “Let It Snow” playing in the background or strolling through a lit up park with “Jingle Bells” by James Pierpont.

Whichever it may be, the Castleton Spartan newspaper wishes you a happy listening and a happy holiday.

# Put your phones down, enjoy the show

By Isabelle Lanfear  
Spartan Contributor

You’re at a concert for your favorite singer. You’re standing in the pit, sweaty, standing arm to arm with the person next to you.

Suddenly, the singer skips over near where you are standing, you look up at them. You can see the details of their outfit, what expression they’re making.

You smile, happy to be able to be this close to the performer when all of the sudden, a phone shoots up in front of your face, blocking your view.

Now, you can only see the performer from the tiny screen on the phone.

Not only is this annoying for you, but the people on stage also have to deal with that every single night they perform.

There have been many artists who have claimed they don’t enjoy seeing phones during their concerts. Some have outright banned them during their performances. Prince is an example of this, as in 2013, he advertised “purple rules,” which effectively banned cell phones and other forms of visual capture.

Bob Dylan is another artist who has banned photos during his shows. Dylan is known to keep his policy of no photos

very strict, and anyone found taking pictures is removed.

There could be a number of reasons why phones aren’t allowed at a concert, but a lot of the time, it’s because the artists prefer not to have phones pointed at their faces. Other times it could distract the band members. Or sometimes the band might be recording a movie.

Lead singer of Ghost, Tobias Forge, said in an interview after his movie released that, “They were the best shows I’ve ever done with Ghost, just because I didn’t have to see those f-ing mobile phones.”

Ghost goes on tour again in 2025— this time with a phone ban.

Are fans missing out when they use their phones during a concert?

Yes, they are.

Being on your phone while at a concert, can distract you from the performance. It’s understandable, wanting a picture or a video of your favorite artist to immortalize the moment. To have something to look back on fondly. However, it not only distracts from the experience, as you now have to unlock your phone, open the camera, and get the settings just right so that the exposure isn’t too high. Those moments take away from the performance you are watching.

Not only that, but the



performers on stage would rather see you engaging with them than through a screen.

The concerts that implement this no phone policy give out Yonder pouches, which hold your phone during the performance. You can take your phone out of the pouch in designated areas, or of course if there is an emergency.

The point of a no phone concert can be to get you to engage more. To experience the concert without being on your mobile device, which can not only distract you, but also the people around you and the band members.

While some artists might encourage recording them and taking photos, others might not



ISABELL LANFEAR  
Audience members use their phones during a “Ghost” concert.

and feel that it takes away from the experience. Recording a concert through a screen feels ingenuine.

Put down your phone and

just feel the music with your body and soul and sing your heart out for a night to remember.

# ‘Wicked’ spurs hype and drama

By Pearl Bellomo  
Castleton Spartan

The musical “Wicked,” starring Ariana Grande and Cynthia Erivo as witches Glinda and Elphaba, has swarmed my feed the past two months.

From mass brand collaborations, speculation about the main actress’s emotional and physical health, internet hype, and fan confrontation – it felt nearly impossible to not go and see it.

So, naturally my friend Violet and I hit the nearest theater as soon as Thanksgiving break began, with her dressed in green and me in pink.

Saving the internet drama for later, I thought it was a very captivating movie that held my attention for nearly its entirety – which is saying something for two-and-a-half-hour movie that’s only part one.

I will admit that I had never seen the original “Wicked” on Broadway, and I only watched the original “The Wizard of Oz” the night before because I wanted some sort of baseline knowledge. I realize now that it may not have even been necessary, due to the simple relationship of “Wicked” as its prequel.

The music, choreography, set and costumes were all beautifully executed. I was shocked to find out that most of the sets were not CGI, but actually real! The 9 million tulips planted on the outskirts of Munchkinland and the 16-ton train that transports Glinda and Elphaba to Emerald City were real.

That begins to explain its \$150 million dollar budget.

There was speculation about if Grande was fit to play Glinda. I undoubtedly thought she was. I’m not really an “Arianator,” but I’ve kept up with her acting and music since her role in “Victorious,” and she evidently rebranded herself for this production. This drove the



PEARL BELLOMO, WICKED  
Pearl Bellomo and Violet Tetreault pose outside the Marquis Theater in Middlebury, left, and a “Wicked” poster, right.

success of the film and doubts accusations of her simply being a “popularity hire.”

Erivo, though not an A-list celebrity, was equally as magnificent. In fact, one of my favorite songs cinematically was “The Wizard and I” because of her delivery and brilliant shots.

Now, moving on to the controversies—beginning with speculation about Grande and Erivo’s physical and emotional health.

Obviously, I can’t know the state of either of their health right now. Even though they seem to have lost weight since they started filming in 2022, there is no other evidence for them having eating disorders or enduring abuse on set, and Grande herself claimed to actually be healthier than she was several years ago.

Also, there are so many other factors that influence

how a person looks. Cosmetic surgery, self-tanner, hair, makeup, camera lenses, photo lighting and editing, just to name a few. Any of these elements can make the same person look drastically different on the same day.

In terms of emotional health, I agree that most of the press interviews have been highly emotional, with tears triggered at many simple questions and statements. I don’t see anything wrong with poking a little fun at this, even they do. But I’m not alarmed by it enough to speculate that “something bad must’ve happened on set,” like some are.

Now onto fan drama. Many have probably heard of Erivo’s backlash at a fan edit of the “Wicked” poster to more closely resemble the 2003 original. The revised poster made several edits—such as

adjusting Grande’s hand and changing Erivo’s lipstick color, but what struck Erivo was her eyes being covered by the brim of her witch’s hat, rather than her looking down the barrel of the camera.

Erivo called out thea fan on her Instagram, saying, “I am a real-life human being, who chose to look right down the barrel of the camera to you, the viewer, because without words we communicate with our eyes...to edit my face and hide my eyes is to erase me. And that is deeply hurtful.”

Two weeks later, she reflected on her reaction, describing it as a “human moment of wanting to protect little Elphaba” and “I probably should have called my friends.”

Nonetheless, I thought it was a massive overreaction that shamed an innocent fan and was terrible PR. The

fan, by the account name @wickedmexicofans, initially took the poster down but later reposted it, justifying their decision.

“While I deleted initially as I felt it was the right thing to do, fan posters have been around for as long as movies have existed. I never meant to cause any harm, and the poster is just a homage to the original Broadway poster, just like the movie’s recreation is,” they posted on X.

Regardless of the drama, I thought it was a great film, and moreover it had really impressive marketing. Though their hundreds of brand collaborations may have been a bit much, their internet hype made me, and millions of others excited in a way that really hasn’t happened since last year’s “Barbie” and “Oppenheimer.”



# Newest show worth bingeing: ‘The Madness’

By Julian Chiemingo-Rivera  
Spartan Contributor

**What’s On Netflix?**  
*Do you ever get bored of watching the same old movies and shows? This blog is here to give insight into refreshing new Netflix shows.*

## “The Madness”

This week on the watch list we have the newest Netflix thriller, “The Madness.”

In the first episode, Muncie Daniels wakes up in the middle of the Pocono forest, where he makes his way to find help. He stumbles through the forest to then find a nearby diner, where he encounters two police officers. We see a brief flash of what happened to Muncie as he is battling in the woods.

But what truly happened is soon to be discovered.

Muncie is a writer and appears as a guest host on CNN. He has lots of powerful opinions that are viewed by mil-

lions across the world.

He had planned a quiet escape from reality in the Pocono Mountains to focus on writing a book, but he stumbles upon his temporary neighbor, Mark, who recognizes him and offers him help if he needs it.

Muncie puts this gesture to use the next day when his power goes out at his house. This led to him discovering his neighbor was chopped into pieces in his shed.

Two masked men come around the corner and chase down Muncie after he discovers the body. Muncie is lucky to escape and take down one of the men with a pen to the neck.

This is where we find ourselves at the beginning of the episode.

Muncie leads the police to the scene, where he finds that the body has been cleaned up and there are no signs of masked men.

As a result, the police believe Muncie is insane and made this whole thing up. However, they find his neigh-

bor’s watch right outside the shed, and Muncie’s car tires are slashed.

The police then switch their narrative and think of Muncie as a possible suspect in this situation.

They did not arrest him but had him on their radar as a suspicious person. This is when things spiral for Muncie in this series. He finds a tracker located on the back of his car.

Who’s tracking him, and who is this Mark guy??

Muncie did some digging and found Mark’s former wife, who did not reveal who he truly was. This is when FBI agent Franco Quinones approaches Muncie, saying that this case might line up with a case he is working on. Telling more information about the situation, Muncie finds out that Mark Strong was a part of a white supremacist group called Forge.

With Muncie being well known, it is common knowledge that he has ties with BLM. This links to a possible hatred that Muncie may have



Muncie Daniels from “The Madness.”

for Mark. This now looks very suspicious.

Muncie finds himself being approached by a few men in the hospital, where they ask him about Brother14. This must be Mark’s Forge members questioning and threatening Muncie and his family.

He rushes out of the hospital to ensure his family is safe. This is when Muncie notices that Mark’s watch is inside his car, along with blood splatter on the outside.

## My Thoughts

A phenomenal show so far. This show caught my attention very quickly and had me locked in on the action. For those of you who love thriller crime shows, this is for you. This show had me watching the first three episodes in a row. This will be watched within the next week, as I’m already almost halfway done with the season in one sitting.



Merch:

Howard said she sympathizes with both sides of providing and not providing Castleton merchandise. She stated how if it were up to her, she would have a little bit of both as she thinks it would sell. That said, it seems people don't fully understand that those who work in the bookstore are not the ones who get to decide the Sparty apparel fate.

When students come into the bookstore and get told that there is no Spartan or Castleton merchandise available, they just turn around and walk out.

"They are paying me just to sit here," Martell said.

Even though the newer look of VTSU merchandise is not what most Castleton community members apparently want to see, Martell said, "it is now our brand, and it is not going to change, so might as well embrace it."

Some students say they don't like the merger, nor do they really acknowledge it.

"I think most people still think of it as Castleton, and very few students accept that it is now VTSU, so it is a bummer that we can't get Castleton things, especially when wanting to support our sports teams," said Helen Culp, VTSU Castleton student and daughter of the head basketball coach.

Martell said it's a tough issue because he understands both the desire to still have Castleton green merchandise and the desire to focus on the togetherness aspect of the VTSU merger.

"When it comes to the complete switch of the brand, I think they are damned if they do and damned if they don't," Martell concluded.

Michele:

"Louis Garneau... has a great cohort of people down there, and we used to ride with all the Canadians down there. You meet amazing, wonderful people, no matter where you travel, but when you're bicycling, people just seem to be really friendly," said Stanley.

Stanley recalls when she went to Colorado in 2011, she was able to meet many riders from the Tour de France, like Cadel Evans, an Australian Cyclist who won the Tour that year.

"They're in a parking lot with all their buses and everything you see on TV. You can walk right up to them. We talked to Levi Leipheimer's doctor about what kind of foods they feed him, and the nutrition supplements they give him. It was just so interesting," she said.

Stanley attributes her activities away from the desk, to allowing her to put her all into her job on campus.

"I'm passionate about being healthy, I'm passionate about my travel. Making time for your students, but also yourself outside of work, having a life away from the desk. You have to, it's a high-energy job," said Stanley.

Balancing the demands of her role and maintaining her personal well-being is a notable factor that Stanley emphasizes in her life, allowing her to be more readily available to help students.

"I think that students appreciate Michele because she is almost always available and she always has the answers," said

A look at VTSU administrative salaries

Above is a portion of a chart listing administrative salaries in the chancellor's office, designed by science professor Helen Mango. In an email, VTSU Chancellor Beth Mauch responded to the data.

"I appreciate having this organizational chart as a reference and for transparency across the System. Following the changes and reductions during Administrative Optimization, which took place before I arrived, we are a lean and focused organization. We are very strong stewards of our limited financial resources ensuring that each position has a critical role in supporting our organization to support our students. This is important as we stabilize and grow in the years to come," said Mauch.

# Green:

She met one of her best friends at Dartmouth who was also from Florida. She also started waiting tables again at a restaurant called TipTop Cafe in White River Junction, now called Time. She worked there during her second year while she was writing her thesis.

"I needed to, ya know, live," she said.

Green's dog Lola came with her from Florida to New Hampshire, but this loyal pup didn't mind one second.

"Lola's a big part of this story," Green said grinning. "Why did Brittney, at 20 years old, go and get this big giant dog from the Orlando pound? I still can't tell ya for sure why that happened. I just had to take her right then and there."

From New Hampshire, they took off across the country to Los Angeles, as Green had been accepted into UCLA's Ph.D. program for Cinema and Media Studies. In L.A., Green settled in a very small, 225-square-foot, bachelor efficiency apartment, which she said was about the size of her office. Equipped with a bathroom, a sink, a microwave and a mini fridge, Green started a new chapter of her life on Hollywood Boulevard.

Starting in a new place, across the country again in such a famous place was completely different and strange to Green.

"Holy cow was I scared of starting my Ph.D. at UCLA and I felt imposter syndrome from the moment I started," Green said.

It was at UCLA that Green met her best friend who would later also become her husband. He would help her through her Ph.D. journey, being there to support her through some of her toughest times.

"It's such a cliché to be like, we were friends and then we weren't, but it was like that and I didn't even think that was possible," Brandon said.

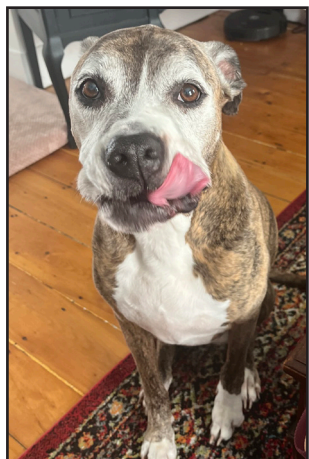
The two had been friends for a couple of years before their relationship developed into something more.

UCLA was a huge step for Green, one that would make her question whether or not what she was doing was what she wanted to do. She enjoyed what she was learning about, as since she studied film, that meant she got to watch all different kinds of TV shows.

"I think I'm the only person in my family that reads, if it's not the bible," she said.

But growing up, Green didn't have any books in the house, so her way of entertainment, was TV.

She was shocked to learn that there was another way to "do" TV other than making it,



COURTESY PHOTO  
Britney Green's dog Lola has been with her throughout her travels.

starring in it, or watching it.

"Gilmore Girls" is one of the most impactful shows in her life. Watching the show as a young girl, she wanted to be like some of the characters she was watching on the screen.

"I knew I wanted to go to school like Rory, but I wanted to BE like Lorelai. I wanted to be this person, that like could talk to anyone," said Green

When COVID hit, the duo along with Lola, would move down to Florida to live with Green's parents.

But after months, Green decided she needed to move on. She was still supposed to be

working on her dissertation on gender and disability in media and television, but she instead started to look for jobs, eventually finding the open McNair director position at VTSU Castleton in 2022. She had applied for other jobs, but this was the job she wanted the most, and after getting the position, she, Brandon, and Lola took off once again to sweet old Vermont where they have been the past three years.

Being the director of McNair was everything Green had wanted. She is a mentor to young students, just like she was once.

"It was so hard when I loved what I did at work every day and then I had to come home and do this thing that I wasn't very good at," Green said talking about her dissertation.

"She comes home and she's crying, where she's just really sad or emotionally exhausted and she has that 1,000-mile stare," Brandon said.

Green said she feels that she's not a natural student in the way that she feels she's a natural mentor. However, that didn't deter her from finishing her dissertation and graduating as Dr. Green the summer of 2024.

"There were so many moments, so many moments, that I actually thought I was gonna drop out," she said.

As the director of McNair, her goal is to teach her scholars what graduate school is, how to apply, and eventually graduate with a graduate degree. Holding the doctor title herself gives inspiration to some of the students that she mentors.

"If she can do it, why not us," said McNair scholar Deacon Watson when referring to Green achieving doctor status.

While it was a difficult task for the director, her perseverance and determination to see it through got her there.

Her role as the McNair director has been an important one. Many of the scholars see Green as a motherly figure. Green herself calls the McNair scholars her "kids."

"Brit made me like chicken noodle soup when I was sick like a couple weeks ago," said student Sharon Asolmia Aganah.

Others talked about how likable and fun and animated she is.

"That woman has no control over her facial expressions," said another scholar, Rory Rivers-Rozell.

Green seems to be the person you can go to whenever you're in need, which can also be her downfall, as she will sometimes overbook meetings, try to do too many things at once.

"I think it's no secret that

Brit struggles with deadlines," said coworker Deborah "Debbie" Warnock, assistant director for McNair. Warnock, however, was hired to help Green with those issues, working in tandem together, and often complimenting each other's personalities.

"She is a raging extrovert," Warnock said.

The constant in and out of the people in the office makes it hard for Warnock to focus, but the two are slowly, but surely figuring out the best working style for each of them.

Back at home, Green turned the TV off and gave Lola a pet before going to bed to get ready for her next day at the McNair office. She's now experiencing the peace of not having a dissertation to write into the long hours of the night. Instead, she has more free time to cuddle with Lola.

Green has always helped those in need, from taking care of her mom whenever she would get ill to helping scholars get food during the summer. Those who know her say she is an amazing example of how perseverance and support can help one succeed in life.

"That's my favorite part. That I just didn't quit," she said.

# Sustainability:

"People buy so many gifts, and this time of year especially, it's like the height of capitalism. I think it's great to incorporate sustainable gifts into the holidays," Smith added.

The Campus Sustainability Team, which includes faculty, students, and staff, is dedicated to cultivating a more sustainable campus and world.

"Anyone on campus can be involved if they're interested in sustainability," said Vermilyea.

The event aimed to offer an alternative to the typical consumer-driven holiday season, showing that it's possible to make thoughtful gifts without relying on mass-produced items.

The DIY card, wreath, and gift-making event was just one of the many ways the Campus Sustainability Team hopes to inspire students and staff to embrace sustainability. By encouraging the campus community to rethink waste and consumption, the team is promoting a more sustainable lifestyle year-round, Vermilyea

said.

The team meets every Thursday at 12:30 in the Geology lab and is planning to send out an email at the beginning of next semester for those interested.

With the holidays just beginning, the team hopes that their efforts will spark a shift in how people approach gift-giving and consumption, encouraging everyone to find creative ways to reuse and repurpose.



EMILY ELY  
Sustainability Team members Charlotte Gerstein, Mary Droege, and Andy Vermilyea pose at the Sustainable Christmas event.

# Rabies is a disease you don't want to get



A glimpse at rabies under the microscope.

By Gavin Bradley  
Castleton Spartan

I have written many times in my work that the goal of my writing is to inform you on information surrounding species' health. The goal of my writing is NOT to make

you scared or stressed about a certain situation or problem.

However, I do believe that sharing valuable information surrounding species health is extremely important.

The Green Mountain state is currently experiencing a serious health risk when it comes

to human and other species' health. The problem I am talking about is rabies, which researchers have found that the number of wildlife specimens (57) testing positive for the deadly viral brain disease has unfortunately increased steadily since 2020, according to a recent WCAX report.

The news outlet also states that the state of Vermont has administered 300,000 Rabies vaccines this year alone. This is in order to protect your pet and yourself. Fortunately, there has never been a human case of Rabies in Vermont. However, that certainly does not mean you can't be affected.

Rabies is a very serious health problem facing the United States. It is a zoonotic

disease, which means it can be transferred across different species. Rabies is transferred across different species through the saliva of infected species.

Zoonotic diseases are often caused by harmful germs that can be transferred from different animal hosts. Depending on the zoonotic disease, these illnesses can range in severity, from mild to serious and even death. When an animal has rabies, it is only a matter of time before they succumb to the disease if not treated.

Zoonotic diseases are very common in the United States and around the world. Many scientists estimate that more than 6 out of every 10 known infectious diseases in humans

can be spread from different species. Scientists also predict that a staggering three out of every four new or emerging infectious diseases affecting humans first present itself with a different species as a host, according to the CDC.

For rabies to pass from an infected animal to a human, the virus needs to be transferred from the saliva. This can happen in several ways, including bites, scratches, or if any wounds/scratches or eyes are exposed to the infected animal's saliva. Even though this viral infection is scary, there are some precautions that you can take to keep you and your pets safe.

If you see a nocturnal animal like a raccoon, skunk, bat,

possum during the daytime do not approach it. It is better to be safe than sorry. Even if an animal may seem normal, it is better to keep yourself safe. However, there are some key signs that an animal does have rabies, including, foaming at the mouth, odd behavior, and dirty and ruffled hair.

If you or your pet are bitten or scratched by a questionable animal, DO NOT wait to seek medical or veterinary assistance. If left untreated, rabies has a 100% fatality percentage. Finally, it would be very wise to vaccinate your pets, if they have not been vaccinated for rabies yet.



# The NFL’s young QB dilemma

By Wyatt Jackson  
Castleton Spartan

The NFL has become a very quarterback-dominant league, where quarterbacks get a ton of credit when their team wins and most of the blame when they lose.

Around the league we’ve witnessed countless teams bench their highly touted young quarterbacks the moment things aren’t going well. Bryce Young and Anthony Richardson are the more recent examples, but this issue has gone on for quite a while now. And it’s posed the question as to whether or not the league has a quarterback development issue.

Obviously, there are a lot of factors that go into why playing quarterback in the NFL is hard, including a lack of continuity. Changes to the coaching staff happen every year whether a team is very good or very bad and that can make it difficult for young quarterbacks to adapt when there’s a new philosophy year in and year out.

NFL teams also rush rookie quarterbacks to start, which can stunt their growth as a player because some players need time to grow. Lastly the NFL is just a much faster game than college, which forces players to be a lot quicker in their decision making.

Players like Kenny Pickett, Trey Lance, Justin Fields, Zach Wilson and others have all been benched, and it doesn’t feel like this issue is going away anytime soon. But we’ve also seen a surge of quarterbacks who were written off as young players, being picked up by other organizations and thriving with the talent teams saw before they were drafted. Players like Baker Mayfield, Sam Darnold, and Geno Smith were all high draft picks but didn’t produce in the early parts of their career. They have now found success elsewhere without the pressure of having to live up to expectations.

But maybe this issue is happening throughout every level of football, and it’s only magnified once these quarterbacks get to the NFL.

In today’s era at all levels, quarterbacks play in pass heavy offenses where they’re asked to play in the shotgun and throw the ball a ton. What you don’t see, even at the youth levels, is quarterbacks playing under center utilizing play-action or using personnel with two running backs and a tight end.

Everybody uses a spread offense with four to five wideouts and maybe one back with the mindset of passing. And maybe that strategy works from youth football to college because of the talent gap. But once you get into the pros, everybody is a good player so you must have nuance in your offensive playbook to keep defenders honest. It’s hard to win when you ask your quarterbacks to go through their progressions and make the right reads when half of these guys have never experienced what it’s like to play within an offense that doesn’t ask you to sit in the shotgun and throw the ball every down.

So maybe the development of quarterbacks isn’t solely on the NFL but rather the culture shift of the game at all levels.

Another overlooked factor of why young quarterbacks are being benched so much is because the pressure ownership puts on head coaches to win in the NFL. Coaches decide to bench young quarterbacks who are struggling in large part because they feel veteran quarterbacks give their team a better chance to win. And that’s probably true, but the coaches only do that because they feel the pressure from ownership to win games. And if they don’t win they can potentially lose their job.

So, I think it goes a little bit deeper than the development part but rather coaches are afraid of losing their jobs if they’re not able to win games right now.

Which poses the question to NFL ownership of whether the development of a young quarterback is or isn’t more important than immediate team success.

# Get to know women’s hockey’s Ellie Schliebner

By Annika Nelson  
Castleton Spartan

Ellie Schliebner’s bedroom is cozy, with soft, warm lighting that gives a soft glow to the room.

The central structure in the room is a king-size bed with a puffy pink comforter that takes almost a cloud-like shape. Pillows lean comfortably against the headboard in odd sizes, some with plain white covers and others with a floral print, inviting you to sink into them.

A thin, transparent curtain on the side of the two windows lets sunbeams in, and with that, the room feels even warmer.

A few other small touches—the vase of fresh flowers, scented candle, and framed photos—make this bedroom personal.

Comfort, relaxation, and delicate elegance are words that define the atmosphere of this place.

Ellie. Ellen. Trudy. Pinky. Schliebs.

All of these are names that the junior at VTSU Castleton from Ottawa, Ontario, Canada goes by, and she is also a member of the VTSU Castleton women’s ice hockey team.

**Growing up**

Growing up, Schliebener was destined to play hockey.

Her father Andy played in the NHL for the Vancouver Canucks and instilled his passion and drive into her.

And growing up in Canada especially, hockey wasn’t just a sport for Schliebener.

It was a way of life.

The hockey culture runs thick in Ottawa, and for Schliebener, cold, snowy winters were an invitation to lace up her skates and get on the ice. From backyard rinks to local arenas, her childhood was a mixture of early mornings, late nights, and endless hours of practice culminating with the thrill of a game won.

Off the ice, much like her room, she’s laid-back and down-to-earth, with a little bit of attitude and a wicked sense of humor.

Once she’s on the ice, however, it becomes pretty evident that she’s a serious athlete who will give her sport nothing

less than all she has.

**August**

After just moving in into the apartment in August, Schliebener was dying to showcase her cooking skills to her roommates. One evening, she resolved to cook dinner for the whole house, promising them a “gourmet experience.”

Her friends were pretty thrilled, because Schliebener would always brag about her being good in the kitchen, but they had never seen her work magic live.

When they arrived, Schliebener greeted them in her pink apron.

“I’m making spaghetti tonight,” she said. “It’s going to be incredible.”

Her friends sat down, side-eyeing each other. They knew Ellie had a habit of trying to make recipes that were probably out of her skill level.

But this time seemed different. The smell of ground beef sizzling on the stove had them hopeful.

That was, until Schliebener entered the living room with this huge bowl of what she referred to as “my signature dish.”

Well, it was spaghetti. But with a little twist.

Schliebener had taken the whole packet of noodles, cooked them, then braided them into some type of pasta crown. There it was, a whole bowl of gluten-free spaghetti twisted into what looked like an unappealing version of a princess’s crown.

“Voila!” said Schliebener.

The room was silent as everyone tried to figure out a polite way to eat braided spaghetti.

Mikayla Brightman, one of Schliebener’s roommates, carefully took a small forkful and realized that Schliebener had forgotten to drain the noodles of their water, so they were soggy.

Really soggy.

“Trudy, it’s. Unique,” Nora Pollestad said.

Schliebener beamed, clueless.

“I know, right? It’s a new trend I saw on TikTok”, she said.

After a few “creative” adjustments involving a lot of napkins, everyone decided they’d never seen pasta quite like that. They also decided



CASTLETONSPORTS

Ellie Schliebener in her natural enviornment at Spartan Arena.

to stick to takeout orders the next time Schliebener was having dinner.

**November**

Loud footsteps and the sound of perfume bottles falling indicate Schliebener is home and awake.

On her dresser lays an array of different perfumes and lotions.

Anyone who knows Schliebener knows that she always smells pretty good.

She takes pride in it.

Because of all the different scents and sprays she uses, her bedroom floor tends to get quite slippery. While it may be an inconvenience for Schliebener, it provides a lot of laughs for her friends, and eventually herself once she gets over her initial embarrassment.

“A few days ago, I was running late for class, and I had to run back into my room to grab my water bottle, but I ended up slipping

and knocking over all my perfumes and makeup,” Schliebener said.

She described her fall as cartoonish.

“I felt like I slipped on a banana peel in slow motion,” she said.

After her fall, she said she was “looking for the cameras.”

**Looking forward**

Schliebener is a marketing and management major, and when asked about what she wants to do after college, she jokingly said “Be rich,” with a grin.

She says that she isn’t completely sure what she wants to do with her degree yet.

Schliebener is excited to continue her junior season of playing hockey and is excited with the team this year.

“I think we have a really special group, and everyone is really committed and excited about this year,” she said.

# Men’s hockey finding their footing

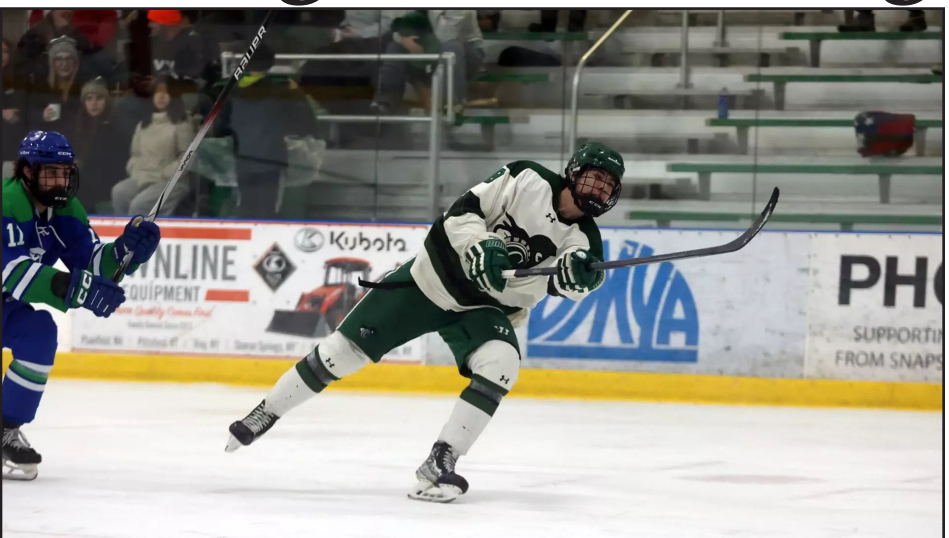
By Lauren Fotter  
Castleton Spartan

The Vermont State University Castleton men’s hockey team earned its first win of the season, defeating MCLA 3-1 in the opening round of the 2024 Terry Moran Invitational Tournament. Castleton got off to a strong start with Chance Heaphy scoring his first career goal less than two minutes into the game. The Spartans’ penalty kill was impressive, successfully defending all three of MCLA’s power-play opportunities. Despite a strong performance from MCLA’s goalie, Matthew Gover, who made 44 saves, MCLA managed to tie the game 1-1 in the first period with a goal from Cody White. In the second period, Castleton dominated offensively, outshooting MCLA 47-27. In the third period, Zach Papapetros scored to give Castleton a 2-1 lead, and although Heaphy was denied on a breakaway, the Spartans sealed the win with a power-play goal. Heaphy and Cam Reid assisted Avvi Tanasiyenko, who scored his first goal of the season to make it 3-1. This game put them into the final of this tournament to hopefully win the 2024 Terry Moran invitational title.

Luke Chakrabarti scored the game-winning goal in overtime to lead the Vermont State University Castleton men’s hockey team to a 7-6 victory over King’s College, securing the 2024 Terry Moran Invitational title. Chakrabarti was named tournament MVP, recording three goals and three assists. Josh Ward, with 45 saves across two games, was named goalie of the tournament. Josh stated, “Winning the tournament was

a big step in the right direction for our team. Being able to do that for Terry was all we wanted, and we must carry that into the coming weeks”. Zach Papapetros made the all-tournament team with a goal, an assist, and a +4 rating. The game was a back-and-forth battle, starting with King’s taking a 2-0 lead early in the first period. Castleton responded with Chakrabarti scoring to make it 2-1. The Spartans tied it in the second period with a goal from Josef Vyvial and then took their first lead on Andrew Stefura’s goal, assisted by Chakrabarti. Kings answered with a goal to make it 3-3, but Castleton regained the lead with a power-play goal from Emmett McHardy and a goal by Chakrabarti. King’s came back with two quick goals in the third to tie it at 5-5. Castleton went back ahead 6-5 on a goal from Stone Stelzl, but King’s answered with a power-play goal to send the game into overtime. In OT, Chakrabarti completed his hat trick by scoring the game-winner off a rebound from Stefura’s shot, securing Castleton’s victory.

The Vermont State University Castleton men’s ice hockey team lost to Saint Michael’s 2-1 in a Tuesday night game. Saint Michael’s improved to 8-3-0, while Castleton fell to 2-8-1. The game was scoreless in the first period, with Castleton’s Charles Watson making 12 saves in his collegiate debut. Saint Michael’s goaltender recorded a season-high 46 saves to secure the win. In the second period, Saint Michael’s took a 1-0 lead and Castleton responded with Chance Heaphy’s second goal of the season, assisted by Cam Reid and Aiden Robson, to tie the



CASTLETONSPORTS

Freshman standout Emmett McHardy, ripping the puck on net against Salve Regina.

game at 1-1. However, Saint Michael’s quickly scored a second goal to put them back in front, 2-1. Despite outshooting Saint Michael’s 47-28 and winning 38 faceoffs, Castleton couldn’t find the equalizer, and Saint Michael’s held on for the win, ending Castleton’s win streak.

On December 6th the Vermont State University team hosted Salve Regina in their 14th Annual teddy bear toss, with all bears going to the Rutland County Parent-Child Center. The game started with strong goaltending from both teams, as Josh Ward made 10 of his 17 saves in the first period and Cayden Bailey stopped 30 shots for Salve Regina. Salve Regina broke the deadlock early in the second period with a goal, they extended their lead with a powerplay goal and another goal in the third period to make it 3-0. Castleton fought back in the third period, outshooting Salve Regina 15-3 and getting three powerplay chances. With less than three minutes left, Andrew Stefura scored off a rebound from Luke Chakrabarti’s shot to make it 3-1. The Spartans quickly responded as Logan Dapprich scored his first career goal from long range, assisted by Zach Trempner and Chakrabarti, to bring the game within one at 3-2 with 1:41 remaining. Despite the late rally, Castleton couldn’t find the equalizer, and Salve Regina held on for the win. The teams will meet again for game two of the series, with Castleton also celebrating the 20th anniversary of Spartan Arena.

The Vermont State University Castleton men’s hockey team won their first New England Hockey Conference game of the season, beating Salve Regina University 5-3. Freshman Emmett McHardy had a standout game, scoring a hat trick, while Trevor Castino and Luke Chakrabarti also scored for Castleton. Junior goalie Josh Ward played a crucial role, making 41 saves for the win. The Spartans

were strong on the penalty kill, stopping all four of Salve Regina’s power play chances, with team captain Justin Stairs leading the effort. Stairs also assisted McHardy on his first goal, which came shorthanded.

“I think overall we were really happy with how we played. We got off to a great start early and it’s a great feeling to get that first conference win going into break,” Justin Stairs stated.

Salve Regina tied the game 1-1 in the first period, but Castleton dominated the second period, with McHardy scoring twice and Castino adding his first career goal to give the Spartans a 4-1 lead. In the third period, Salve Regina tried to rally but could not overcome Ward’s strong goaltending. After Salve Regina scored once more, an empty-net goal by Chakrabarti sealed the win for Castleton. The Spartans improve to 3-9-1 and will return to play in January against Babson College.



# Men’s and women’s hoops look forward to second half

By Stone Stelzl  
Castleton Spartan

The Castleton men’s basketball team looks to get on the right track before heading into break against Anna Maria College on the road. “The beginning of the season has brought some unforeseen challenges, but our guys have continued to battle through adversity,” said assistant coach, Joe Russell. The Spartans have seemingly been snake bitten on the road so far as the team sits with on 0-5 record on the road and a 1-7 overall record. Despite the results not falling in the Spartans favor so far

this season, the team believes that the second half of the season can be a much different outcome. “Through study hall sessions, practices, and games, the guys are growing together and becoming more familiar with each other’s play styles. We’re excited for the second half of our season, as we’ll be getting into conference play as well as gaining two additional players who will be great additions to the team,” Russell said. When the Spartans return to play in the new year, they kick it off against Fitchburg State then are right into the bulk of their conference play rattling

off nine conference games in a row. On the other hand, the women’s basketball team has been on a roller coaster of a season so far as they sit with a 3-1 record at home but a 3-6 record overall. Similar to the men, when the women come back, they will be jumping right into conference play after two out of conference games against Rensselaer Polytechnic Institute and Clarkson. “The season has been good so far. We’ve had a lot of games already and are excited to get back to it after break. We’re working really hard to be a contender in the LEC and

are pushing each other to get better,” said Emily Trepanier. The team currently has three players who have been leading the way all averaging double digit points. One of those is first-year Emily Dingmon, who is currently averaging a double-double with points and rebounds. Although the Spartans have had some ups and downs, the team is fairly young and does not have any seniors, which is a bright spot looking ahead but it also allows for the team to continue to build chemistry on the court for not only this year but next year as well.



CASTLETONSPORTS  
Emily Dingmon dribbles towards the hoop.

# Hard work, discipline and Legacy

By Wyatt Jackson  
Castleton Spartan

The VTSU Castleton wrestling team has been one of the most prominent teams on campus in recent memory. The Spartans have a deep roster with skilled athletes across all weight classes and they’re led by Coach Scott Legacy. This team is led by an experienced coach who fosters a culture of hard work, discipline, and mental toughness. Legacy has built a culture that emphasizes teamwork and strong leadership from both players and coaches. “Everybody is brought into the culture and we all understand what it takes to be a nationally ranked team,” Legacy said. “The other thing is we believe in our philosophy of you’re only as good as the guy above you and beneath you. It’s not easy to get athletes to buy into, but it’s a fact and if you can get everyone to buy into that mindset that is when you can have success.” The Spartans also have a well-rounded coaching staff that brings different levels of knowledge to certain aspects of the sport. Having that variety on the coaching staff enhances the wrestling experience ensuring athletes receive a quality amount of knowledge while balancing that out with a quality amount of support. The Spartans added graduate assistant Ryan Foutz onto the staff. Foutz, a Roanoke, Virginia native comes from Roanoke College. He always had aspirations of becoming a wrestling coach and felt Castleton’s winning culture was something he wanted to be a part of. “I’ve always loved wrestling and had success of my own in my wrestling career but in college I didn’t achieve all the goals I wanted to, so it motivated me to get into coaching to help others achieve their goals and fulfill their ability,” Foutz said. It’s been tough for Foutz as he adjusts from being an athlete to his coaching role. Foutz is learning how to focus on the development and growth of others because he’s so familiar with focusing on himself. This transition demands a lot of adjusting fir the new coach because he not only has to also navigate the investment in others but also the team dynamics. “It’s a different culture from



CASTLETON SPORTS  
Coach Scott Legacy celebrates his 100th win last December, top. Tylik Epps pins his opponent at the start of his 4-0 day at Penn College, bottom left. Drew Marchese helps secure first place at Penn College, bottom right.

what I’ve been used to because everybody here loves being around each other,” Foutz said. “Because the environment is so welcoming, everyone wants to be a part of the team and they all treat each other equally which is awesome.” The Spartans have garnered national recognition with their recent success at the Penn College Invitational and a sweep of the Stevens Tech Quad. Legacy is pleased with the program’s success and believes it’s made an impact on

both the school and the belief in what the team thinks they can achieve in the long-term. “I believe the team sees our recent success as representing Castleton in a special way and they’re very proud of that. The team as a whole appreciates the fact that we’re being recognized at the national level because it’s showing that all the work we’re put in is paying off,” Legacy said. Leadership always plays a crucial role in the success of a team as it shapes both

the culture and performance of the team. Legacy and the team understand it’s about creating an environment of accountability, motivation and support that drives the collective success each of them desire to have. But Legacy’s expectations for the leaders and veteran wrestlers goes further than their impact on the mat. “I expect our leaders off the mat to lead like they’re good students, be good community people, and always strive

to become a better person. I believe all of that leads you to doing good things on the mat,” Legacy said. “I think that too many times people look at what you have to do athletically and we kind of reverse it.” The Spartans have set a standard of excellence in Division 3 college wrestling. Their continuous relevance in the national spotlight has given the program a confidence that makes them believe that they’re national

title contenders. And rightfully so. Legacy has witnessed the growth of the team each season and he believes they have what it takes to bring home the championship. “We believe we can bring home the NCAA trophy and it’s not just what we want, but what we believe,” Legacy said. “Winning the championship would motivate us to strive for more and help us take another step into becoming better than what we already are.”

# Women’s hockey looking to bounce back



CASTLETONSPORTS  
Taylor Adams stickhandling with the puck on her way to scoring one of her hat trick goals against Worester State.

By Jackson Edwards  
Castleton Spartan

The women’s hockey team is heading into the break this week, but before they do, let’s recap the last few contests. They hit the road for Boston at the end of the month, where they faced conference opponent the Beacons. In their game Friday, that top line of junior forwards for the girls of Moa Carlsson, Meg Aiken, and Ellie Schliebener found their touch early in this one. Late in the first, Umass Boston was able to find an answer and bring the game back to even. The second period started with a goal from Tori Griffin, 20 seconds into the period unassisted. After the quick start, both teams took a couple of penalties and the special teams had to battle it out. Again towards the end of the period, Umass Boston was able to keep the game alive. The third period proved to be a complete defensive battle as the game stayed even. However, with just under a minute left

in regulation, a Umass player made a spectacular rush dancing by two Castleton defenders and scoring on Freshman netminder Gianna McCusker. Despite the loss, McCusker made 28 saves and showed to be capable of taking some of the workload off of starting goalie for the Spartans, Victoria Bakopanos. The second match-up took place the following day, in which the Spartans had a strong start, outshooting UMass 10-3 in the first period. The second period began to get a little chippy, and we saw both sides taking time to sit down in the penalty box. Unfortunately for Spartan fans, assistant captain Meg Aiken took a big hit into the boards head-first in the second period and had to be stretchered off the ice. She would be ok, but a big loss up front for the Spartans. UMass would go on to score late in the second, and again early in the third, and freshman forward Carris Errickson would have the only answer which would

not be enough to earn important conference points. Next on the agenda for the women was number 3 ranked Middlebury. This matchup is one that is year in and year out difficult. However, the Spartans usually embrace the challenge. Again on the road, Bakopanos started between the pipes for the Spartans. Bakopanos made 56 saves in this matchup and gave up 5 goals against, maintaining a .918 save percentage. Despite her stellar performance in the net, the Spartans fell 5-0 as they could not generate very much of their own offense. Playing in the NESCAC conference again, the women then traveled to take on Williams. Bakopanos had the net again for this one, which is her seventh start this year and perhaps her biggest to date in a spartan jersey. Again, they were held scoreless in this one and eventually fell 4-0. But, Bakopanos did everything in her power to keep it even, making 63 saves to break a

program record for most stops in a single game. Bakopanos had now made 119 saves in her last two starts. She goes into the break with a 2.75 GAA and a .923 save percentage, a very strong campaign so far for her. Lastly was Worcester State, which was a matchup they needed to take over in. And so they did. Junior Defenseman Rainey Lay started off the scoring and from there the offense took off. Ellie Schliebener set up Moa Carlsson for the second of the game, who the team looks to for scoring. Sophomore Taylor Adams recorded her first career hat trick in this one, starting with a snipe on the power play. Rachel McNeil got in on the action, and tucked home a power play goal as well. And finally, we saw this offence explode a little in this one. Which we will hope to see more of in the new year. The girls will be back in action early January at home for their annual tournament, so make sure to keep an eye out.