



Defenders Digest

October 2025

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Welcome Back!



PD: Linus watches a leaf fall from a tree and says, "Well, did you have a nice Summer?"

Friends

By Ella Rose and Macy Campbell

Editor's note:

Students of VSDB often say they love being here because of the friends they make. The friendships often go far beyond their time at school and will be lifelong. Ella and Macy are at the beginning of their time together but I have no doubt it will continue far beyond the walls of our school. Here's what they want you to know about the other:



PD: Ella is wearing a peach sweater standing close to her friend Macy who is wearing a black long-sleeve shirt with 'VSDB' in Braille.

Ella's Words

Macy is an awesome friend. She helps people. Macy's favorite spot in the pool is sitting in the pool. Going back to the dorm after school to read and listen to music are Macy's favorite things to do with her free time. She really likes Taylor Swift. Macy's favorite restaurant is a Mexican restaurant. Macy's favorite vacation spot is to the beach, one day she will go to Africa to see the animals there and learn about them. Macy's favorite book series is Little House on the Prairie. Macy's favorite sport is goalball. Macy's favorite nail polish color is purple. Thank you for taking time out of your busy schedules to read the Defenders Digest.

Macy's Words

Ella is a helpful person. She is a kind person and looks out for her friends. She lets her friends know that it is ok if they are upset. Ella has a sweet personality. She makes everyone smile.

Here are some neat things about Elle. Her favorite food is cucumbers and her favorite color is light purple. In her free time she likes to hang out with family. She would like to go to France for a vacation. She loves to go swimming. Her favorite store is Old Navy, her favorite animal is a dog. Ella would like to take American Sign Language so she can talk to Deaf students and make new friends.

She says, "My favorite part about VSDB is being able to have friends and I make new friends and also have opportunities to try new work experiences. VSDB is a school that helps out with the Deaf and Blind, and you learn independence as you get closer to graduating. VSDB prepares you for the real world after you graduate."

Name the Famous Friends



Answers on the last page

For the Blind/VI, picture descriptions are below

PD 1: a young man with shaggy hair and his brown dog are hugging each other looking scared like they've just seen a ghost and may need some snacks.

PD 2: two sea creatures: one a pink starfish shape and a yellow square shape are hugging each other with blissful faces. They've been friends for more than 20 years

PD 3: Two mice: one tall and skinny with a red nose and the other with an unusually large head look like they are hatching a plan to take over the world

PD 4: A bald headed man with a bulbous nose is smiling into the camera while his tan dog with brown ears and a black nose looks suspiciously at him with an eyebrow raised. They are British and like to eat Wensleydale cheese. They think the moon is made of cheese.



Get Ready! Fally Foliage Peak is predicted from Mid to End October

PD: A road with trees on either side in bright gold, yellow, orange and red



Be Like Yurem (←This is Yurem)

By Kristi Penland

Yurem has many favorite things. From school to colors to music, he is a person with lots of variety.

Yurem's favorite color is yellow. It is like the sun, and the sun is bright and warm like the sunshine shining on the ground. When it is raining and when the sun comes up, there's a rainbow popping up, and it makes the rain look beautiful with the sunshine it looks down on. The sun can make everything look beautiful and dazzling. It's like taking the bad and making it glad.

Yurem likes caterpillars. He will tell you they eat the leaves with their little mouths. They are so cute and small, like delicate little things that turn into a beautiful, delightful thing.

He likes music class. He wants to do more learning of piano and music to impress people and make himself happy as well. He's just so good at piano, it just takes you away into a whole new place, and you get into it so much you can't think, and watch around your surroundings. It's so good you should hear him for yourself. You will know when you step into the room, you will hear the amazing music that Yurem is playing.

In our concerts, he loves to play because he is a beautiful, magnificent pianist. When he plays, he will wipe you out with his gentle tune of calm music. It is hard to play at such a young age, especially at 13 years old. He will show what he is worth and he will never let someone put him down for what he likes and what makes him happy.

Thank you for staying to hear his story. All of you stay strong like Yurem and open up to new things. Don't let people put you down about what you like. Yurem just keeps doing what makes him enjoy life a little more and we all should be more like him.

PD: A person has cleaned up all of the leaves that have fallen to the ground. They say, "Finished at last!". The tree has eyes, a nose, and a mouth and is watching the clean-up. The next picture shows the tree smiling mischievously as it drops even more leaves to the ground.



Just when you think you're done, you're not.
Good thing Autumn is beautiful! Happy raking!
And don't forget the joy of jumping in them...but not with a
lollipop :)

Get Ready! It's Coming!

By Macy Campbell

The weather is changing. Some days it's really hot and other days it is very cold here in the mountains. So be prepared to pack a variety of clothing because the weather always changes.

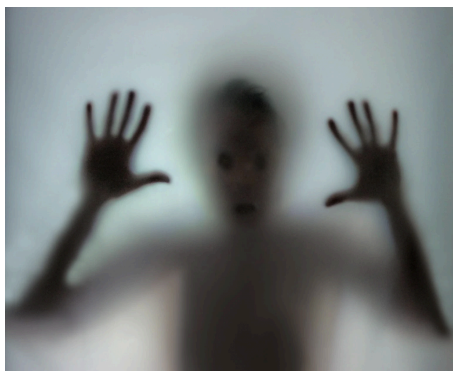
For the days it's warm, it's good to wear shorts and a short-sleeved shirt. So pack shorts and short-sleeve shirts. Now, if it is cold outside, then you need to wear long pants and long-sleeved shirts and don't forget a jacket. Always make sure that you have a jacket as the Fall rain is very cold.

Remember, it might be warmer at your hometown when you leave on Sunday but the mountains are different. We need to be prepared for anything.



Beautiful but chilly

PD Scene of mountains with Autumn colors



Upcoming School Events

VSDB Sports and Events

Monday	Tuesday	Wednesday	Thursday	Friday
20	21 Girls' Volleyball @ Legacy 530	22	23 Volleyball departs to St. Mary's	24 ESDAA VB Tournament @ St. Mary's
27	28 B-Soccer @ MSB - 330p	29	30 Early Homegoing	31 Parent-Teacher Conferences
3	4	5	6 Goalball @ Governor Morehead	7 Mentor/Mentee Meeting 12:30 - 1:30

Quote of the Quarter

By Eric Miller



“Time flies when you're having fun”

What does this mean? It means you are having fun and then time is up. You are having fun and relaxing and time goes fast. It's a good quote for people who need to talk about time going fast.

Opinion: Which is better Spring or Autumn?

By Ella Rose



When I have to choose between Spring and Autumn, Spring is my favorite time of year. The sun is shining and there's a breeze with blue skies. I like to take walks during spring because it's beautiful outside. Often in the spring, we get a break because of Easter, which is my favorite holiday. It can be religious for some, while others enjoy hunting for Easter eggs. For those who have vision loss, many schools offer a beeping Easter egg hunt. So the next time spring comes along, I hope you'll stop to enjoy the beautiful scenery and the lovely events offered. Which do you prefer? Spring or Autumn?

Dear Micah: Advice Column



Dear Micah,

I'm new to VSDB.
How should I make
friends?

Signed,
Excited for Friends



Dear Excited for Friends,

Well, you should just be yourself, open up to other people and receive help when you need it. I'm new to VSDB but when I came I just acted like myself.

You don't need to act cool to fit in, just be yourself. We're like one big family. Open up to others, you might have a lot in common with those around you. And they could have gone through the same things you went through. Receive help when you need it. You should receive help when you need it because you never know what helpful advice you can receive, so you can use it later in life. In conclusion, be yourself, that's my advice on making friends.



VSDB
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Famous Friends Answers:

Shaggy and Scooby

Spongebob and Patrick

Pinky and the Brain

Wallace and Gromit