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The Charlotte News

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Spear's application gets a continuance, ZA alleges pressure from town officials

Chea Waters Evans

Back before the Zoning Board of Adjustment last Wednesday, Carrie Spear, owner of Spear's Corner Store and on behalf of Court Street Associates, along with project manager Dan Goltzman, presented their application for a conditional use permit to construct an apartment above and add a deli inside her already-existing store. Contention during the meeting and a disagreement about what is allowed under the current permit and whether it's under the ZBA's purview in the first place led to a continuance on the matter.

Vice Chair Stuart Bennett led the meeting after ZBA Chair Frank Tenney recused himself for conflict-of-interest reasons. Tenney attended the meeting with his brother Rick, who owns and operates Tenney's Snack Bar next door to Spear's Store. Tenney had participated in at least half a dozen emails with the rest of the ZBA regarding the application in October before he recused himself at a hearing on Oct. 14.

Goltzman's point of view for permitting was simple: adding a deli to the already-existing retail establishment and improving what was once a shopkeeper's apartment above the store fall within its permitted use. The current plan is for Spear to lease the store and potential apartment above to Sarah Reis, who plans to live above the store, and to utilize the full permitted 5,000 square feet of retail space and add a deli kitchen.

Goltzman and Spear's take on the application is that, due to the historic nature of a portion of the building, the project falls in the realm of adaptive re-use. According to the Vermont Natural Resources Council, "Adaptive re-use provisions, which are included in zoning bylaws, treat historic buildings differently than other properties in a zoning district by allowing them to be used for a broader range of land uses than is otherwise allowed." Goltzman also pointed out that improving the building and creating an upstairs apartment are within allowed uses in the East Village Commercial District.

Throughout the meeting, Bennett asked questions about parking, lot boundaries, potential deli hours, the number of employees, apartment square footage, septic and other matters relating to the interior improvements. Liam Murphy, Spear's attorney with MSK Attorneys in Burlington, asked Bennett, "Why does it matter?" Bennett said that the board was considering treating the matter as conditional use permitting; Murphy's point was that all uses—a duplex and a retail store—were already permitted under mixed use permits and not necessary to be in front of the ZBA at all.

SEE **ZONING** PAGE 5

Shopping with Chea part 2: see ya later, 2020

Chea Waters Evans
NEWS EDITOR

Schoolteachers, your mom, your spouse, your garbage man—even if you never want to leave the house again, these people still all need gifts. Hand lotion for those who have to wash their hands a lot now at work, a bong for people who don't care too much about work, an Icelandic sheep horn planter for someone who already has everything, but I can guarantee you doesn't have that. All of these things and more are available right here in our little town.

Spear's Corner Store

Holiday dinners can be stressful. Is the Beef Wellington rare enough? Are all the perfectly paired wines at the correct temperature? Have my Jell-O shots set in time for dessert? Well, stress no more. Spear's Store now sells the no-vowel-needed treat of the winter: Slrrp! a little plastic barrel of pre-made alcohol-laden gelatin that's \$9.99 for 12.

Speaking of alcohol, there's lots of wine and beer for sale to fit all budgets at Spear's, including a fun Cabernet Sauvignon called Monogamy, which would make a nice accompaniment to a Christmas-gift engagement ring or a You're busted! sarcastic gift for those on the faithless side of faithful.

Spear's has a great selection of items in all price ranges—a box of 12 candy canes is \$2.99, or a ceramic hookah in the shape of a fierce dragon or Geronimo with an eagle flying overhead is \$75. (These are real things and you must go see them.) A nice big aloe plant is \$8.99, or a cute and peppy plant called the ponytail palm is around \$20. It looks like something out of a Dr. Seuss book.

Chop Vermont stone cutting board sets that come with a cheese knife—one has handles!—range from \$35 to \$55 and are made from recycled materials. Spear's has a selection of cheese and Vermont Smoke and Cure meats that would make a nice gift accompaniment.

There are some fun stocking stuffers at the store, too, like Gramp Lyford's Country Salve (although there's a pic of Gramp Lyford on the label and he really looks like he's going to give you a good once-over as you apply said salve), or a three-pack of mini box cutters.

Thanks a million, Edd

In the last issue of each year, we thank all of the talented contributors to *The Charlotte News*. This year, we want to thank one in particular, who has a big anniversary with the paper next year. Edd Merritt has been volunteering for the paper for just about 20 years, starting as managing editor in 2001. He has strong opinions that he's not afraid to share, he has great taste in music, and he writes about high school sports, hockey, his youth, and his family with dedication and enthusiasm. We're lucky to have him and the town is lucky to hear from him every other week. Thanks so much, Edd. See the list of the rest of our contributors on page 2.

Photo by Beth Merritt



Whooooo needs one of these? Handmade in Peru, these gourd owl ornaments at Horsford are adorable.



The striped café clutch at Philo Ridge Farm is a purse for a normal person or a lip balm holder for a hoarder.



Wreaths in two sizes are for sale at Spear's Corner Store.

Photos by Chea Waters Evans

My 14-year-old asked for a box cutter for Christmas. Should I be worried? Spear's also sells ZigZag rolling papers, which he did not ask for, so I guess we're okay for now.

Horsford Gardens and Nursery

I'm dead serious when I tell you that one time, I found an old piece of pizza in my (quite large) handbag. Some people carry the weight of the world on their shoulders; I carry every item in the world in my bag. If you have someone like this in your life who at all times has a golf ball, six packs of gum, a small power drill, and 90 to 1,000 lip balms, the Barebones Gathering bag is so big you could fit all that plus a small car inside. I think it's supposed to be for like garden harvesting or foraging for wood nymphs, but I think it would make a very nice purse.

There's a wide assortment of Christmas ornaments and decorative knick-knacks at the Route 7 nursery in the Garden Shop; some little blue and green trees are \$3 each, and there are cars, birds, a variety of woodland creatures, and other pretty tree decorations starting at around \$5.

The gardener in your life can be checked off the list here. Despite my aversion to nonsensical phonetical spellings, I do see the need for Komfy Knees knee pads for gardeners, that come in cute patterns for \$28. There is also a \$20 natural leaf rake that looks like something I might have flown in on, and a large display of sharp things to cut stuff outside. There are also some clever garden markers made from flattened and stamped vintage silverware.

Philo Ridge Farm

Once I tried to put lots of little bags into my enormous bag, which was fun until I was literally carrying around 10 extra bags and wondered why one person needed that many pens at a moment's notice. The \$60 striped café clutch made from handwoven fibers and lined with linen is a perfect and adorable little pen carrier or purse for a normal person.

If you're feeling a little high end and hyperlocal at the same time, the naturally dyed watercolor scarves made from Philo Ridge Farm wool are beautiful gifts; they cost \$230 each. If you buy too many of the scarves

SEE **SHOPPING** PAGE 4

We won't be gone long

Don't worry if you don't see *The Charlotte News* in your mailbox for a few weeks. We're taking a little break to celebrate the holidays and wave good-bye to the year that nearly did us all in.

We will be back with an email newsletter on Jan. 7. (If you don't get it already, subscribe through the link on our website or send an email to news@thecharlottenews.org.) Our first print issue of 2021, which will be the best year ever, will arrive on Jan. 14.

In the meantime, check our Facebook and Instagram accounts for breaking news or information, and feel free to be in touch.

Thanks, and happy holidays and happy new year to all.



News from *The News*

The Charlotte News has a new ad manager

Chea Waters Evans

Change often comes with a new year. *The Charlotte News* will start 2021 with a new ad manager, Christy Hagios, who has lived in Charlotte for two decades and has family roots that go back much farther. Her grandmother used to work at the post office, and Christy lives in the house in which her father grew up.



Christy Hagios

She's fun to talk to, focused on making sure ads make their maximum impact, and is bursting with creative ideas and is generally a barreling train of enthusiasm as both a person and an ad manager. We're happy and excited to have her as part of the team.

"I'm excited to take on the role of ad manager for *The Charlotte News*," Christy said. "I've lived in Charlotte for 20 years now, and already know so many people that contribute to the paper, and I'm looking forward to meeting so many more. I've always looked forward to receiving *The Charlotte News* every other Thursday, and I can't wait to be a part of it."

We are sorry to see our beloved Elizabeth Langfeldt go, but she's sticking around a little while to ease Christy into her role. She will continue to be a resource to make the transition and our customer service to advertisers as smooth and easy as possible.

Christy can be reached at ads@thecharlottenews.org.

We wish there were a better phrase than thank you

Chea Waters Evans and Anna Cyr

This nonprofit newspaper is filled every week with contributions from Charlotters—most of them volunteers—who write beautifully, who take gorgeous photos, who want to share what's going on in their hearts and in

their town. We are immensely grateful for them and all they do for the paper and hope that they continue to share their talents for years to come.

The following contributors are just from 2020 alone. We are so lucky to have you all.

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technology consulting
Jack Fairweather,
Junior Reporters Club
Mike & Janet
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The Charlotte News

Mission Statement

The mission of *The Charlotte News* is to inform our readers about current events, issues and topics, and to serve as a forum for the free exchange of views of town residents and community volunteer organizations on matters related to Charlotte and the lives of its residents.

Editorial independence

The Board of Directors retains full authority over all editorial and advertising content in *The Charlotte News*. While we are funded by advertising revenue and donor contributions, our news judgments are made in accordance with our mission and independent of all sources of financial support, including support given through our affiliated 501(c)3 organization, The Friends of *The Charlotte News*.

Letters, Commentaries and Obituaries

Consistent with our mission *The Charlotte News* publishes letters to the editor, commentaries and obituaries from our readers. All letters, commentaries and obituaries are subject to review and approval by the news editor of the paper and to the following rules and standards:

- Letters to the editor, commentaries and obituaries should be emailed to news@thecharlottenews.org as attachments in .doc format. All letters, commentaries and obituaries must contain the writer's full name, town of residence and, for editing purposes only, phone number.
- Letters may not exceed 300 words, obituaries 500 words and commentaries 750 words.
- The opinions expressed in commentaries and letters to the editor belong solely to the author and are not to be understood as endorsed by either the Board of Directors or the editorial staff of the paper.
- All published letters and commentaries will include the writer's name and town of residence.
- Before publishing any obituary, we will need proper verification of death.
- All submissions are subject to editing for clarity, factual accuracy, tone, length and consistency with our house publishing style.
- Whenever editing is necessary we will make every effort to publish each submission in its entirety and to preserve the original intent and wording. We will confer with writers before publishing any submitted material that in our judgment requires significant editing before it can be published.
- The news editor makes the final determination whether a letter to the editor, a commentary or an obituary will be published as submitted, returned for rewriting or rejected.

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184 people have already donated. Will you?

Dear Reader,

At *The Charlotte News*, we believe strongly that local reporting is at the heart of a healthy community and an informed public. But we can't do this kind of important work without you. Will you help us meet our year-end fundraising goal today?

The funds we raise this month will set us up for 2021, allowing us to continue filling a vital need—producing a nonprofit newspaper that informs Charlotters about important issues and that holds our leaders accountable.

You probably understand that this type of community newspaper is unusual, but you may not know that we can't do it without your voluntary donation. Yes, *The Charlotte News* comes to every household in town for free, but it costs about \$4,500 per issue to produce. Advertising pays much of the cost, but a growing portion is covered by readers, like you. And that's fine with us, because it holds us accountable to you.

The clock is ticking. We have just two weeks to go in our fundraising campaign.

As of this writing, your donations have qualified us for a NewsMatch grant of \$11,500, and we are also extremely close to reaching another matching grant of \$11,000 from our Board of Directors. Won't you help support our community? Please give today to invest in nonprofit news by the people, for the people. You may make your donation now at friendsofthecharlottenews.org or make out your check to Friends of the Charlotte News, P.O. Box 211, Charlotte, VT 05445.

With gratitude,

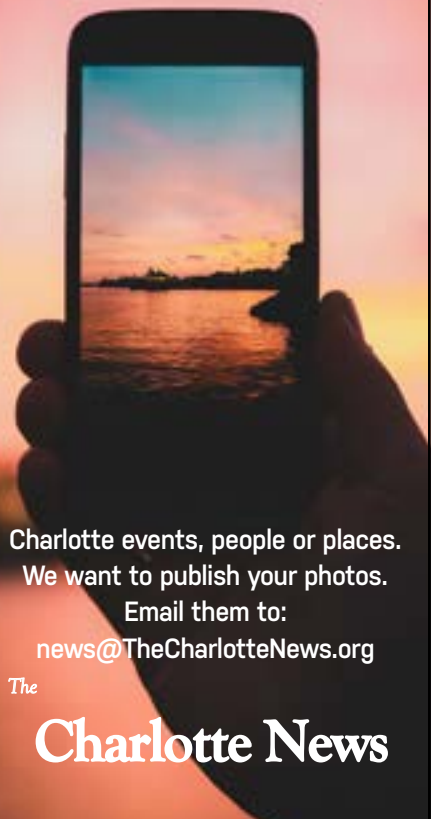
Claudia Marshall

Claudia Marshall, Publisher
The Charlotte News



Claudia Marshall
PUBLISHER

Send us your photos!



Charlotte events, people or places.
We want to publish your photos.
Email them to:
news@TheCharlotteNews.org

The
Charlotte News

Report from the Legislature

Behind the (shocking) numbers



Rep. Mike Yantachka

The Tax Commissioner’s projection of a 9% increase in property taxes last week was predictably a shock, considering the economic climate we are currently in. In fact, it would be shocking even in a good year. So, before we start to panic, it is important to know that this is a preliminary number that the Tax Department has to provide to school districts for planning purposes based on predictions of FY21 revenues made in August. These projections reflect the slowdown in the economy due to the pandemic and are influenced by the uncertainties inherent in these unique circumstances. They are the starting point for discussions and decisions on education

financing in the coming legislative session.

The main drivers of the projected increase are:

- a 9.8% increase in teachers’ health insurance premiums as negotiated for all education staff by the state
- a \$30.3 million increase in the normal cost of teachers’ pensions due to a change in actuarial assumptions
- an \$11.5 million increase in the property tax credit because of reduced personal incomes during the pandemic

In addition, projected non-property tax revenue (sales and use tax, rooms and meals tax, lottery) going into the Education Fund are down \$38 million. In anticipation of this downturn, the

Legislature has already in Act 122 taken a firm stand that property taxpayers should not have to make up the non-property tax shortfall. Alternatively, the budget will be developed using additional federal funds, drawing down the stabilization reserve, borrowing, or finding other sources of revenue. Most states are finding themselves in similar economic constraints, and the hope is that further federal stimulus money will include relief for state budgets.

In a presentation to the Legislature last week, the Joint Fiscal Office stated that a revised, and likely improved, forecast will be available by mid-January. Actual revenues to date have been coming in ahead of the August predictions: General

Fund (+9%), Transportation Fund (+7%), and Education Fund (+13%). This will help reduce the projected tax increase if the trend continues.

The current consensus between the Joint Fiscal Office and the Administration is that education spending will increase by 3.8%. School district spending decisions are made at the local level. The Legislature’s job is to raise the money in the fairest way possible to fund those budgets. That will be done once all the facts are in.

I welcome your emails (myantachka.dfa@gmail.com) or phone calls (802-233-5238). This article and others can be found at my website (MikeYantachka.com).

Letters to the Editor

Hello Charlotte Residents,

The Community Center Committee formed in November to explore the idea and gauge resident interest in a multi-use community center in Charlotte. Made up of a diverse set of residents, including Selectboard members and Planning Commission members, the committee is surveying residents, evaluating options, and identifying needs that may be met with a multi-use facility. Committee members are volunteering their time and experience in a range of knowledge, skills and abilities including executive leadership, project management, construction, architecture, communications and fundraising. If the committee finds sufficient interest in the project, the hope is to have an informational presentation ready for Town Meeting to garner town-wide support to continue its work into the next year.

The survey is estimated to take approximately 10 minutes to complete and closes Thursday, Dec. 31. Survey link: <https://s.surveypal.com/m6z5Jz-Ao>.

Thank you for your help!

Charlotte Community Center Committee



Recreation Director Nicole Conley, Selectboard member Jim Faulkner and Assistant Town Clerk/Treasurer Sy Koerner made a visit to the potential site for a future Charlotte Community Center.

Courtesy photo

Have a hot news tip?

Call us:
425-4949
or email us at:
news@TheCharlotteNews.org

The **Charlotte News**

Who can use the snowmobile trails?

To the editor:

My name is Pat Leclaire, assistant trail coordinator of the Shelburne, Charlotte Snowmobile Club. We’ve been fortunate over the years to have wonderful landowners who have allowed us to cross their property to enjoy the sport of snowmobiling.

Recently, while working on the trails, we heard of some issues. Landowners are concerned because they have seen mountain bikes, cross country skiers, horse riders, and people walking dogs on the snowmobile trails during the snowmobile season and also during the off season. This has caused landowners to withdraw permission for the snowmobile trail.

Who can use the snowmobile trails? Local clubs obtain permission from landowners for trail use for snowmobiles and for the snowmobile season only, approximately Dec. 15 to April 15. Local club members pay annual fees to belong to VAST, the Vermont Association of Snow Travelers. They register their snowmobiles to ride these trails.

Most of these trails are located on private property, not public land.

To find out which trails that VAST uses you can go on their website at vtvast.org.

What is VAST? Founded 50 years ago, VAST is responsible for the organization of the sport of snowmobiling, maintaining and grooming over 4,700 miles of trails in Vermont. One of the oldest snowmobiling organizations in the U.S., VAST is a non-profit 501(c)(3) organization that includes 127 clubs statewide, with over 24,000 members combined. The clubs and their steadfast volunteers and the landowners who allow riders to cross their land are the backbone of the organization. Please feel free to call VAST if you have any questions.

Thank you to all our gracious landowners. Wishing everyone a safe holiday and snowmobile season!

Pat Leclaire

Town

SHOPPING

CONTINUED FROM PAGE 1

and need an extra neck or two, PRF also sells chicken necks on their web site for only \$4 a pound.

The farm, continuing their mission to be thoughtful in their use of the animals they butcher, have handmade pillows made from the hides of the Belted Galloway cows raised on the farm. They come in three sizes and start at \$133. They do not moo.

Shakeyground Farm

The farm stand is just around the corner from the Ferry, is open from 8 a.m. to 8 p.m. most days, and you can buy turnips in bulk there. If that's not enough of a reason to pop into the farm stand, they also sell lots of seasonal vegetables, frozen lamb, chicken, and beefalo, which I never heard of until today, but it sounds fun.

There are blank cards in the charming and cozy farm stand with delicate nature drawings on them by artist Nick Mayer for \$4.25; a selection of cookbooks including The Vermont Farm Table Cookbook; a simple and natural dried herb wreath

for only \$14.31 (they're nice enough to calculate the sales tax for you!); and a wide selection of yarn, pelts, and planters made from the Icelandic sheep raised on the farm. "We cherish each life on our farm and we're so grateful to you for helping us to continue to love these animals in giving them a second life in your home," a sign in the shop reads.

Take care of yourselves and your loved ones this holiday season, and if you want to do Slrrp! shots on Zoom, you know where to find me.



Clockwise from top left: Wreath from Shakeyground, hookahs from Spear's, candle holders and votive house from Horsford, Slrrp from Spear's, scarf from Philo Ridge Farm, ornaments and trees from Horsford. Photos by Chea Waters Evans

Book Review

More books! Children's recs from a writer and book lover

Emily Raabe
CONTRIBUTOR

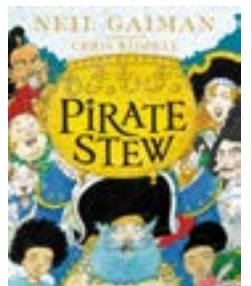
My house is a bookworm house. I'm a writer, my partner is an editor and a reader, and our four-year-old daughter is a connoisseur of the picture book. We read A Lot. These past nine months or so, even

more. The wonderful thing about this is, more books! The challenging thing about this is, we need more books!

If, like us, you have charged through most of the "best of" lists by now, and the holidays are HERE, and you need MORE BOOKS, I have compiled a completely

subjective holiday shopping list for you of new and wonderful releases, two holiday books and a bonus. These all came out in 2020 (with one exception), are all picture books (with one exception), and all knocked my socks off (no exceptions). And as a welcome aside, every single book offers diverse characters as a matter of course.

ly subversive twist at the end involving the parents. Like *If you Come to Earth*, this is a big, wonderful, busy book, super-worthy of gifting. Ages 4-6.



Saturday Oge
Mora's 2019

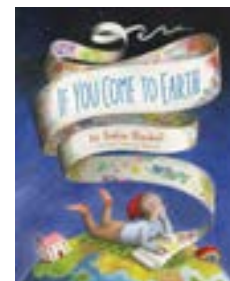
Caldecott-winning *Thank You Omu!* was, hands down, my favorite picture book of that year. *Saturday* is her excellent follow-up. Employing Mora's gorgeous collage art, this book tells the story of a girl and her mom and their special day, but it's really about dealing with change and disappointment and finding joy in the moment. So 2020! This book is the cheat on my list, because *Saturday* actually came out in Fall 2019. And I'm going to cheat again—if you have not yet read *Thank You Omu*, I must admit, I like it just a bit better. The story of a Grandmother whose pot of stew ends up feeding a neighborhood of strangers who all become friends through her generosity is just so captivating, and those illustrations! So—you decide. Get one or get both. Either way I'm cheating, but I just love this author/illustrator. Ages 4-6.



Once Upon a Winter Day written and illustrated by Charlotte's own Liza Woodruff. This book is a knockout—lovely illustrations and a captivating mix of looking, exploring and finding make for the perfect read-aloud. The book opens with Milo asking his Mom (who I'm pretty sure is Working from Home) for a story. She's too busy, so she sends the reluctant child

All of these books are available at our beloved Flying Pig Bookstore in Shelburne, either through their website, over the phone or via email at flyingpigorders@gmail.com. So, without further ado, here you are:

If You Come to Earth Written & illustrated by two-time Caldecott winner Sophie Blackall, this book, is, quite simply, dazzling. It opens with a letter from a young child: "Dear Visitor from Outer Space, if you come to Earth, here's what you need to know," and from there it explodes with delicately detailed images that swim, crawl, leap, stand, sit and fly across the pages. Teeming with information, this book is a celebration of what makes every creature both unique, and one with this amazing planet. I love, love, love this gorgeous book. It is poetic, inclusive, celebratory and original and should captivate anyone from age three on up.



Pirate Stew Neil Gaiman has written a picture book! And it's as clever, and silly, and chock full of sly and outlandish details as you would expect from the master of narrative. The lavish illustrations by Chris Riddell rise to the riotous text, as a young boy and girl are left home with an unusual babysitter and his crew of dastardly women and men...and because this is Neil Gaiman, there is a wonderful-

Happy Holidays!

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would like to thank our customers
for their patronage. We look forward
to serving your needs throughout
the coming months!

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Town

ZONING

CONTINUED FROM PAGE 1

"I'm going to try to limit this hearing to what counts," he said.

"I still want to know which is going to serve as what," Bennett said. "Let's just move along here—we can argue over these details as much as we want...Liam, look. Let's just be clear about this: I'm running this hearing, you're not."

Murphy said multiple times during the hearing that the only exterior addition to Spear's Store was an exhaust pipe, and that the interior improvements fall well within current permitted use. "What could you point out to me in regulations?" he asked. "We shouldn't be here on that...It's a little frustrating."

At one point in the meeting, in response to Murphy's questioning, Bennett said that the application was before the board because it had been brought to the ZBA by Zoning Administrator Daniel Morgan. "The ZA wouldn't have warned it as conditional use, and it wouldn't have gotten this far," he said. "I'm just trying to move along here."

Morgan, who attended the meeting, interjected, "Mr. Liam Murphy poses a pretty important question to the very heart of this matter, and I think we should address it outright. I think it was made very clear to myself, as Zoning Administrator, from a number of folks in town positions of elected officials, or appointed board members, that this needed to come before the Zoning Board of Adjustment, so if we could just get that clear straight away..."

In an email to *The Charlotte News*, Morgan clarified to whom he was referring. "Mr. Frank Tenney, as a Selectboard member, a friend of Carrie's, and the Chair of the Zoning Board, was aware of the application possibly before this office was and was adamant the application came before

the Zoning Board from the beginning," he wrote. "Mr. Tenney maintains that the application needs to go before the Planning Commission for site plan review." Tenney, who is also a Selectboard member, is the Selectboard's liaison to the Planning Commission.

Morgan also wrote, "Mr. Stuart Bennett, as Vice Chair, concurred with Mr. Tenney's opinion...Dr. Jim Faulkner, focused on the Charlotte Crossing's proposed use of the Red Onion as a retail space—much like Stone's Throw Pizza, the Brick Store, Tenney's deli—has been in to meet with the Town Administrator and the Town Planner chiefly on the Charlotte Crossings, but is very acutely aware of the implications such approval and precedent would present. He has been present and sworn in at recent Zoning Board hearings regarding the matter."

Morgan is referring to a multi-tenant building on Route 7 in Charlotte that is currently adding the Red Onion deli under their retail conditional use permit. Should the Red Onion be considered a retail establishment, it would set a precedent for Spear's Store's deli to also be considered a retail establishment, for which Spear's Store is permitted.

Tenney did not respond to an email inquiring about his involvement in pressuring Morgan to bring the matter before the ZBA. When asked if he was one of the parties who discussed the application with Morgan, Bennett responded in an email: "Nope." Faulkner responded in an email, "I had nothing to do with that conversation or even aware of it. First I heard of it was last night."

No resolution was reached during the meeting, though Goltzman, Bennett and Murphy agree that the apartment permit needed to be analyzed more thoroughly and that the matter would be continued until Monday, Dec. 21, at 7 p.m.

Santa Claus is comin' to Zoom



The last thing we want to do is give Santa Claus the coronavirus, so his visits to children have been held over videoconference this year. Luckily for *The Charlotte News*, board member Ted LeBlanc has a direct line to Santa's workshop and has been busy arranging meetings with the Big Guy for kids all over town. Here, he gets the scoop from Louisa Langfeldt as her parents, Elizabeth and Evan, look on and concur that she's definitely on the nice list this year.

Photo by Evan Langfeldt

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COVID-19

Mental health during COVID-19: look out for yourself and your loved ones

Jorden Blucher
CONTRIBUTOR

During this time, many people are dealing with far more than just social isolation. There is also food and housing insecurity, financial stress, overwhelmed working parents, health concerns and family stressors. All of these things and more are contributing factors in the rise of mental health issues during the pandemic.

In children and adolescents, these concerns were already on the rise and have only continued on an upward trajectory since the pandemic began, according to Dr. Leah Costello of Timberlane Pediatrics. Those who work with children have found it difficult to engage the younger ones in online play therapy, and adolescents don't want to access therapy over Zoom and thus do not engage. "When the weather was nicer and cases were lower, we were seeing more outdoor sessions," said Dr. Costello.

Personally, I have come to prefer my weekly Telehealth therapy sessions as it saves me an hour driving and I don't have to worry about who is watching my boys. This isolation and a feeling of loneliness are crushing. It is as if I'm trapped in a fish bowl with no means of escape. As these feelings persist, my despair grows and soon it takes all I have to complete just one task on my list for the day. These are not feelings I have had because of the pandemic; they are feelings I've had over the years because of my clinical depression and my role as a stay-at-home-dad. I'm telling you about them so you know I am coming from a place of understanding and compassion.

The symptoms of depression and anxiety present themselves in a multitude of

different ways says Laura Rabinovitz, LICSW. "Depression can present in many ways including tearfulness, hopelessness, apathy, irritability, changes in sleep patterns and appetite and at times include suicidal ideation," she said. "Many people are feeling some of these 'symptoms' to one degree or another—they can all be mild to severe in intensity. Pandemic fatigue is very real, particularly as we head into winter. Anxiety can show up in the body (GI issues, sleep disturbance, restlessness, heart palpitations). The need to monitor cold symptoms alone can wreak havoc on one's level of anxiety and preoccupation with health and makes us prone to worst-case scenario thinking."

For children, adolescents and some adults, there can be an increase in temper tantrums and issues with concentration, along with more risky behavior such as drug and alcohol use.

I believe that we keep far too much bottled up inside, in part because our culture has conditioned us to think that talking about our feelings is a sign of weakness. We think that we can tough it out, that we don't need or want to burden others. I've certainly thought this, but we are social creatures by design and we need each other, whether that is peer-to-peer or talking to a professional. One way to connect with others during this time and get some exercise is to reach out to a friend, family member or another trusted person and ask them to go for a walk. This provides you and your companion fresh air and exercise but also a chance to talk about what is bothering you, what brings you joy, or perhaps just listen.

Regardless of the topic of conversation, Rabinovitz encourages authenticity, which



Image by Orna Wachman from Pixabay

can be hard, especially when we feel embarrassed or foolish about our feelings or we don't want to upset the other person by bringing up your concerns about them.

As adults, we set the tone in the household. If we are not taking care of ourselves and are constantly thinking negatively, our children will act accordingly, and so we must model healthy behavior as best we can. I once had a therapist tell me that I could not take care of my family if I did not take care of myself first. I have carried that advice and passed it out freely ever since.

We know getting outside and moving is extremely important, as is good nutrition, hydration and sleep. Picking up a new or set-aside hobby is another way to help during these times. I know you're thinking that you have no time to start or return to a hobby. Expanding outward to the family, Dr. Costello suggests setting up a family challenge to engage in a daily mindfulness activity and to set up a schedule for outdoor family activities to encourage some movement. Engage and learn about an activity that your child enjoys (even if you don't). Set mini goals, such as learning a

Resources:

Contact your or your child's primary care doctor for local therapist recommendations.

Psychology Today (psychologytoday.com) is the easiest way to find a therapist. You can also ask friends and family for recommendations.

Some resources for kids' mental health include childmind.org and healthychildren.org.

24-hour Crisis Hotlines

First Call for Chittenden County: 802-488-7777

Vermont Crisis text line: 74174

Crisis Services of Addison County: 802-388-7641

National Suicide Prevention Hotline: 800-273-8255

Howardcenter.org is an excellent resource on a variety of social issues for those in Chittenden County. They also run the First Call hotline.

Vermont211.org is a free and confidential service, serving Vermonters statewide with information and resources to help maintain and improve their health and well-being. You can also call 211 for help.

new skill as a family. Set up a worry jar for your child or a worry journal.

"But it's just all too much," you think to yourself, "it's all so unmanageable." When things get this way for Rabinovitz she does the following: "In my own mind,

Book Review

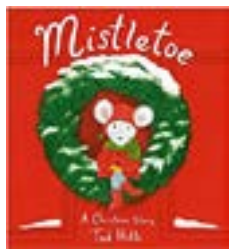
BOOKS

CONTINUED FROM PAGE 4

out to play in the snow. What happens next is an absolutely magical mix of text and image, story and imagining, as Milo follows clues, from tiny mouse prints, to fallen branches, to signs of digging, grazing and sliding in the snow. Each clue holds a question, and each question opens out into a gorgeously rendered answer. This is a book about wonder, attention, storytelling and the power of imagination. Most important, it highlights children's ability to create their own narrative, as Milo comes home with his gathered objects to tell his stories to his waiting parent. Beautiful, wintery and perfect from age 2 on up to 6.

Now a couple of Holiday Books:

Mistletoe: A Christmas Story Tad Hills' Rocket and Duck and Goose are beloved characters in our house, so I was delighted to see that he had written a Christmas book. Hills' specialty is friendship. This book highlights the giving spirit of the holidays through the friendship between



Mouse, who loves winter, and Elephant, who loves to stay inside, that is, until Mouse comes up with the perfect gift for his friend. Simple text, colorful pictures and a charming (and funny) story make this one a lovely gift for ages 2 and up.

Eight Knights of Hanukkah Written by Leslie Kimmelman, illustrated by Galia Bernstein. A wonderfully entertaining book about the Eight Knights of Hanukkah, tasked by their mom with overcoming a roaming dragon by doing Mitzvot, or



“awesome deeds of kindness.” The roving dragon threatens the last night of Hanukkah, but the brave knights ride out to save the day in a book that is both heroic and hilarious and ends in a rollicking feast at which the dragon herself fires up the candles to light “the darkness of the world with the bright light of kindness.” Silly details (Sir Rugelach!) make this one fun to read. Ages 4-6.

And now, the bonus:

Skunk and Badger, by Amy Timberlake, illustrated by Jon Klassen. Oh my, I LOVE this beautiful new addition to the “Frog and Toad” odd-couple genre. Badger, a solitary geologist, lives happily alone, until an unwelcome new roommate moves in—the gregarious, outgoing, infuriating Skunk. They have nothing in common, or do they? “Skunk and Badger” is another cheat on my list, because at 122 pages, it's is not exactly a picture book. But it has pictures, and gorgeous ones at that, a mix of full-color illustrations and delicate pencil drawings by the imitable Jon Klassen. This book is drawing comparisons to classics like *Wind in the Willows*, and I think the praise is warranted. It is gentle, wordy in the best way, and very funny—an absolute treat. While it is listed as 6-8, I can't wait to read it out loud to my resident four-year old.



That's my list. As I look over it, I realize that aside from my usual criteria—gorgeous art, dazzling use of language, and a great story—these books have something else in common. They are all about kindness, inclusivity, friendship and joy.

It's been a rough year. Hopefully these books can help to light up the darkness a bit for you and your littlest loved ones. Happy Holidays, everyone!

COVID-19

CONTINUED FROM PAGE 6

I often try to think/plan/take things in small chunks: the next two days, the week to come, maybe the next hour to keep the overwhelm at bay. Sending love and compassion to others helps as well either by sending it ‘out’ from the heart and mind or getting involved in a cause.”

When I went to the Mood and Anxiety Clinic at UVMMC we would start each group therapy session with “what's not wrong” This involved going around the room and each person would say one thing that was not wrong with the day. You can do this at home by keeping a list—it is like a gratitude journal only simpler. One gentleman always referred to the weather as his what's not wrong, while a woman mentioned her coffee. Give it a try. You will be amazed at how it can change your perspective.

Both Costello and Rabinovitz suggest meditation as a way to help with our current situation. If you can breathe you can meditate. Just sit comfortably, making sure your back is straight and you're in a fairly quiet place. Now, focus on your

breath. When your mind wanders, and it will, just come back to your breath and begin again. Try sitting for three minutes and work up from there. There are many apps available to help with meditating, like Insight Timer, Calm, Headspace, and 10% Happier.

For those who are struggling, please do not put off reaching out for help. I have done that and it is not worth it. I've self-medicated with alcohol, I've spent days thinking up worst-case scenarios, I've turned my despair into anger that I have unleashed on my children and my wife. I've sat down on the couch and been unable to get up. I've thought about suicide enough that I have both First Call for Chittenden County and the Vermont Crisis text line (listed in the sidebar on page 6) in my speed dial. There is no shame in feeling this way. There is help out there and far more people who are feeling exactly as you are. I know you feel alone, but you are not alone. There are friends, professionals and random people, like me, who are willing to help.

Jorden Blucher writes a weekly blog about the nuances of life and his journey with depression at quietlymakingnoise.net.

Town

Christmas Church Services and Events

Our Lady of Mt. Carmel/St. Jude's Catholic churches

All services will be at St Jude's in Hinesburg this year.

Christmas Eve services at 4 p.m., 7 p.m. and 10 p.m.
Christmas Day service at 10 a.m.

Registration is required. Reserve a spot by calling the office at 425-2637 for OLMC and 482-2290 for St Jude's. Leave a message with your name, phone number and the number of spots you want to reserve. Space is limited. Drop-in churchgoers are not guaranteed a spot for that mass. There is no online mass available.

Charlotte Congregational Church, UCC Advent & Christmas Events

charlotteucc.org charlotteucc@gmavt.net
425-3176

Sunday, Dec. 20

Worship Service, Lighting the Advent Wreath and Fellowship Time 10 a.m. via Zoom/YouTube Live—see charlotteucc.org for login. Sunday morning light candles of hope, peace, joy and love.

Nov. 29 through Dec. 23 and Dec. 24

Illuminated Advent Spiral Walk (15 min. slots). Walk the illuminated spiral (solar lights turn on at dusk). Registration required: charlotteucc@gmavt.net.

Nov. 29 through Dec. 23 Come by any time for walking prayer. No registration required. One cohabitating family at a time. Mask/distancing required.



Dec. 24 from 2-4 p.m. (15 min. slots)

Registration required: charlotteucc@gmavt.net

Sunday, Dec. 20 Christmas Pageant

10 a.m. via Zoom and YouTube Live
Join us for a creative and imaginative enactment of the Christmas story.

Video Stream of Sanctuary

Begins at midnight on YouTube Live and will be available after

that. See charlotteucc.org for login. With Christmas tree, crèche and carols.

Christmas Eve Services Family Service at

4:30 p.m. Traditional Service at 7 p.m. via Zoom and YouTube Live—see charlotteucc.org for login.

Sunday, Dec. 27 First Sunday after Christmas

10 a.m. via Zoom/YouTube Live—see charlotteucc.org for login. Join us for this shorter, simpler celebration of Christmas!

Around Town

Congratulations:

to Charlotte students **Rose Lord, Iris Lawson-Ryan** and **Katie Brennan Keech** whose poems appeared in the Burlington Free Press “Young Writers Workshop on December 11.

Rose said she was raised by a “Ninja Warrior” so that her learning came about as a result of “some crazy-skilled, rope- climbing, back-flipping, wall-scaling, persevering, catch-you-when-you-fall, so-they-can-teach-you-to-fly type of teachers.” She has decided that she is not going back to class because she was raised by a Ninja Warrior.

Iris dedicates her poem to “The daisy in the meadow.” She says that the plant exuberates emotion as well as beauty. That joy follows the author well into the winter.

Katie focuses on the “Lake at night” as the sun’s reflection is swallowed by darkness. The lake, however, continues to reach out, sending ripples to shore, to the author. She calls them “tiny, infinite tsunamis.” As author and lake interact, there they stay and “lake water drips from (her) hair.”

Sympathy:

Alice Murdoch, wife, mother, friend and artist died peacefully on Nov. 19, 2020 at the McClure Miller Respite House. She was 76.

She is survived by her husband, Jim, of Charlotte, son Jed, wife Ingrid and grandchildren Alex and Lia of Essex, son Duncan of East Charlotte. She also leaves her sister Mary Ellen Acey of Richmond, Virginia.



Alice Murdoch

At her request there will be no services.

Those who wish may make memorial contributions to the Flynn Center or the McClure Miller Respite House.

Tara Rachel Mullen, age 71, died unexpectedly after a fall in her Charlotte home on Dec. 8, 2020. Tara was born in Gloversville, NY, where her parents Francis and Valerie Mullen had a glove manufacturing business. Tara spent her early life in upstate New York and Hanover, NH. She was a 1967 graduate of Hanover High School. Tara studied at Wellesley College and held degrees

in arts and education from University of New Hampshire and Antioch College. She spent her early adult years raising her children, Nils Mellquist and Seamus Mullen, on a farm in Vershire, VT. Tara pivoted to a career in human services, as a teacher at Bethel and Vershire Elementary Schools and later as a caseworker for the homeless and people with disabilities at United Developmental Services in Lebanon, NH and the Upper Valley Haven in White River Junction, VT.

Tara cared deeply about her family, friends and community and gave 110% to anything that she did. A feminist to the core, knowing that women can do anything that men can do (and often better), Tara was no stranger to felling trees, stacking cordwood, plowing driveways, tuning carburetors, and fiercely defending the rights of and creating opportunities for those she cared for. After a life devoted to others, she found a deep love, comfort and softness in her marriage to Bill, with whom she shared a devotion to organic gardening. Her gardening skills were magical, and nothing gave her greater pleasure than double digging, using every ounce of strength she had, to fork deep into the soil and create a deeper bed for crops to flourish. She introduced flowers and color to the gardens around their home. And, above all, Tara was fiercely intelligent, dogged, compassionate and wise, a stalwart friend, wife, mother and grandmother.

Tara is survived by her husband, William Lockwood, of Charlotte; sons Nils Mellquist (Daria Sanford) of Brooklyn, NY and Seamus Mullen of Malibu, CA; stepsons William Lockwood III of Burlington and Conor Lockwood (Brittany Waelde) of Jericho; grandchildren William and Marlow Mellquist of Brooklyn, NY; step-grandson, Theo Lockwood of Jericho; sister-in-law Judy Harvey of Thetford; nephew Evan Mullen and his mother, Julie Fago, of Bethel; and first husband, John Mellquist of Corinth. She was predeceased by her brother, Sean Mullen (Judy Harvey), in January of this year.



Tara Rachel Mullen

No services are planned at this time. Donations in Tara’s memory may be made to Hunger Free Vermont, the Upper Valley Haven, or to a local food bank of your choice.

Town

Resources available for weatherization—save money and stay cozy

Deirdre Holmes
ENERGY COMMITTEE

2020: the year of the home, when we were asked to stay in as part of a massive group effort to keep the coronavirus out. Our homes have come to mean more to us than ever before, and in the process, we’ve gotten to know them better. We know where to find the coziest spot, but also the drafty ones, the leaky windows, and where the condensation collects.

As we step into a long winter at home, heating needs and maintaining a healthy and comfortable indoor environment are likely top of mind, and their associated costs may feel daunting. This is especially true for lower-income households who generally use less energy than their higher-income neighbors but are saddled with a higher energy burden, which is the amount spent on energy as a percentage of household income.

The burden for lower-income families can be three times that of those with higher incomes. When up to a fifth of household income is needed to cover energy costs, life quickly spirals into deeper hardships, including additional health challenges. Compared to other New England states, Vermont has a particularly high energy burden.

Vermont also holds the dubious distinction of having the second-oldest housing stock

in the country. Old can mean charming 200-year-old farmhouses, but it can also mean cold, drafty, inefficient and expensive to occupy.

Weatherizing, or buttoning up our houses (regardless of when they were constructed), is the most effective way to address indoor comfort, the high cost of heating and energy burden all at the same time. When fuel use is reduced, pollution and greenhouse gas emissions are as well. Still another benefit is that savings from not purchasing imported oil and gas can stay in Vermont to support our local economy.

A common hurdle is the up-front cost, which can be considerable and therefore can seem prohibitive. A comprehensive weatherization project often costs \$10,000 and up, depending on the size and condition of the home. There are several options to help chip away at the initial costs, starting with a free evaluation. As part of this year’s Button Up campaign, all Vermonters are

eligible for a free virtual energy visit (A full energy audit can cost upwards of \$500.). These are one-on-one appointments with an energy expert either by phone or video chat who will help identify where energy is being wasted and suggest easy ways to button up your home. You can sign up by filling out this online form <https://bit.ly/3mee1t5> by Dec. 30.

Weatherization books and resources, including diagnostic tools such as a thermal

camera and a kill-a-watt electricity use monitor, can be borrowed from the conservation corner at the town library.

Concerned about the disproportionate burden some of our neighbors are carrying, the town energy committee also provided \$1,000 worth

of materials for easy DIY weatherization projects to the energy shelf at the Food Shelf. Following an energy visit, lower-income Charlotters will receive a customized kit of materials needed to complete suggested projects in their homes.

Anyone who completes at least three DIY weatherization projects, such as air sealing, weather-stripping or adding insulation, can receive \$100 cash back. You can find details here: <https://www.encyvermont.com/rebates/list/diy-weatherization>.

If you’re inspired to take on a larger project, such as installing a cold climate heat pump, a wood or pellet stove, energy efficient appliances, or LED fixtures, make sure to take advantage of the savings on this long list of rebates: <https://www.encyvermont.com/rebates/list>. Financial support is also available through no- and low-interest home energy loans, offered through Efficiency Vermont, <https://www.encyvermont.com/services/financing/homes/home-energy-loan>, and by VSECU, <https://www.vsecu.com/financial/clean-energy-loans/about>.

The Energy Committee encourages learning more about this year’s Button Up program by visiting <https://buttonupvermont.org>, signing up for a free energy visit, and taking advantage of the currently available financial incentives to invest in coziness, cost savings and the climate all at the same time.

Button Up 2020

Helping Charlotters Make Their Homes Warm, Healthy, Safe and Affordable

FREE Virtual Energy Visits



Hi, Neighbor!

Matt Jennings: Making healthy food for healthy lifestyles



Phyl Newbeck
CONTRIBUTOR

“I grew up in a family that appreciated food,” Matt Jennings said. “My mother is a great cook and my father is a landscape architect who had a prolific vegetable garden, so food was integral to the family.” These days, Jennings continues that tradition as the vice president of culinary for Healthy Living Market and Café.

Jennings has fond memories of his first summer job as a stock boy at a grocery store. The owner had a small café next door, and Jennings, walking by on his way to work, was fascinated by what the chefs were doing. He told the owner he wanted to work in the kitchen and

eventually he was allowed to take a position there. “I’ve never looked back,” he said. Jennings spent 25 years in the restaurant and hospitality business. One of his ventures, a Boston restaurant called Townsman, was named one of Esquire Magazine’s “Best New Restaurants in America,” USA Today’s “10 Best New Restaurants,” and Food & Wine’s “10 Best Restaurants of the Year.” After some health issues in 2016, Jennings began to reassess his career and lifestyle. “I decided to get sober which was step one,” he said. “Then I was feeling so great that I was inspired to give more attention to my health regimen and physical activity. I was about 400 pounds and had fallen victim to all the traps of the restaurant world, including late nights and bad choices.” After gastric sleeve surgery, Jennings threw himself into getting healthy, exercising regularly and taking up cycling. “My new addiction was feeling good and healthy,” he said. “It changed my life.”

Together with his lifestyle change, Jennings made a career change, starting Full Heart Hospitality. “I had been doing some consulting in the Boston area,” he said “and it increased so I brought in a partner. He handles the West Coast clients, I handle the East Coast, and we collaborate on everything in between.” The business works with restaurants, food retail establishments, producers of consumer packaged goods, golf courses and inns by providing assistance with design and operations, financial management, brand and marketing strategies, team mentorship, and leadership training.

Jennings was consulting for Healthy Living—



Chef Matt Jennings, here in his garden, is all about healthy choices and local food.

Courtesy photos



in June they hired and created a position for him. “With the pandemic, I was tired of working from home,” he said. “I really missed that aspect of the culinary world where you have your hands on a product and are part of a team.” In his new job, Jennings oversees all the food made at Healthy Living locations, ranging from prepared meals to a new home meal replacement program that provides customers with prepackaged entrees to heat at home.


Over the years, Jennings has been nominated for several prestigious James Beard Awards, including one for the book *Homegrown: Cooking from My New England Roots*, which he coauthored in 2017 with Jessica Battilana.

He is also certified as a workplace wellness coach. “The goal is to teach your team the significance of paying attention to personal health and making healthy choices,” he said. “I teach people best practices for personal habits and try to get them focused on nutrition and being active.”

Jennings and his wife moved to Vermont last July. Kate, a pastry chef, is from Arlington, and Jennings graduated from the New England Culinary Institute. “We always talked about coming back but never had the opportunity,” he said. “Once we sold the last restaurant and I was on my health journey, we decided we didn’t want another frenetic restaurant experience, so we moved to Charlotte. We had a very close friend here and fell in love with the area.”

In 2021, residents of Charlotte will have a new opportunity to sample Jennings’ delicious cuisine. He and Kate will launch a home catering project called Red Barn Kitchen from the barn on their property. For Jennings, the most important thing about cooking is the quality of the ingredients. “That’s been a focus my entire career,” he said. “Cooking is about letting the ingredients speak for themselves. If you’re responsible and get quality sourced ingredients, the product will show that. Cooking isn’t about manipulation as much as about encouraging flavors to reveal themselves.”

Jennings said Vermont’s locavore culture was part of the reason he wanted to move back to the state. “I want to work with local producers,” he said. “I wanted to take advantage of the people here and develop those relationships.”



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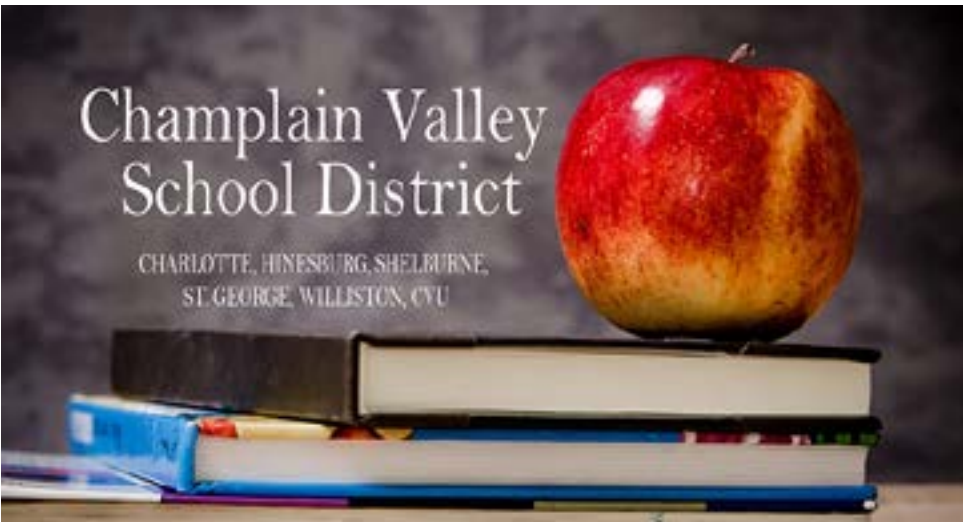
CCS addresses remote learning discrepancies

Chea Waters Evans

An email went out in November to parents of 7th- and 8th-grade parents from Meghan Metzler and Amy Shore, two parents of 7th graders at Charlotte Central School. They were concerned about the amount of “live,” or synchronous, learning that the upper grade middle-school students at CCS were receiving in comparison to other schools in the Champlain Valley School District. An analysis of hours students spent working in real time with teachers during remote school days showed that CCS students, as well as students at Hinesburg Community School, weren’t receiving as much as their counterpart grades in Williston and Shelburne.

Currently, 7th and 8th are the only grades in the district that are not in school four days a week; students are divided into A group and B group. Each group goes to school in person on either Monday and Tuesday or Thursday and Friday. All students in all grades throughout the district work remotely on Wednesdays. Some vocabulary: “synchronous” learning and classes are those that are held live online with teacher and student interaction; “asynchronous” learning or classes are those that take place remotely but require independent work on the student’s part without live online participation.

While looking over their children’s schedules, Metzler and Shore wrote in an email to *The Charlotte News*, “We reviewed the original remote schedules for CCS 7th hybrid learners



and saw that throughout the course of a remote day, they only had two opportunities for synchronous learning, with a four-hour gap between those opportunities on some days. Their remote schedule also only included one 10-min. advisory on one day, which did not seem sufficient for their social emotional learning.” That schedule, they said, was of concern.

After obtaining schedules from the other 7th grades in the district, they compared schedules and found that Charlotte 7th graders were getting around 280 minutes of synchronous instruction across their three remote days, while students in Hinesburg received 565 minutes, Williston kids got 535 minutes, and Shelburne students received 560 minutes of remote synchronous instruction.

Charlotte Central School co-principal Jen Roth, who serves as the middle school principal, said that coordinating schedules with CCS teachers and students has been a challenge, and that as younger students started coming back to school four days a week before Thanksgiving, the schedules changed again. “None of this has been easy,” she said. “This pandemic has redefined the definition of flexibility.”

At an October school board meeting, the learning time discrepancy was addressed, Metzler and Shore met with Roth and CVSD Superintendent Elaine Pinckney on Dec. 1, and a parent discussion on the matter was added to a 7th- and 8th-grade parent Zoom curriculum night on Dec. 8.

Seventh-grade and 8th-grade schedules have been revised since students returned to school after Thanksgiving break. Metzler and Shore wrote, “Since students returned from Thanksgiving Break, CCS has added live advisories on A/B days (non-Wednesdays), an additional live humanities class (so students now have live Humanities class every day),

live science classes on A/B days...and some additional live [essential arts] classes.”

Roth said the schedule changes are “like a huge Tetris game.” While trying to figure out how to best address parent concerns and make learning equitable for all students in the building, Roth said, “The top priority was to communicate with our families all that is available to support students with their academic and social emotional learning needs.” She said the school district and Pinckney provide support, and that all the administrators across the schools “meet regularly to collectively discuss new health and safety guidelines, to share successes in our structures, to problem-solve challenges and to monitor the balance of equity and autonomy.”

As for changing the schedule and responding to parents, Roth said, “This has not been easy, but it was important to do.” As the school year plays out with challenges popping up that administrators have never had to address before, she said some lessons will remain after the pandemic is over. One thing, she said, is communication, which she said should occur early and often. “Things can sometimes evolve within the course of a week and keeping everyone informed when schedules are tighter than ever and in-person meetings are restricted is a challenge.”

Another big lesson, she said, is “Assume nothing, communicate everything. We all (educators, parents) have far more to manage and schedule than ever before. A high degree of communication and transparency helps everyone.”

Metzler and Shore said that the changes are welcome and already seem to be making a difference. “Their schedules are now more closely aligned with those of other schools in the CVSD district, and we thank the administrators and teachers for their efforts.”

Happy Birthday
Janice Walker Heilmann
12-23-2020



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Junior Reporters

How does Santa Claus deliver presents? And other facts and myths

Marianna Fairweather and Kensey Helem
JUNIOR REPORTERS

How does Santa Claus deliver presents? Many legends are that Santa Claus delivers presents in one night, he goes down a chimney, and gives presents to every boy and girl. But is that all of them?

Some of the legends are: Santa Claus can do magic by flicking his nose; that is how he goes down the chimney and can land on fire and delivers presents all around the world in one night.

Another is that he starts by delivering at the international date line then he goes west following the earth's rotation by going around the sun. By doing this he gains tons of extra hours so that means children are opening presents while Santa is still delivering presents.

Here is a myth with the reindeer in it: The

reindeer's antlers catch the boys' and girls' Christmas joy. This joy gives the reindeer and Santa more lift and they go faster. They fly and work faster than ever before, delivering presents for kids to open! This is how some people believe Santa makes the sleigh fly and gets presents delivered so fast!

Sometimes the chimneys are too small for him, what does Santa do? Here's a myth: Santa Claus has a magic key that allows him to get into homes and apartments.

Fact:

There are 1,000 kids in Charlotte, but not all families celebrate Christmas. It is recommended that Santa delivers three presents to each kid. So about 600 to 700 presents are delivered in Charlotte.

This has been lots of fun showing you the myths about Santa Claus.



| Holiday Activities | | |
|---|--|-------------------------|
| To what typically did each activity as a child, and to what place in this year? | | |
|  | Attend a gathering with extended family or friends on Christmas Eve or Day | Childhood: 91% Now: 86% |
|  | Buy gifts for friends or family | 89 86 |
|  | Put up a Christmas tree | 92 79 |
|  | Send Christmas or holiday cards | 81 65 |
|  | Give homemade gifts, such as baked goods or crafts | 66 58 |
|  | Attend religious services on Christmas Eve or Day | 69 54 |
|  | Pretend Santa Claus will visit home on Christmas Eve or Day | 72 31 |
|  | Go camping | 36 16 |

Out Takes

Their route to the News



Edd Merritt
CONTRIBUTOR

Polka on the Banjo
Make that five-string hot
Polka on the Banjo
Give it all you've got
Polka on the Banjo
Watch them fingers go...

Polka on the Banjo – Bela Fleck

I can remember my daughter-in-law's mother saying that when an idea comes into her brain, it instantaneously comes out her mouth. Well, for me, ideas for OutTakes travel a similar route, except for the fact that instead of my mouth, they head straight to my fingers, then onto my computer keys and, bingo, end up in a newspaper. I hope that as a result they contain a bit of healthy journalism and thoughtful commentary. If not, as my friend John Rosenthal once

said, they make good wrappings for salmon guts—little else. (Maybe I should scour the town dump for fish parts and OutTakes.)

So, what is moving through the mind and into the News today? Despite the fact that Santa and elves are preparing for the annual cruise, and despite the fact that "he and his crew" are unlikely to spread corona virus throughout the universe, or do in Champ, or short-circuit Rudolph's nose, my thoughts are on music and not just any style—rather plucking and polkaing.

If that is enough of an introduction, here is what has wended its way to my fingers.

I happen to be a fan of North Country Public Radio's "String Fever." Barb Heller is the host, and after listening to what tunes she featured one Thursday afternoon, I picked

up two albums of mine called *Tales of the Acoustic Planet* featuring banjo-picker Bela Fleck and several of his string-picking friends. On his second acoustic one he does a piece called "Polka on the Banjo." Well, polkas came from my neighborhood of the Upper Midwest, southern Minnesota and the town of New Ulm in particular. It also happened to be where my grandfather was born and grew up. Its culture featured polka music and beer. To be exact, it held seven breweries in a town the size of Charlotte. Oom-pa music added a favored flare to the bars, and so my grandfather, Edvard Herter, had little choice but to savor his favorite brew.

There were a couple of notable polka bands that played all around southern Minnesota. Two stick in my mind. The first was Whoopee John. Whoopee's birth name

was John Anthony Wilfarht—but Whoopee John seemed a much better moniker for a polka musician. Of the nearly 1,000 songs the band recorded, the "Mariechen Waltz" and the "Clarinet Polka" were the two most popular.

The second band featured the "Six Fat Dutchmen" who were led by Harold Loeffelmacher. Their featured style of music was "Ooom-pah," heavy on the tuba as the Ooom and countered by the high tones of the clarinet as the pah. While the Dutchmen did begin as six swingers, the band doubled in size over time. Their home ballroom was George's in downtown New Ulm where they were voted the Number One Polka Band by the National Ballroom Operators Association for seven years running.

SEE OUT TAKES PAGE 15

Outdoors

Year-end outdoor thoughts



Elizabeth Bassett
CONTRIBUTOR

Thank you for outdoor recreation! The nicest thing anyone can do for a volunteer is to say, Thank you! Volunteers are not in it for the money, duh, and in the case of the Trails Committee, the Charlotte Park and Wildlife Refuge

Oversight Committee, and the Recreation Committee, there's not much power that comes with the role either. Just lots of labor, responsibility and commitment. To all those who enhance our outdoor experiences in Charlotte, Thank you!

Safe recreation

In keeping with Governor Phil Scott's executive order, we may walk with one member of

another household, distanced and masked. This can make conversation tricky as one gasps for breath through an effective mask. Following a walking or hiking partner at a six-foot distance on a narrow trail does not good conversation make either. Consider some of the wider places to walk: quiet dirt roads, Charlotte Park and Wildlife Refuge (take care if the boardwalks are icy—carry or wear some grippers), the road at Mt. Philo State Park (ditto traction devices), Shelburne Farms. Check out Trailfinder.info for an abundance of ideas in the region.

Know where to go (and where not to go)

We are blessed with access to significant expanses of land that are open to the public—mentioned trails in Charlotte, Shelburne Farms and miles of trails in neighboring towns. Always check with landowners before recreating on private land. VAST trails, intended for snow machines, cross Charlotte and are available only because of the generosity of landowners. Skiing, biking or snowshoeing are not permitted on VAST trails without explicit permission of property owners. Please be respectful so that we can all enjoy the outdoors in our spectacular town.

Slippery season

Ice has already settled on some shady stretches of trails. Traction devices to keep us upright abound, a worthwhile investment for anyone who plans to walk during the winter months. The number and types of grippers have proliferated—perhaps because climate change has de-

livered more ice and less snow, perhaps because baby boomers are aging and developing brittle bones, or perhaps for the same reason that one bicycle and one pair of skis no longer suffice for some folks. My repertoire includes YakTrax, MicroSpikes, Get-A-Grip, and Icebugs, the latter being boots or shoes with spikes embedded in the soles. Shop at a local outdoor outfitter to explore all the options. Even the most expensive are cheaper than a broken bone.

Winter hiking

Most of us will be staying in Vermont this winter. If you plan to winter hike there's a lot to consider. The Green Mountain Club urges hydration, fuel and staying dry. Make sure to drink water even if you don't feel thirsty. Carry high-value foods: cheese, peanut butter, trail mix or bars, and chocolate. Remember the three Ws: a wicking layer next to the skin; a warm layer (or several) of wool or fleece; and a waterproof and windproof top layer. Leave cotton at home. Once cotton gets wet it stays wet and will leach heat from your body. Wear insulated boots designed for winter hiking. Pack extra clothes—mittens, hats, layers, chemical hand warmers, an extra jacket, even a protective layer—in case you get stranded. Winter days are short so always carry a headlamp. Make sure someone knows where you are headed and when you expect to return. Be smart to stay safe.

SEE OUTDOORS PAGE 15

Junior Reporters

A cautionary Santa tale

Amelie Fairweather
JUNIOR REPORTER

Sarah Tallen was a girl that didn't believe in Santa. All her life, she had suspected Santa to be the parents, that there was no pudgy man with a white beard and red clothes. Until one year, when she didn't get any presents.

Sarah asked her mom and dad why there were no gifts for her under the tree, and they told her

it was because she wasn't believing in Santa. "Santa only delivers presents if you believe," her mom said. Sally frowned. She took out a piece of paper and wrote a letter apologizing to Santa.

And when she came downstairs her presents had reappeared. That is the power of imagination and belief.

A Cat Covid Case

Amelie Fairweather,
Lena Ingalls and Asher Davidson
JUNIOR REPORTERS

"So what's the story?" Amelie asks.

"We just moved into a new house in Charlotte from Brooklyn, New York, where we weren't allowed to have pets. My parents got me a puppy and two kittens. I was really happy. And then one of my cats, Marmalade, got sick." Ash says. "So, Mr. Marmalade was a really good kitten. We found out he had an infection, and so we gave him antibiotics and then we took him to the vet and we found out he had cat covid. Nothing like covid-19, but it's a type of coronavirus," Ash explains.

"What are his symptoms?" Amelie questions.

"Low energy, hard to breathe, not eating enough..." Ash says. "He was and still is gloomy and sad, meowing, he tries to play with his brother Orion, but Orion was very energetic and was wrestling with him. And Marmalade didn't like it, and because Orion is a very scared cat, all I had to do was shoo him off," Ash adds.

"Is there a treatment?" Amelie asks.

"So, only a little bit ago there wasn't a treatment, and if cats got it, they were normally



Here is Marmalade before cat covid.

Courtesy photo

dead. But luckily, now there is a treatment, the vet said there isn't a cure legally in the U.S. but you can get the medicine in other countries. So my dad did that, believe it or not," he explains.

"Are you worried?" Amelie wonders.

"Very, I feel very sad for him and can't wait for him to be better," Ash finishes.

Cat covid, also known as FIP (feline infectious peritonitis), is a worldwide disease commonly spread through domestic cats. It tends to attack the cells of the intestinal wall and can cause severe illness and most likely death. Symptoms include shortness of breath, lack of hunger, and depression, at worst, blindness, seizures and death.

OUT TAKES

CONTINUED FROM PAGE 14

My own touch with polka music came in high school with a band we called the White Sport Coats. We were asked by a local politician to gather in the cargo bed of his truck and play polkas as we drove from small town to small town, hoping that the citizenry would be drawn by the music and the politician could give them his pitch, and they would leave humming while we would head on to the villages of Kasson, Zumbrota, Pine Island and Oronoco. It must have worked, because I think he won his election. It is strange, however, what sticks in your mind as a result of such activities. In my case it was the music. We played a song called "Alee Hasenpfeffer" whose words praised a traditional German stew made from marinated rabbit.

Ah yes, "Alee Hasenpfeffer, Alee Hasenpfeffer, Alee, Alee, Alee Eh!" As young teenagers, we changed the song's words to "Alee cut the mustard," thinking we were being clever by slipping in a bit of off-color humor and fooling our parents or whoever cared to listen. I dare say that nobody did.

The major change that came about as a result of band tours probably showed in my lips. I believe they are still a bit puffy from the mouthpiece on my trumpet after hitting high notes in the back of that pickup parked in front of several city halls.

Despite the fact that my musical interests have shifted in another direction, why not attach picks to fingers and polka on? Is it all right with you, Alee? Jawohl?

OUTDOORS

CONTINUED FROM PAGE 14

Skiing and boarding

This season at both downhill and cross-country destinations looks very different: no bowls of soup by the fireplace in a cozy lodge. Maybe even port-o-lets in the parking lot. Consider your car both lodge and locker and plan to boot up in the car. Before leaving home, purchase a ticket or make a reservation if necessary. Also required, contact tracing information including phone and email address.

Shelburne Farms

If you walk at Shelburne Farms, and I highly recommend it, remember that you can order

carry-out dinner, helping to support an important institution in our community and treating yourself to local, organic food prepared by the Inn's chef.

Shop locally

For every \$100 spent in independently owned stores, \$69 returns to the community through taxes, payroll and other expenditures. If you spend at a national chain, only \$43 stays local. Spend it online and *almost nothing comes home!* Local merchants are being creative; support our neighbors by patronizing local businesses both now and after the pandemic.

Stay safe, be well, and get outdoors. Nature is a healing force.

Sacred Hunter

A kiss for the fish before it goes home



Bradley Carleton
CONTRIBUTOR

As we wind our way toward the end of a year that we will look back on as one of the toughest we have endured as a species, I am inclined to draw some metaphors from the natural world. First, let me say that this is not meant to minimize the tremendous loss of life that we have experienced as a species. Nor do I want to discount the extraordinary struggles we have witnessed in the way we have become so divided as a nation. These are all very true and very painful, no matter your political belief. Nature has a way of calling out the best of us as we find compassion amidst our distrust of one another.

For just as Albert Einstein said, “Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.” We learn to be better humans from our struggles, be they surviving a night in the frigid winter wilderness, or the recognition that when deprived of closeness to one another, we long for connection. For hugs, handshakes and kisses on the cheeks of those we cherish. If ever there was time that humanity faced its most painful realization that we need one another to survive and thrive, now is that time.

When I spend time in my tree stand observing the animals, the trees swaying in the breeze, a thunderstorm circling around me, the fragrance of the lake turning over its detritus to be absorbed and released to the surface, I am acutely aware of how important we all are to one another. As you venture into the winter woods surrounded by silence, breathe in the fearsome arctic air, and notice the scent of balsam. Listen for the gentle “dee, dee, dee” of

the black capped chickadee. Notice how you are announced to the natural world by these beings who inhabit the realm of our imagination. Watch the doe sneaking through the hemlocks. How she places each foot with conscious movement—now watch someone practice yoga or tai chi and see the similarities of intentional movement. We are not that different from our animal brethren.

Soon, I will be embracing the cold, and with anticipation measured in the same breath as trepidation, I will walk out onto the ice in an attempt to seek my underwater treasure, fishing for panfish. My understanding of “safe ice” is a little different than others. I require four inches of clear black ice as some will say “two inches is all you need.” I will politely disagree and would rather choose to not wind up on the back page of the local publications as a statistic. I have known others who have possessed a different sense of judgment than I, and I respect their choices but will not compromise my own boundaries. Again, more lessons on life. Know your own boundaries and respect others.

After sitting on a pickle bucket with a pad on it to cushion my backside, I hunch over the icy cylinder that I have carved out of the clear surface. I bait my hook with a spike (known to the gentry as the lowly maggot) but even the tiny squirming creature serves its purpose—to entice a larger creature to follow its instinct to feed. Most people would never consider the lowly parasite as worthy of anything but disgust and disdain, but even the little critter has its purpose. And so, I honor the maggot and thread it on to the hook and lower it into the water in the hole. I feel the weight of the lure touch the bottom of the lake and retrieve it up just two turns on the reel, then gently jig

SEE **SACRED HUNTER** PAGE 17

Sports

Three Redhawks earn places on All-State Field Hockey



Edd Merritt
CONTRIBUTOR

Hailey Chase, Lena Ashooh, Sophia Stevens were named to the 26th annual *Burlington Free Press* All-State Field Hockey Team. Hailey was a senior forward. This was her second year as an All-State selection. Lena, a senior midfielder, moved to that position this past year after playing forward before that. She, too, has earned All-State honors two years in a row. A junior defender this past year,

Sophia had previously been the goaltender. This was her first year to earn All-State. She was also named to the Metro Division all stars, as were Hailey and Lena.



Captain Hailey Chase dribbles through Mount Mansfield.

Photo by Al Frey

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Town

Library news



Margaret Woodruff
DIRECTOR

Thank you! We can't say enough how much we appreciate your support. From the abundant donations to the library expansion project to the continued enthusiasm for library service during COVID, we are so grateful to

be part of this wonderful community. The library staff wish you all the best in the coming year and look forward to seeing you when our doors open! In the meantime, here are a few ideas to keep you and yours entertained and informed.

Wrapping Up a Good Read: If you missed our Zoom presentation with the Charlotte Senior Center, here is the list of books we featured. All of these are available at the Charlotte Library for you to enjoy as well as at Flying Pig Books in Shelburne if you'd like to give as gifts.

Cheryl's Picks

- DIY Cookbook for Young Chefs*
- Monkey with a Tool Belt* by Chris Monroe
- One of Us Is Lying* by Kate McManus
- Bill Nye's Great Big World of Science*

Margaret's Picks

- Crooked Hallelujah* by Kelli Jo Ford
- An Elderly Lady is Up to No Good* by Helen Tursten
- The Last Stargazers* by Emily Levesque
- The Midnight Library* by Matt Haig
- Night Theater* by Vikram Paralkar
- Office of Historical Corrections* by Danielle Evans
- Reindeer Chronicles* by Judith Schwarz
- Sustainable Kitchen* by Heather Wolfe
- Susanna's Picks*

- Daisy Jones & the Six* by Tara Reid
- The Lager Queen of Minnesota* by J. Ryan Stradal
- Transcendent Kingdom* by Yaa Gyasi
- Vanishing Half* by Brit Bennett

December Book Art: Window Bird



Ornament

Vermont Bird Feeding Season began Dec. 1. Celebrate our feathered friends with this simple and whimsical bird for your window. We supply the materials and pattern; you supply the creativity and fun. Share your bird creations with us when you're done!

New Library Card Benefit: Kanopy!

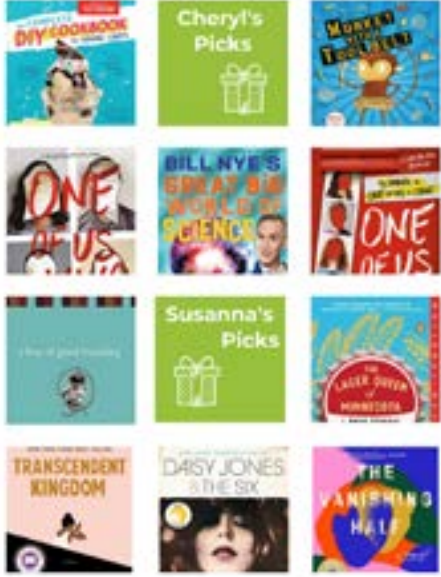
Kanopy—Stream Classic Cinema, Indie Film and Top Documentaries, including children's selections with Kanopy Kids. All you need is your library card and password to set up an account (password hint: your last name with standard capitalization, e.g. Smith, McCord-Ball). Visit charlottevt.kanopy.com/ to get started.

DIY Recipe Packets

Pick up a bag from the library vestibule to get started! Packet choices include: herbal tea, hot cocoa, mulled cider, turmeric chicken, dukkah and more!

Community Resilience Assessment

Extended to Dec. 31: There's still time to add your voice. Join us to bring our community together! This brief and confidential assessment is ready to go and we warmly invite you to participate. You can find paper copies at the Charlotte Town Hall, the Charlotte Library porch, Charlotte Children's Center, Charlotte Food Shelf and Spear's



Corner Store. If you prefer, you may take the survey online using this link: <http://bit.ly/05445VT>.

Upcoming Programs at the Charlotte Library:

Please contact the library at info@charlottepubliclibrary.org for the Zoom registration links to our programs.

Mystery Book Group:

Black Raven by Anne Cleeves
Monday, Dec. 21, 10 a.m. via Zoom
Raven Black begins on New Year's Eve with a lonely outcast named Magnus Tait, who stays home waiting for visitors who never come. The next morning the body of a murdered teenage girl is discovered nearby, and suspicion falls on Magnus. Inspector Jimmy

Perez enters an investigative maze that leads deeper into the past of the Shetland Islands than anyone wants to go. The audiobook is available on [Hoopla](https://www.hoopla.com/) and hard copies are available at the library.

How to Hoopla for Beginners

Wednesday, Dec. 23, 10 a.m. via Zoom

Learn how to use Hoopla to read and listen to books and watch tv shows and movies at home for free with your library card. Susanna will get you started with Hoopla on your device and share some tips and favorites.

For the latest information about programs, books and activity kits, sign up for our monthly newsletter

The library building is closed to the public but books and other materials available for porch pickup. Porch pickup hours:

Monday, Wednesday, and Friday:

11 am to 6 pm

Tuesday and Thursday: 10 a.m. to 5 p.m.

Saturday: 10 a.m. to 2 p.m.

Please call or email to let us know what we can set out for you! Not sure what to read? We're happy to help select books for readers of all ages!

Library Contact Information
Margaret Woodruff, Director
Cheryl Sloan, Youth Services Librarian
Susanna Kahn, Tech Librarian
Phone: 802-425-3864
Email: info@charlottepubliclibrary.org

SACRED HUNTER

CONTINUED FROM PAGE 16

the tip of the rod up and down. Within just a few movements, the rod suddenly bends down toward the hole and begins to throb. I can feel the vibration in the palm of my hand and lift quickly to set the hook.

As I reel the big yellow perch upward through the hole and lift it into the bright sunshine, I admire the iridescent gold with the seven vertical brown bars on its sides. The vibrant orange fins tipped with white. The gold and black eye that seems to look at me and wonder, "Who am I to have taken this specimen and shown it a new world of oxygen and blue sky?"

I have a ritual I perform each year with my first catch. I hold the fish by the lower lip and give it a kiss, then release it back to its home.

Bradley Carleton is Executive Director of Sacred Hunter.org, a non-profit that seeks to educate the public on the spiritual connection of man to nature.



Chris Thayer is on first ice.
Photo by Bradley Carleton

Town

Charlotte Senior Center news



Carolyn Kulik
SENIOR CENTER
DIRECTOR

"I beg you to have patience with everything unresolved in your heart and to try to love the questions themselves as if they were locked rooms or books written in a very foreign language. Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer." ~ Rainer Maria Rilke, *Letters to a Young Poet*

Have patience—but stay as mentally and physically active as you can: Participate in a course, attend a Wednesday talk, take a walk. Here are just some of the offerings for you to consider—in addition to the many other ongoing courses.

Next week

12/30 - Coping with COVID with Karen Chatfield

Wednesday mornings, 11–12.

Dates: 12/30, 1/13, 1/27, 2/10 & 2/24.

Registration required by Mondays prior.

Join your peers to discuss coping strategies and share methods you have used to deal with life during the pandemic. This group is designed to provide connections and support as we navigate "the new normal" together. Please note that this group is not intended to be a substitute for therapy or professional mental health treatment. Registration is required, but one need not attend every meeting. No fee.

Courses in January

So much is happening this month! Since the next issue of *The Charlotte News* is slated for 1/14, it is worth looking ahead now. For longer course descriptions, refer to the printed Winter Schedule, or visit the website: CharlotteSeniorCenterVT.org.

1/8 - Italian for Real Beginners with

Nicole Librandi

Fridays, 1–2 p.m. Dates: 1/8 – 2/19. (6 weeks)

Now is the time to begin your study of Italian—and have fun along the way!

Please register by 1/4. Fee: \$48.

1/8 - Italian Intro with Nicole Librandi
Fridays, 2:30–3:30 p.m. Dates: 1/8 - 2/19. (6 weeks)

If you've studied some Italian, but your knowledge of the language is "rusty," then this is the right place for you. Please register by 1/4. Fee: \$48.

1/8 - Italian Refresher with Nicole Librandi

Fridays, 4–5 p.m. Dates: 1/8 - 2/19. (6 weeks)

Join this class to refresh your knowledge of Italian through conversation and grammar updates. Please register by 1/4. Fee: \$48.

1/11 - Mindfulness for Life—Intro with Jill Abilock

Monday mornings, 10–11. Dates: 1/11–2/15. (6 weeks)

This course offers a personal toolkit of mindfulness techniques to help you meet life's challenges with strength and ease, and deepen fulfillment from all of life's joys. Fee: \$30 for the 6-week series.

1/11 - Book Discussion Group, Part II: *Walking Each Other Home* with Carol Bokan

Every third Monday morning, 11–12:30. Dates: 1/11, 2/1 & 2/22.

A facilitated discussion for those who have participated in one of the Center's previous four-week courses based on this book. The group will likely choose an additional book during this session.

Registration required. No fee.

1/12 - French Book Club with Alysse Anton

Tuesdays, 1:30–2:30 p.m. Dates: 1/12–3/2. (8 weeks).

We'll discuss Guy de Maupassant's short story, "Le Horla"—considered a masterly tale of the fantastic. Language level: High-intermediate to advanced. Please note: Instructor can provide a PDF version of the book. Fee: \$64 for the 8-week series.

1/15 - French Coffee Club with Alysse Anton

Fridays, 9–10 a.m. Dates: 1/15–3/5. (8 weeks)

Have engaging French conversation with your morning coffee. For high-beginner/low-intermediate French speakers who are able to carry on a basic conversation discussing a variety of topics. (Not intended for beginning French speakers.) Fee: \$64 for the 8-week series.

1/14 - Screen Writing for Fun, Part II with Mark Williams

Thursday evenings, 6:30–7:45.

Dates: 1/14 – 2/4. (Rescheduled from Dec.)

Work on creating the turning points in your movie's story that propel the main character into action. Everyone's movie is discussed supportively in class each week, and this helps build creative energy. Newcomers welcome. Fee: \$48 for the series of 75-min. classes. Please register by 1/11.

1/18 - Conflict Resolution with Mark Williams

Monday afternoons, 1–2 p.m. Dates: 1/18–2/22. (6 weeks)

Using role-playing and mediation exercises, participants in this 6-week class will learn practical skills, such as: how to calm an angry person down, how to empathize with a person with whom you disagree, and more. Please register by 1/14, for the six-week course. Fee: \$48.

How to Register for a Course

All courses are online—and all require registration in order to receive the invitation/link.

To register, send your name, mailing address and phone number to: CSCZoom@gmavt.net. Be sure to note the title of the course in the subject line of the email. You will receive confirmation that you are registered. Please send a separate email for each course.

Payment—If there is a fee, kindly pay by check (made out to CSC) and send to: P.O. Box 207, Charlotte, VT 05445. Be sure to note the title of the course in the memo line.

- For ongoing exercise courses, please pay at the *end* of each month for the classes attended. Unless otherwise stated, tally your attendance and figure \$5/class.

- For courses with a limited set of dates, kindly pay *prior* to the start of the course. Fees vary.

Please check the course description for the fee in the printed Winter Schedule or visit the website:

CharlotteSeniorCenterVT.org.

If fees present a hardship, don't hesitate to request an adjustment by sending an email to CSCZoom@gmavt.net. We want everyone to be able to keep themselves healthy and engaged, especially during this challenging time.

Questions? Need help with Zooming? Please email: CSCZoom@gmavt.net, or leave a message at (802) 425-6345.

Talks on Wednesday at 1pm

These free events are online via Zoom.

Please note that they do *not* require registration. The Zoom invitation/link to the talks are posted on the website the day before: CharlotteSeniorCenterVT.org. The link also appears in Front Porch Forum for that week.

12/23: Shakespeare: Myths & Mysteries with Brian Bock

How well do we really know the 'Bard of Avon,' and why is he so popular now? We'll explore Shakespeare's life and works, exploring the myths and falsehoods. ~ Brian prefers comedies over tragedies—and loves the Utah Shakespeare Festival in Cedar City.

1/6: Mystical Myanmar with Carl Herzog

We'll visit the highlights of the huge, gold-covered Shwedagon Paya Buddhist temple in Yangon, the unique floating gardens at Inle Lake, the thousands of temples at Bagan and much more. ~ Carl, a retired petroleum engineer, and Carlanne lived overseas for 20 years and have travelled in about 100 countries.

1/13: Beekeeping & Peace-Making: Are They Related? with Anne Outwater

Since being a first responder at the bombing of the U.S. Embassy in Dar es Salaam, Dr. Outwater has been dedicated to the prevention of violence. She will share her research findings including interventions and next steps—which include entrepreneurship and beekeeping, drawing on her experiences of growing up in Vermont. ~ Anne Outwater, Ph.D., RN, is a faculty member at Muhimbili University of Health and Allied Sciences in Dar es Salaam, Tanzania.

1/20: COVID-19 Update in 2021: What Now? with Jim Hyde

1/27: Bringing Portraits to Life with Jonathan Silverman

Art Exhibits

The Senior Center's monthly art exhibits are suspended until February.

Be careful. Keep your spirits up. We are all in this together.

The Senior Center's mission is to serve those 50 and up; if a course is not full, younger participants are welcome to enroll. Feel free to leave a message anytime at 425-6345; voicemail is checked frequently.

"You have to create little pockets of joy in your life to take care of yourself." ~ Jonathan Van Ness

Charlotte Senior Center
802-425-6345
CharlotteSeniorCenterVT.org

Town



Charlotte Fire and Rescue Log

November 2020

Sunday, November 1
12:15:00 Patient Refused Evaluation/ Care (Without Transport)

10:12:00 Patient Treated, Transported by this EMS Unit

Monday, November 2
23:20:00 Standby-Public Safety, Fire, or EMS Operational Support Provided

21:14:00 Standby-Public Safety, Fire, or EMS Operational Support Provided

Tuesday, November 3
15:36:00 Patient Treated, Transported by this EMS Unit

13:13:00 Patient Treated, Transported by this EMS Unit Evaluated, No Treatment/Transport Required

Wednesday, November 4
16:06:00 Canceled (Prior to Arrival At Scene)

11:21:00 Intercept

Thursday, November 5
15:39:00 Canceled (Prior to Arrival At Scene)

Friday, November 6
21:47:00 Patient Treated, Transported by this EMS Unit

12:53:54 Patient Treated, Transported by this EMS Unit

Saturday, November 7
13:06:00 Patient Treated, Transported by this EMS Unit

Sunday, November 8
5:25:00 Patient Treated, Transported by this EMS Unit

Monday, November 9
11:46:34 Patient Treated, Transported by this EMS Unit

09:36:31 Patient Treated, Transported by this EMS Unit

Tuesday, November 10
10:51:00 Patient Treated, Transported by this EMS Unit

Monday, November 16
15:31:43 Patient Treated, Transported by this EMS Unit

Thursday, November 19
13:15:00 Standby-No Services or Support Provided

11:12:00 Standby-No Services or Support Provided

Saturday, November 21
11:47:00 Patient Treated, Transported by this EMS Unit

Sunday, November 22
15:16:00 Standby-No Services or Support Provided

10:41:00 Standby-Public Safety, Fire, or

EMS Operational Support Provided

Monday, November 23
20:10:00 Canceled on Scene (No Patient Contact)

11:51:49 Patient Treated, Transported by this EMS Unit

9:11:50 Patient Treated, Transported by this EMS Unit

Tuesday, November 24
23:02:00 Patient Treated, Transported by this EMS Unit

16:18:00 Standby-Public Safety, Fire, or EMS Operational Support Provided

14:55:00 Patient Evaluated, No Treatment/Transport Required

7:03:00 Patient Treated, Transported by this EMS Unit

Wednesday, November 25
6:50:00 Patient Treated, Transported by this EMS Unit

1:23:00 Patient Treated, Transported by this EMS Unit

Friday, November 27
20:18:00 Patient Treated, Transported by this EMS Unit

3:04:00 Patient Treated, Transported by this EMS Unit

Sunday, November 29
16:04:00 Canceled (Prior to Arrival At Scene)

Monday, November 30
20:10:00 Standby-No Services or Support Provided

17:19:13 Patient Treated, Transported by this EMS Unit

PROPERTY TRANSFERS

Sept. 28 Eric Sturm and Melissa Marcello to Christopher and Natalie Kanner, 4.8 acres with dwelling, 436 Clafin Farm Road, \$834,000.

Sept. 29 Dean C.B. Freeman, Trustee of the Dean C.B. Freeman Trust, to Leslie L. Tucker, Trustee of the Leslie L. Tucker Trust, .96 acres with dwelling, 345 Hills Point Road, \$511,240.

Oct. 2 Liam and Laura Murphy to Matthew and Martina Bex, 2.1 acres, land only, 431 South Forty Road lot #5, \$175,000.

Oct. 3 Henry Sauer, Jr. and Teresa Mares to Walter and Amanda McCarthy, .28 acres with dwelling, 2255 Greenbush Road, \$370,000.

Oct. 5 A. Johnson Co. LLC to Millennium Trust Co. LLC, 112.53 acres, Lewis Creek Road lots 2 and 3, \$320,000.

Oct. 6 Stephen and Sallie Pintauro to Marcus and Ellen Baker, 3.12 acres with dwelling, 6110 Mt. Philo Road, \$1,995,000.

Oct. 7 Christopher O'Brien and Jamie Ha-O'Brien to Caitlin and Jesus Calderon, 4.63 acres with dwelling, 298 Whalley Road, \$408,000.

Oct. 7 Max A. Miller Trust and Susan R. Durham Trust to Richard, Sr. and Judith Ahrens, 8 acres with dwelling, 178 Popple Dungeon Road, \$1,100,000.

Oct. 8 Nina Cucchiari to Allison Birney and Arthur Birney, Jr., seasonal cottage, 1002 Flat Rock Road, \$625,000.

Oct. 13 Norman and Constance Archer to Champlain Housing Trust Inc., dwelling only, 2 Common Way, \$298,000.

Oct. 13 Champlain Housing Trust Inc. to Matthew Burke, dwelling only, 2 Common Way, \$298,000.

Oct. 13 Heather Bartlett to James Hathaway, Jr., .47 acre with dwelling, 2812 Mt. Philo Road, \$343,000.

Oct. 19 Hugh and Christine McBride to Adam Davidson and Jennifer Branbury, 30.47 acres with dwelling, 665 Prindle Road Lot 5, \$910,000.

Oct. 21 Liam and Laura Murphy to Donald and Patricia Harmeyer, 2.01 acres, land only, 103 Wexford Lane, \$150,000.

Oct. 26 Jeffrey Scheuer and Michell Thurmond, co-trustees of David A. Scheuer Revocable Trust, to John Cammack and Kimberly Warren, 20.28 acres with dwelling, 5261 LakemRoad, \$1,251,000.

Oct. 28 John and Rosemary Bevan, Trustees of John A. Bevan Family Trust, to Alan and Andrea

Landau, 6.43 acres, land only, 192 White Birch Lane, \$150,000.

Oct. 30 Hylda Jane Kiley Trust to Caleb Kiley, 70.9 acres with dwelling, 2033 Dorset Street, \$160,938.

Nov. 2 Robert Smith and Jeffrey Martin to William and Tina Eder (1/3%) and Bryan and Laura Ciaccia (2/3%), 4.73 acres, land only, 3888 Spear Street, \$200,000.

Nov. 4 John Patnaude Family Trust to Jack Barton and Olivia Anair, 5 acres with dwelling, 565 Greenbush Road, \$375,000.

Nov. 4 Per Krogh and Joan Marie White-Hansen to Greg Estep and Risa Delappe, .61 acres with dwelling, 565 Ten Stones, \$640,000.

Nov. 5 Gertrude Gecewicz Jordan to Lindsay Chisholm, 5 acres with dwelling, 1550 Spear Street, \$562,500.

Nov. 5 Rosine Schiess-Kishnick Trust to Walter Dario Guizler, 10.1 acres land only, 4033 Greenbush Road, \$110,000.

Nov. 16 Eric Durett to Michael Dorsey, .86 acres with dwelling, 671 Ferry Road, \$280,000.

Nov. 17 Residents Trust to Stonehouse Properties, 10 acres land only, 1875 Prindle Road, \$210,000.

Nov. 20 Bradley Young to Justin and Brie Gelinas, 5.05 acres with dwelling, 320 Elcy Lane, \$525,000.

Nov. 20 Pop the Trunk LLC to Ian Finseth and Stephanie Hawkins, 11.24 acres land only, 912 Lake Road, \$279,000.

Nov. 24 Thomas Hergenrother, Sr. and Andrea Couture to Matthew Bourgault and Mary Foster, 10.96 acres with dwelling, 513 Guinea Road, \$817,000.

Nov. 30 Neal and Laura Blood to Justin and Kacey Urban, 2.02 acres with dwelling, 230 Guinea Road, \$346,000.

Nov. 30 Lewis Creek Associates to Kathleen Elliot and Luis F. Toro Reyes, 5.01 acres with building, 527 Ferry Road, \$410,000.

Dec. 7 Drew and Dianne Chace to Jacob and Jessica Card, 5.01 acres with dwelling, 717 Orchard Road, \$699,000.

Dec. 8 Elizabeth Palchak and Douglas Connelly to Paul Devlin and Emily Raabe, 5 acres with dwelling, 29 Mt. Philo Road, \$530,000.

Dec. 11 Franklin and Pamela Lambert to Samuel and Amanda Slater, 1.36 acres with dwelling, 331 Wildwood West, \$449,900.

Classifieds

Reach your friends and neighbors for only \$12 per issue. (Payment must be sent before issue date.) Please limit your ad to 35 words or fewer and send it to The Charlotte News Classifieds, P.O. Box 251, Charlotte, VT 05445 or email ads@thecharlottenews.org.

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