

CHARLOTTENEWSVT.org Vol. 64, no.02 July 15, 2021 Charlotte New

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The community reacts to HRC's findings of police discrimination against Lydia Clemmons

The



EDITOR

After an initial period of silence, community members are coming forward in support of Lydia Clemmons and the Clemmons Family Farm, with one notable exception: the town itself.

In the last week, public statements of support for the African American cultural center were issued by the Vermont Interfaith Power and Light and the Charlotte Energy Committee, Rep. Mike Yantachka, the United Church of Christ, and several Charlotte residents.

"Dr. Lydia Clemmons, the Clemmons family and the Clemmons Family Farm... have long been valued members of the Charlotte community," wrote Rep. Yantachka on July 8. "For their credibility to be dismissed in the vandalism and harassment case at their farm is reflective of the inherent bias of our social structure."

In June, the Human Rights Commission made public its investigative findings that Vermont State Police discriminated against Dr. Clemmons on the basis of race and gender. The report stemmed from a three-month period in 2017 where Dr. Clemmons contacted police multiple times to request protection from then tenant Gregory "Grey" Barreda, whom Dr. Clemmons was in the process of evicting. News outlet *Seven Days* broke the story on June 23.

"We were alarmed and saddened to learn of the Vermont Human Rights Commission's recent determination that Dr. Lydia Clemmons... was illegally discriminated against by the Vermont State Police based on race and gender," read a July 7 statement by Pastor Abigail Diehl-Noble, Rev. Susan Cooke Kittredge and Rev. Kevin Eric Mills Goldenbogen of the United Church of Christ. "We [are] compelled by our Christian faith to be witnesses against injustice in all its forms, to state our support of Dr. Clemmons and Clemmons Family Farm, and to condemn the discrimination and threats to which they have been, and are being, subjected."

Sally Mack, the Clemmons' neighbor, posted a personal statement on Front Porch Forum on July 12.

"We have lived one house away from the Clemmon's [sic] Family Farm for nearly 30 years," Mack wrote. "We have been so blessed by having this lovely family as our neighbors and enjoy their wisdom, expertise, culture, and the beauty in which they have created with their numerous buildings, barns and homes and the African Art and culture that they have brought to our community."



Photo contributed

The Vermont Interfaith Power & Light (VTIPL) and Charlotte Energy Committee issued a joint statement of support and announced fundraising efforts to purchase solar units for the farm through a tithe program connected with the Bristol Community Solar project.

"Those who tithe add 10% to the cost of the units they purchase for themselves to help pay for units for the Farm," the statement read.

At several recent Selectboard meetings, Dr. Clemmons openly opposed a scoping study placing a proposed Town Link Trail in proximity to the Clemmons Family Farm, citing ongoing security concerns. In an interview with *The News*, Dr. Clemmons said her fears about the trail were based in part on potential threats stemming from the Barreda matter.

At the June 28 Selectboard meeting, member Lewis Mudge raised the issue of the commission's findings along with his personal desire to take a public position on the issue.

"Because it's been kind of crickets from the town with regard to a pretty big statewide news event, I still would like to take a personal position," Mudge said. He referred to earlier discussions with the board that "it would not be advantageous for the town to take a position" on the issue due to "potential adjudication."

There was no further discussion on the topic from other board members and the subject was quickly changed. When contacted by *The News* at print time, Mudge indicated he was not yet able to comment.

Selectboard Chair Matt Krasnow did not respond to *The News* for comment on the commission's findings.

"When someone harms us, we hope for the empathy and assistance of our friends and neighbors," wrote residents Susan and Vince Crockenberg last week on Front Porch Forum. "We Charlotters have the opportunity to provide that now, for Lydia Clemmons and the Clemmons family."

Charlotte receives "villagecenter" designation

Mara Brooks EDITOR

East and West Charlotte are officially village centers.

In a meeting on June 28, the Downtown Development Board found that the East Charlotte and West Charlotte applications for "village center" status met statutory requirements and designated the village centers to receive state benefits, said Vermont Department of Housing and Community Development's Richard Amore in an email to Town Administrator Dean Bloch.

"To be clear, these designations are not changes to the zoning districts," Bloch said. "The designations allow benefits that help property owners make improvements to their properties and also provide priority consideration for various state grants."

Village-center designation qualifies owners of commercial and multifamily properties within the designated area for tax credits and



increases grant-scoring points for projects anywhere in town, said attorney and Friends of the Lyceum School Chair Michael Russell, who worked on the application. The designation also helps Act 250 applicants within the designated village center "by eliminating the need to satisfy certain review criteria," he added.

According to Russell, the designations were approved based on the Charlotte villages having "a concentration of structures housing, commercial and civic uses, such as Our Lady

SEE VILLAGE PAGE 3

Former ZBA member to Selectboard Chair: Apologize to Moore

Mara Brooks

Former ZBA member Stuart Bennett read a statement at the July 12 Selectboard meeting criticizing comments made by Selectboard Chair Matt Krasnow about a conflict of interest issue involving ZBA member Ronda Moore.

"Matt I'm directing my comments specifically to you and I'm hoping that the other boards in town and their chairs pay attention," Bennett said of Krasnow's comments at the June 28 Selectboard meeting. "You're a leader of the town. You lead by example, and you should show us what good governance looks like."

Bennett told Krasnow the Selectboard chair made "a serious mistake" in publicly commenting on a topic raised without notice by ZBA Chair Lane Morrison at the June 28 meeting. At the meeting, Morrison asked the Selectboard to remove Moore from the zoning board due to what Morrison described as an undisclosed conflict of interest between Moore and zoning applicant Evergreen Family Health and its proposed Charlotte Health Center.

Bennett said statements Krasnow made at the June 28 Selectboard meeting "prejudiced" the community against Moore. He described the meeting as a "pile on."

"Acknowledge the mistake, apologize to [Moore], apologize to the town, learn from it, and move on," Bennett told Krasnow. "Whether [Moore] is right or wrong is going to be resolved by the ZBA."

Krasnow said Bennett's comments would take "a little while to digest." He added the Selectboard had been following the advice of general counsel "to the letter" since meeting with the town attorney two days after Morrison requested an adjustment to the official Selectboard agenda.

"We're moving forward with due process as

recommended by general counsel and I think we're all learning from that," Krasnow said.

"It's too little, too late," Bennett replied. "The bell's been rung. All you have to do is listen to the hearing. You totally denounced her."

Krasnow told Bennett he thought Bennett was confusing statements made at the June 28 meeting with quotes pulled from a newspaper article. He encouraged Bennett to "go back and watch" the recording of the meeting.

"I would encourage you to look at how the town responded to the issue, and if there are points for improvement, we certainly want to have those discussions in the future once the process has gone through the correct way," Krasnow said.

Selectboard Vice Chair and former ZBA Chair Frank Tenney said the Moore matter should "never" have been put on the agenda as an adjustment for discussion without prior notice.

"I don't think any decision or really much discussion should be done on an added item that nobody has been warned to, or been advised to look at any information on," he said. "It should have been maybe brought up in public comment so that it could be discussed in a future meeting and warned. Properly."

Tenney said the procedure for addressing possible misconduct among ZBA members is included in the zoning board rules and procedures.

"I would hope that our zoning members that have been looking at our zoning rules of procedures and ethics and rewriting them in the last three months would have read them, to know how the process would proceed," Tenney said.

Tenney, Bennett and two other former ZBA members resigned from the zoning board in May amid mounting concerns of conflicts of interest among board members.

Letters to the Editor

When it's truly important to have a medical practice in town

When I worked at the CFHC in the late '70s/ early'80s, a woman came in around lunch time one day, bringing her husband. He had been working alone in the woods when a dead tree that had been hung up against another tree broke loose, fell on his head and knocked him unconscious. When he woke up, he went home, told his wife and declared that he felt fine, but his wife decided to bring him immediately to the office.

He didn't want to come, kept protesting that he felt fine, didn't need to be seen, etc. His physical exam turned out to be entirely normal except for his inability to control the descent of his left arm when it was raised into the air. Clearly there was damage to the nerve that controlled that arm. It required further investigation, and I called for the ambulance to take him to the medical center in Burlington.

The patient argued and complained-if he had to go to Burlington his wife could drive him. With some difficulty, we got him, complaining all the way, into the ambulance. By the time the ambulance reached Burlington, he was unconscious. He was rushed into surgery where a torn blood vessel under his skull was repaired and the bleeding stopped. He was lucky-if his wife had had to go looking for a doctor in another village, the wasted time might have made things considerably worse.

Having a medical practice right here in town is definitely convenient, but when it's important, then it's truly important. It's not often that a doctor actually gets to save a life, and I look back with gratitude that I was given the opportunity. That man and I have never spoken of that incident, though I see him occasionally around town-it's quite possible that he has no memory of it.

Valerie Graham, M.D.

The Charlotte Family Health Center and the Zoning Board

A historical perspective

With a few associates, I founded the Charlotte Family Health Center in 1975. We took over from Dr. Ed Crane, who was leaving private practice to rejoin the Air Force. He was more than happy to find a replacement, and he leased us his office building on Old Route 7 along with his equipment. We practiced family medicine there until 1982, when he decided to turn the building over to a family member. We needed to find a new space.

Many in town offered helpful suggestions, and eventually we settled on a small farmhouse on Ferry Road. Here is where we got to meet the Planning Commission. The new office space

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was in a part of town zoned for residential use, and, according to the regulations at the time, the only commercial activities allowed were home industries and small farm stands.

Relative to the process as it seems to be in Charlotte today, the meeting in 1982 provides an interesting comparison. We had no lawyer and didn't know what to expect. As it turned out, the process was a quick one. One member said, "We don't care where you go, as long as you don't leave town." In short order, the commission decided to consider the Health Center as a home industry and allow its new location as a conditional use.

Eventually, rules would change to allow health centers as a conditional use in the residential district. And eventually, it seems, the planning process would change from "We want your business or service in town. What can we do to help you?" to the long, onerous and expensive process we see today.

Much has changed in Charlotte, and I suppose much has changed with the practice of medicine. We prided ourselves being available for same-day appointments and never made people wait more than a few days for semiurgent problems. We returned phone calls. We were available during off hours. We answered questions and handled many emergencies locally. Insurance company data showed the rate of emergency department visits by our patients to be among the lowest in the state.

Today, with high overhead costs imposed by the administrative necessities of managing electronic health records, small, personal community health centers are becoming increasingly scarce. To my way of thinking, this is an unfortunate loss. I would hope the Town of Charlotte does not lose its health center because of unwarranted dithering.

Richard H. Bernstein, M.D. Physician, Charlotte Family Health Center 1975-2013

A Pastoral statement in support of **Clemmons Family Farm**

As authorized ministers in the United Church of Christ we were alarmed and saddened to learn of the Vermont Human Rights Commission's recent determination that Dr. Lydia Clemmons of the Clemmons Family farm was illegally discriminated against by the Vermont State Police based on race and gender.* We write today:

- compelled by our Christian faith to be witnesses against injustice in all its forms;
- to state our support of Dr. Clemmons and the Clemmons Family Farm, and to condemn the discrimination and threats

to which they have been, and are being, The **Charlotte** News PUBLICATION DATES "Charlotte News harlotte News July 29, 2021 Copy Deadline: Friday, July 23 Ads Deadline: Friday, July 23

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subjected;

- to acknowledge our own privilege and failures as we recommit to doing better;
- to offer our training as pastors to facilitate dialogue and actions that we pray would enable transformation in this community that we love;
- to encourage our elected officials, other leaders, and all in our wider community to commit themselves to examining the ancient and pervasive systems of injustice;
- to pray that the Vermont Human Rights Commission Report will be a doorway, not to division and harm, but to learning, growth, deeper relationships and healing;
- firmly committed to partner with anyone who wants to work with us toward a world without discrimination.

Faithfully,

Pastor Abigail Diehl-Noble Rev. Susan Cooke Kittredge Rev. Kevin Eric Mills Goldenbogen

*read The Charlotte News article here: www.charlottenewsvt.org/2021/07/01/ commission-finds-vsp-committed-racialgender-discrimination-against-clemmonsfamily-farm-director/

In support of Lydia Clemmons

I am writing in support of Dr. Lydia Clemmons, the Clemmons family and the Clemmons Family Farm. They have long been valued members of the Charlotte community. For their credibility to be dismissed in the vandalism and harassment case at their farm is reflective of the inherent bias of our social structure.

The facts are clear: A person paying a rental deposit with \$1,000 in silver coins, which Dr. Clemmons reported to the VT State Police with due diligence as suspicious, was given the benefit of the doubt by law officers, despite the fact that the person was under indictment for stealing \$27,000 in silver coins from his previous landlord in Windsor County.

This fact was known, yet the VSP officers treated the matter as a landlord-tenant dispute. The subsequent harassment of Dr. Clemmons by the offender and the failure of the law enforcement system to respond effectively demonstrate critical flaws throughout the justice system. These flaws were enhanced by a biased attitude in the treatment of Dr. Clemmons as described in the Human Rights Commission report. They reflect a tendency of police to dismiss the experiences and statements of people of color that we have been hearing all too often in testimony before the Legislature.

These flaws must be fixed. The tendency toward biased treatment of an individual influenced by gender and race must be corrected with appropriate training in unbiased policing. Furthermore, conditions of release for indicted individuals must be enforced throughout Vermont, regardless of the county in which the charges were brought. The Legislature will continue to address these deficiencies to improve racial equity in Vermont.

It is the obligation for all of us to examine how white privilege acts to blind us to the systemic racism that permeates our social structure and to commit to replace it with genuine equity in our justice system, in our culture and in our own lives.

Rep. Mike Yantachka Charlotte-Hinesburg (Chit 4-1) District House Energy & Technology Committee mikeyantachka.com, (802) 233-5238



Mission Statement The mission of *The Charlotte News* is:

to publish rigorous, in-depth, fair reporting on town

affairs, and to source stories of interest from our neighbors and friends.

The News is a forum for the free exchange of the views of Charlotte residents and community volunteers on matters related to the town and the people who live here.

Editorial independence

The editor makes final decisions on stories that are published 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 are independent of all sources of financial support.

Letters, Opinions and Obituaries

Consistent with our mission The Charlotte News publishes letters to the editor, opinion pieces and obituaries submitted by our readers. All such materials are subject to review and approval by the editor in accordance with the following standards and requirements:

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- The News strives to stay clear of conflicts of interest. If an actual or perceived conflict arises or becomes known at a later date, it will be fully disclosed.
- While letters or opinion pieces may endorse political positions or candidates for public office the paper always remains objective and impartial in such matters.
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- Efforts will be made to publish submissions in their entirety and to preserve the original intent and wording, but minor editing may nonetheless be necessary. Contributors will be notified before publishing, if in the editor's judgment, significant changes are required, or the submission is rejected. Submission requirements:
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- Letters may not exceed 300 words, obituaries 500
- words and opinion pieces 750 words. All published letters and opinion pieces will
- include the writer's name and town of residence. Before publishing any obituary, we will need proper verification of death.

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Around Town

Congratulations

to **Julie Sulva** of Charlotte who earned placement on the University of New Hampshire's dean's list for the spring 2021 semester. Julie is a history major. In order to be named to the dean's list, she had to earn a semester grade-point average of 3.85 or better out of a possible 4.0.

to **Elizabeth Breen** of Charlotte who earned placement on the dean's list of the College of Holy Cross in Worcester, Massachusetts. A member of the class of 2024, Elizabeth is majoring in English. To qualify for the dean's list, Elizabeth had to achieve a GPA of 3.5 or higher out of a possible 4.0.

to **George Davis** of Charlotte who earned placement on the Bucknell University dean's list for his outstanding academic achievement during the spring semester, 2021. George is a member of the class of 2021, and he maintained a GPA of higher than 3.5 on a 4.0 scale.

Sympathy

is extended to family and friends of **Samuel Spear** of Sebastian, Florida, who died June 28 at the age of 91. Prior to moving south, Sam lived for many years in Charlotte. He was a rural mail carrier for the U.S. Postal Service in town for 27 years. He was a past master of the Friendship Lodge F&AM as well as president and steward of the Rural Letter Carriers Association for the state. His surviving family includes his wife, Priscilla, of Florida, his son Michael and Michael's wife, Carrie Spear, and grandchildren Grant Manning and Tristan Spear who live in Charlotte.

VILLAGE

CONTINUED FROM PAGE 1

of Mount Carmel Catholic Church in the East Village and the cluster of civic buildings in the West Village."

Charlotte Grange #398, a local, nonprofit organization under the Vermont State Grange and National Grange, intends to utilize tax credits for code compliance and "possibly" facade improvements to the Lyceum Schoolhouse/Grange Hall, Russell said.

"Village-center designation is an important step in expanding the opportunities to restore the Lyceum Schoolhouse," said Grange President Michael Walker, who worked with Russell on the application. "It opens to door to potential funding from the tax-credit program as well as being an additional positive factor when applying for historic preservation funding."

Obtaining village-center status also serves as "important recognition" that the East and West villages are "part of a cohesive settlement is extended to family and friends of Sean P. Mahoney of Charlotte who died June 27 at the age of 72. A graduate of Rice Memorial High School and Castleton State College with a degree in social work, Sean worked many years at the Brandon Training School, the Apple Creek Institute in Ohio, the Laconia State School in New Hampshire and recently at the Shelburne Museum. He was an accomplished sailor of Lake Champlain and the Intercostal Waterway of the Atlantic Ocean. Those wishing to make donations in his name may consider giving to ARC.org, a group serving people with developmental difficulties.

is extended to family and friends of Adele F. Pierce of Shelburne. Born in 1921, she and her husband, Norman, settled in the Boston area where they lived until his death. She moved to Middlebury where she and two compatriots started the Fire and Ice Restaurant. She was active in the Middlebury community, and upon retiring from the restaurant business she worked closely with the Henry Sheldon Museum of Vermont History. Her surviving family includes her son, Howard, and his wife, Wendy, of Charlotte. In lieu of flowers, the family asks donors to give in her name to the Henry Sheldon Museum, 1 Park Street, Middlebury, VT 05753, or to the humane society of the donor's choice.

Other news

Governor Scott has appointed **Margaret** (Peggy) Mahoney Sharpe to fill the remaining term of Justice of Peace, through February 2023, which was previously held by Leo Laberge. The Charlotte Democratic Committee unanimously recommended her to the governor to fill this role.

pattern and focal points for civic activity," Walker said.

According to the state's 2018 State Designation Program manual, villagecenter designations were created to promote traditional settlement patterns and offer "tools and incentives" to keep village centers economically vital. "This approach not only builds Vermont's economy—but helps achieve related goals like protecting the working landscape and our historic and natural resources," the manual states.

The East and West Charlotte designations will remain in place until June 2029. The renewal process, required every eight years, involves "amendment of the Town Plan to show the boundaries of the designated village centers and a statement of how the designation has furthered the goals of the Town Plan," Russell said.

The town applied for the designations in May. At a May 27 Selectboard meeting, Bloch described Russell and Walker as having been "instrumental" in the application process.



Charlotte-Shelburne-Hinesburg Rotary helps deliver student lunches



Former Charlotter and Rotarian, John Hammer is happy to help deliver lunches to local families. Photo contributed

Fellow Rotarians delivered lunches on Friday, July 9, for the summer CVSD food program for kids. The Champlain Valley School District is providing free meals to children 18 and younger throughout the summer months. To receive free lunches and for more information visit www.cvsdvt.org.

Corrections

Our July 1 story "Commission finds VSP committed racial, gender discrimination against Clemmons Family Farm director" states that the Clemmons Family Farm and residence is "leased to a nonprofit", but the family residence is not part of that lease. We apologize to Lydia Clemmons for the error. In our article on June 15 "Charlotte Family Health Center proposal progresses in joint PC/ZBA meeting" The address of the proposed property is in fact 251 Ferry Road. The photographs included in the article were of 213 Ferry Road, the next-door property to the east.



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News from **The News** Welcome Susanne

John Quinney PUBLISHER AND PRESIDENT

We are pleased to announce that Susanne Davis has agreed to join the Board of Directors of The Charlotte News.

Most recently Susanne was Board Chair of The Friends of The Charlotte News, where she coordinated many of the fundraising activities that are so important to the fiscal



Susanne Davis health of the paper. Susanne

will continue this work in her new role.

Susanne is long-time resident of Charlotte. Her career includes working at Eating Well Magazine where she was the test kitchen manager, developing original recipes, for the magazine and cookbooks, as well as testing contributor's recipes. Susanne attended Tufts University, and The New England Culinary Institute. She worked for the Perry Restaurant Group prior to her employment at Eating Well.

Susanne's extensive volunteer activities have included serving on the Board of the Mozart Festival, working with Shelburne Museum and the Stern Center, and as a mentor at Charlotte Central School.

Susanne lives in the West Village with her husband, Chris, and son, George. When not volunteering for the paper, she can most often be found in her gardens.



Yantachka

When the Legislature adjourned in May, it allowed for a brief return to consider any legislation Governor Scott might have vetoed. When the governor vetoed his third bill of this session, he tied Governor Howard

Dean's record as the Vermont governor with the most vetoes—21—during his tenure. The veto session also provided an opportunity to finalize action on a bill that got stranded by adjournment. The House convened for the veto session on June 23, and the Senate met on June 24 and 25.

The three bills vetoed during the 2021 legislative session include:

- S.107, an act relating to confidential information concerning the initial arrest and charge of a juvenile,
- H.177, an act relating to the approval of an amendment to the charter of the city of Montpelier, and
- H.227, an act relating to the approval of an amendment to the charter of the city of Winooski.

S.107 raises the age from 18 to 20 for exempting from public access records related to the arrest and charging of juveniles. The exemption does not pertain to the "Big 12" major crimes. The rationale for raising the age was to conform to the legislation enacted three years ago to treat young adults ages 18 to 20 as juveniles in family court rather than

as adults for minor crimes. The goal was rehabilitation rather than incarceration.

Report from the Legislature

The issue of whether the identity of a young adult should be public arose in part as a result of an automobile accident on Route 7 in Charlotte that resulted in the death of two Ferrisburgh residents when a vehicle driven by a young person crossed into oncoming traffic and hit the couple's vehicle head-on. The state police released the young person's name but was criticized by the Chittenden County state's attorney for doing so. Governor Scott's veto message disagreed with the provisions in S.107 because he believes the 2018 legislation has not had the predicted positive results and has exposed 18to 20-year-olds to manipulation by criminal elements because of their more lenient treatment. The Senate declined to attempt an override of this veto during the veto session.

The House, on the other hand, met for one day to take up three items of business. The first item was to send to the Senate S.79, a bill passed on the last day of the session but which ran out of time to be sent to the Senate before it adjourned. S.79 created a registry for contractors, another registry for rental units throughout the state, and allowed landlords dealing with problem tenants to initiate eviction proceedings despite the emergency moratorium on evictions. This bill was subsequently passed by the Senate when it met and was sent to the governor, who vetoed it this past Friday as veto number 22.

The two bills dealing with the charter changes, H.177 and H.227, were considered next. Both of these bills would allow noncitizens who are legal residents of the cities of Montpelier and Winooski to vote in local elections. The charter amendments were passed overwhelmingly at each city's Town Meeting election. Governor Scott's objection was that "Allowing a highly variable townby-town approach to municipal voting creates inconsistency in election policy as well as separate and unequal classes of residents eligible to vote in local elections."

The House voted to override both vetoes by identical 103 to 47 votes. Municipal charters allow towns and cities, with the consent of the Legislature, to customize their policies on various issues. The Vermont League of Cities and Towns supported the veto overrides, stating that "until the Legislature enables all municipalities to vote to allow noncitizen residents voting rights in local elections, the charter process is the only means municipalities have to achieve this goal." Following the House action, the Senate concurred in overriding the vetoes by identical 20 to 10 votes on both bills.

As always, 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).



This will be my last regular legislative report for this session, although I may pen an article occasionally to report on out-of-session work. There will be opportunities for in-person meetings between now and January.

Food Shelf

Susan Ohanian CONTRIBUTOR

Keep cool as a cucumber

Green Mountain Farm-to-School offers Harvest of the Month as a variety of programs promoting a different Vermont-grown crop each month. They provide ready-to-use materials for classrooms, cafeterias and communities. For them, July is Cucumber Month (vermontharvestofthemonth.org).

When we take a close look at the cucumber, we learn it is one of the oldest cultivated vegetables, a part of our diet for some 4,000 years. Known in Europe in the Middle Ages, scholars tell us that the cucumber may have originated in India. Some 100 varieties are now cultivated.

From the long, thin Japanese cucumber to the short, squat gherkin, cucumbers come in all shapes and sizes.

People are surprised to learn that cucumbers promote good health. They are packed with vitamin K and magnesium, helping to promote a healthy immune system and muscle function. Because they are composed of about 96 percent water, cucumbers are especially effective at promoting hydration and can help you meet your daily fluid needs. So, grab a cucumber instead of a cola.

Experts advise that to maximize the nutrient content of cucumbers we should not peel them. That said, many people who bake their cucumbers peel them first. But you don't need to peel cucumbers to bake them as chips.

We don't know if the bear wandering our roads likes cucumbers, but we do know that people should not leave bird feeders out this time of year.

Helping hands

If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune.

If you want happiness for a lifetime, lend a helping hand.

Edsel Hammond of Edsel Automotive here in Charlotte checked out the car of someone trying to make repairs little by little and needing to know if the car would pass inspection. Edsel made a list of additional repairs that the car owner could do himself, and the Food Shelf helped purchase necessary parts. Edsel insisted on donating his time to get this family back on the road. A big thank you to him!

And a big thank you to Bruce Williamson, who wouldn't accept payment when he helped



Merrie Perron. Instead, he suggested that she donate to the Food Shelf. Special thanks to Madeleine Mfochive, Madeline Bunting, Rose Bunting and Hadley Abernathy for their great help at the Wednesday distribution.

Announcement

The Charlotte Food Shelf is now accepting paper goods. Paper towels, Kleenex-type tissues, paper napkins and toilet paper are all welcome.

Items can be left on the covered entry hall at the back of the Congregational Church on Wednesdays (our distribution day) or at the drop box for the Food Shelf at the library. Note: The Food Shelf is open the second and fourth Wednesdays of every month from 4 to 6:30 p.m.

Healthy snacks and nonperishable lunch items are an important item for kids this summer. We would definitely appreciate donations to help with this important kids' program.

Free meals to children 18 and younger The Champlain Valley School District is providing free meals to children 18 and

The Charlotte News: For the People, By the People.

In addition to our professional staff of three, as many as 170 people provide stories, photos and commentaries to *The Charlotte News* each year. Join us! Send your story ideas, commentaries and great photos of Charlotte to news@thecharlottenews.org

Let your voice be heard.

younger. To order meals fill out this form: tinyurl.com/wp2z3pj6. If you have questions, please call 802-871-6198. Meals are available for pickup Monday, Wednesday and Friday at the Charlotte Library at 115 Ferry Road.

Keeping safe

The Food Shelf continues to take precautions to help everyone keep safe. Anyone who has a fever or cough—or symptoms that might seem like a cold—should not come to the distributions. Also, don't come if you have been in contact with anyone who has these symptoms. Instead, call 425-3252 and leave your name and number. You will receive a call back, and we will come up with an assistance plan. We need to help families and volunteers stay safe.

Assistance

For emergency food, call John at 425-3130.

The Food Shelf has some funds available for emergency assistance with fuel and electric

bills. Call 425-3252 if you need assistance.

Check the Food Shelf website, charlotteucc. org/charlotte-food-shelf, for more information on different types of financial assistance and eligibility. Applications are available at the Food Shelf and online. The website also contains information about other Vermont resources offering further assistance.

The Charlotte Food Shelf, Inc. is a nonprofit organization supported by the Charlotte Congregational Church, Our Lady of Mount Carmel Catholic Church and the Charlotte community. Our organization is run by volunteers, and all donations made to the Food Shelf go directly for nutritious food and assistance to our neighbors in Charlotte and North Ferrisburgh.

Checks may be mailed to Charlotte Food Shelf and Assistance, P.O. Box 83, Charlotte, VT 05445.



Hi, Neighbor! Christy Hagios: Carrying on a long and sweet family tradition



Phyl Newbeck

CONTRIBUTOR

It's been roughly a century since Christy Hagios' greatgrandparents began picking blackberries at their house in Charlotte. "I've been picking berries there since I was a little girl," she said. Hagios' grandmother,

Marion Roberts, purchased the house from her parents and raised seven children there. When it was time for her to move into assisted living, she sold her home to Hagios and her husband to keep it in the family. Since then, Hagios has been carrying on the family blackberry tradition with what is known simply as The Berry Patch.

"For as long as I can remember, all the proceeds from the patch went to the Charlotte Food Shelf," Hagios said. "The most we've ever made was \$1,500. We sell pints of berries, as well as jam and muffins." Hagios wishes she could say with certainty when the berries will ripen, but nature doesn't adhere to a calendar. "In the past we've had a full two weeks of picking from either the third or fourth week of July into August," she said "but last year we just had two days."

The way we've always done it," Hagios said, "is you pick a pint for yourself and another for the stand." Through that system, Hagios has gotten "free labor" from an assortment of family and friends. Pam Darling, one of her aunts, grew up in the house and shows up every day to pick berries, often with friends. Two other uncles also come by on a regular basis. "It's like a family tradition," Hagios said.

These days, the tradition includes Hagios' husband, John, and their three children. "It's a full family operation," Hagios said. "We make jam two or three nights a week.



makes both

Cristy Hagios

seedless and seeded jam, with Hagios taking the role of dishwasher. The kids also help out at the stand, although Hagios admits they don't enjoy it as much as they did when they were younger. When not staffed, the stand is run on the honor system.

John is also in charge of making the 70-by-75-foot patch more manageable, a process that takes place in late March or early April. He spends two intense days cutting back the old growth and making sure the bushes aren't higher than chest or neck level, moving the cuttings to a burn pile and also ridding the patch of weeds.

Hagios said some customers have been coming to the patch for years. "A lot of the people in the camps drive by every summer for pints and for jam," she said. "They get upset if we're sold out, but I tell them they can go into the patch and either pick an extra pint for the stand or pay for a pint. There are people who love going into the patch to pick, although it's typically hot and buggy and you need long pants and long sleeves."

Hagios is happy to carry on her grandmother's tradition of donating the proceeds to the Charlotte Food Shelf. "It seems like a great place to give money," she said. "They are so appreciative." One year,





The Hagios' family 70-by-75-foot blackberry patch in bloom.

Photo contributed



This photo taken in 2011 pictures Olivia (L) and Greta (R) Hagios selling blackberries to support the Charlotte Food Shelf. Charlotte News file photo

she took her kids along when she brought the money so they could see the results of their labor.

The family has to be careful not to plan any trips or other time-consuming events during the period when the berries are ripe, and Hagios is able to find time around her job as the ad manager for this paper. "It's a great two weeks," she said. "It's a really nice time for my aunts and uncles who grew up in the house and had the patch as part of their lives. My parents will come down for a Saturday, as well." Hagios said the stand is such a popular part of summer in Charlotte

that sometimes there can be 15 people standing around, chatting and eating berries.

A former elementary school teacher, book about the berry patch that would be illustrated by her daughter Olivia. It would be her way of commemorating something that was so important to her grandmother. "I remember bringing neighbors and friends of my kids to pick berries and having her sit on the steps and watch them," she said. "That's why we keep doing this.'

June 21 Christopher N.Hurd to Casey N.

Norton, 2.34 acres, 5631 Mt. Philo Rd.

June 28 Christopher & Virginia Wade to

acres, 1263 Church hill Rd. w/ dwelling

Rebecca Kauffman & James Fox, 4.0

w/ dwelling, \$650,000

\$999,000

PROPERTY TANSFERS MAY 2021

June 10 Kelly Badore to To Champlain Housing Trust, 25 Camel View w/ dwelling \$174,000

June 10 Champlain Housing Trust to Melinda Gary, 25 Camel View w/ dwelling \$298,000

June 16 Clark Hinsdale III to David & Jane Garbose, 2.18 acres 5730 Mt.Philo Rd. open land \$150,000

This information was supplied by Jay Strausser and Nancy Warren, Four Seasons Sothebys International Real Estate.



Hagios has dreams of writing a children's

Town And the survey says...



As a town, does Charlotte have a culture

As a town, what can we do to foster community connections?

Trina Bianchi CONTRIBUTOR

the demographics of Charlotte changed over

the past 10 years?

As a town, how do we function when faced with disagreements or challenges?

We discussed these questions and more in the last community conversation based on the final section of the Resilience Survey, the results of which you can in the chart. Hosted by Margaret Woodruff, the director of the Charlotte Library, discussion centered on the fact that a relatively large percentage of the respondents felt that the level of civic engagement in our town was not resilient, that the level of engagement was low.

Noting that our town is diverse demographically, with no "main street" where people congregate on a regular basis, the conversation ranged from ways of reaching people, to where do people in Charlotte meet-or where could they meet—to how open people in town are to new ideas and change.

With The Charlotte News, The Citizen and The Charlotte Bridge, our town is fortunate to have multiple avenues for written, transparent communication. Our Front Porch Forum is very active with a lot of folks commenting on or discussing current issues, which would indicate that residents are concerned and willing to voice an opinion.

It was noted that, although some issues can get relatively contentious, somehow, at some level, the Vermont value of watching out for each other seems to transcend the fact that people may be on opposite sides of an issue; they can still reach out and be kind when adversity strikes. I know that this basic Vermont sense of community played a large part in why we, as a state, came through the COVID crisis better than many other parts of the country. It was our sense of community and taking care of each other that led us to respect the mask mandate

and thrive together that says NO to change? **Category & factors of very resilient systems** SCORE: How do you think your community resilience rates in each of the following categories? 1 = not very resilient 5 = very resilient **Community planning**

decision-making

Civic engagement

pretty proud of that!

Conversation evolved

Communication & transparency

As a town, how have

representative; plentiful volunteers; culture of collaborative and proactive problem-solving; leaders actively seek diverse participation in multiple venues and underrepresented groups (such as BIPOC*, GLBTQA*, youth, seniors and disabled) Community spirit & sense of place Regular community-wide celebrations/events help diverse groups meet; residents share their skills; community embodies a welcoming culture for all; inviting gathering places bring people together Self-sufficiency & preparation Nearly all residents, organizations and neighborhoods are prepared for emergencies and are prepared to help others; vulnerable populations are identified and centered in planning; community could be self-sufficient for lengthy disruptions of outside goods and services Awareness & education Resilience education and skills integrated into schools; residents share skills and knowledge at neighborhood and town levels; there are many teaching/learning opportunities in the community Acronym key *BIPOC: Black. Indigenous. People/Person of Color

> from the onset. I know I was from fostering connections within our town, to looking at how town events could be changed or tweaked to increase participation

Clear, updated plans (town plan, hazard mitigation plan, etc.) are being implemented, cross-reference each other, and

input; vulnerable and historically marginalized populations are integrated into every level of town process and

forums; town information and news posted quickly/broadly; emergency communication plans established at the

neighborhood and town levels; diverse leaders collaborate, trust and respect each other; sectors are not siloed

Most able citizens engage in public issues/processes in diverse ways; meetings/events are well-attended and

*GLBTQA: Gay, Lesbian, Bisexual, Transgender, Questioning, Allies

integrate environmental, social, economic and cultural needs/issues; planning processes developed with broad community

Many communication modes are used (radio, newspaper, mailings, online forums, bulletin boards, etc.); vibrant discussion

and provide opportunities for organizations to promote their missions, to looking at places in Charlotte that could serve as "hubs" for gatherings. Other than the library and perhaps the post office, most gatherings in Charlotte are private ones in people's homes. The recent Grange on the Green event, which was a collaboration between the library and the Grange held on the Town Green, was cited as a "town event," with people of all ages, from young children to senior citizens, attending. The original Town Party, also held on the Town Green in conjunction with the library book sale, was also mentioned as being another way to bring people together, as well as an opportunity for town committees and commissions to showcase their activities. The Town Beach was also noted as a gathering place for recreational events for all.

Much discussion ensued around creating a list of buildings in town that could be used for public or private gatheringsfrom the library to the Grange Hall to the Senior Center to perhaps the Old Lantern and the halls at the two local churches.

COMMUNITY CONNECTIONS & CAPACITY - Creating relationships, resources, and structures that enable residents to effectively function, solve problems,

Score

1

8

4%

13

7%

22

15

8%

21

15

8%

12%

12%

2

36

22

47

26%

37

20%

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36

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59

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25%

32%

33%

28%

4

44

62

25

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51

26

14%

24

13%

28%

34%

24%

We discussed the importance of fostering connections among the various organizations, committees and commissions in town, how to initiate those connections, and how to effectively reach out to people, with numerous ideas being shared.

The group acknowledged the fact that, while it would be wonderful if more people were actively involved in our community by joining town committees, commissions or organizations, the reality is that only a very small percentage of folks choose to dedicate time and energy in a public, very active volunteer role. The challenge is how to encourage more people to participate at a level requiring less time and energy but with the distinct possibility of creating a more cohesive and resilient town.

Charlotte Community Partners now is back at the drawing board and will take the results from all the community conversations on the survey and create a report that will then be distributed to the various committees, commissions and organizations in town. Stay tuned!

Not

sure

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11%

18%

5

10

6%

13

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9

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21

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10

6%

12%





From the Archives - 2007

THE CHARLOTTE NEWS

VOLUME L

THURSDAY, AUGUST 2, 2007

NUMBER 1

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Leath Tonino enjoys a unusually beautiful day on Lake Champlain on July 14. Having survived storms of rain, lightning and mosquitoes, Leath floated and sailed from the Crown Point Bridge to Canada and returned safely home on July 25 with plenty of writing material to keep him busy for quite a while.

Ancient Road Talks Meander Along

by John Hammer

See Reference Map, page 8

Meander Street Hearing Continued The public hearing regarding inclusion of

Meander Street on the State Highway Map was taken up again by the Selectboard at its July 16 meeting. The process is the result of a mandate from the state to identify "ancient roads" by July 2009 or they will cease to exist.

Ancient roads are those that existed in the past but which are no longer in use. The Selectboard's choice of Meander Street was predicated on the thought that it would be a relatively easy exercise. Meander Street generally follows the south bank of Lewis Creek in East Charlotte. There are, however, a number of points that make precise determination of its right of way difficult.

The plan for Meander Street met with opposition from adjoining landowners who came forward with a proposal to allow easements as an alternative to the town's continuing ownership of the road. The point pressed by the neighbors is that an easement had already been hammered out in over ten years of negotiation in the A. Johnson land deal. This easement, along with that for a trail on the land of Mary Cheney, in all likelihood falls within much of the possible location of Meander Street.

Mary Cheney had commissioned a search of legal records to locate the road and offered the results to the town. The Selectboard, however, voted 3-2 to invest \$2,500 to hire a surveyor to come up with a search of all records and develop a sketch suitable for placing the right of way or a trail location on the State Highway Map. The Selectboard is unwilling to give up a public right of way for fear of losing the opportunity to use it in the future for some unforeseen purpose.

A general comment echoed by many of the neighbors was that the method of placing ancient roads on the State Highway Map lacked adequate public process. The Selectboard countered that public hearings presently underway constituted such a process. The matter was left hanging when the Selectboard continued the public hearing until after the document survey has been finished in August or September.

Covered Bridge issues discussed

Holmes Creek bridge, Charlotte's shortest, continues to suffer damage on the fascia boards, which delivery or rental trucks often hit. The original height of the opening was decreased by one foot in order to deter damage to the bridge structure; however, this has made the fascia more vulnerable to hits and damage. The Selectboard, coming up with no real solutions, voted to have the Road Commissioner replace the boards.

Moe Harvey of Roscoe Road came before the board to request the construction of an apron on the Monkton Road leading to the eastern portal of the Quinlain Bridge. He maintained that the potholes are dangerous and could be alleviated or lessened by an apron. Road Commissioner Lewis stated that an apron, to be effective, would have to extend more than 100 feet to the intersection of Lewis Creek and Monkton Roads. Anything shorter, he maintained, would just move the potholes further from the bridge. Lewis said that he grades that bridge entrance about 15 times a year and tries to keep up with the holes. No decision was made relative to a lengthened apron. The access will continue to be graded when necessary.

July 16 meeting dominated by Thorp Barn discussions.

Thorp Barn Committee members Martha Perkins and Bob Chutter again appeared before the Selectboard with recommendations for the future use of the Thorp Barn. The intent was to elicit Selectboard support for the restoration of the barn so that the committee could appear before the Planning Commission and Zoning Board of Adjustment with a plan for its use.

Discussion centered on the ultimate use, whether it was a simple restoration or improvement into a

Selectboard continued on page 5

Pease Mountain Subdivision Gains Planning Approval

by Edd Merritt

Peter Schneider and Jessica Donovan's application to develop a major residential subdivision of eight lots on the lower northeast slope of Pease Mountain in central Charlotte was approved by the Planning Commission with several conditions.

Sometimes referred to as the Griffin Hill Subdivision, the proposal has come under scrutiny from neighbors as well the CCS School Board and planners because it represents building in an area that is a central landmark of the town as well as one that contains significant natural features under study by the Town of Charlotte and University of Vermont students.

In their decision commission members considered a number of issues about the property deemed to be "of high public value." These include the adjacent natural area of Pease Mountain that contains critical wildlife habitats and corridors. In reviewing the final application, the commission determined that the development's impact on the habitat has been reduced by moving the major portion of building from a higher plateau to a lower site.

The proposal included a tree house, tent platform and trail for this critical wildlife area. Noting that



Griffin Hill, the Pease Mountain subdivision, has been approved by the Planning Commission.

the space is already used by students, the commission felt the trail would "not introduce new impacts." However, other development, including the tree house and tent platform "would be a new type of disturbance." Therefore, these two structures will be moved to the lower open area of the development. The commission added a condition that the tree house not contain plumbing or electricity.

The commission's decision noted that the "applicant has taken steps . . . to improve the harmony between the proposed development and its surroundings." Commissioners believe that these steps will minimize "undue adverse impacts" from proposed building envelopes, infrastructure, roads, driveways and utility corridors.

A condition of approval requires the applicant to provide the town Zoning Administrator with a wastewater system inspection report on an annual basis. It also says that no further subdivision will be permitted and that the lots will be used only for single family dwellings. Trees will not be cleared outside of the one-half acre "clearing area" on each lot so that the remaining forest will retain its current character.

The applicants and neighbors have 30 days from the date of issuance (July 20) to respond to the decision by agreeing or appealong.

The subdivision's website is griffinhillvt.com

Sports Metro Division coaches name all-star team



Along with Tim Albertson being named Coach of the Year, the Redhawks had a number of players achieve recognition for their accomplishments. Oliver

Pudvar was named Metro

Edd Merritt

CONTRIBUTOR Pitcher of the Year; Most RBIs and Home Runs went to Ryan Eaton; Braedon Jones was named to the first team at First Base; Ryan Eaton again earned firstteam Outfield all-star honors; Ryan Canty



was First Team Pitcher. Second-team honors saw Kyle Tivnan in the outfield, and Angelos Carroll and Asa Roberts won honorable mention.

SD Ireland leads off the American Legion season

With its home diamond at CVU, the SD Ireland American Legion baseball team team, the Shamrocks, has begun its season in an attempt to defend the state title it won last year. They appear to be off to a shakier start, having lost recently to the Colchester Cannons and Barre.

Redhawks make coaches' All-League Softball Team

Pitcher Amanda Gagne and catcher Kate Boget won honorable mention on the Metro Division all-star team from the division's coaches.



Jonas Keim follows through for the Shamrocks.

Photo by Al Frey

College Lights, camera, move in!



Back to school already? With colleges opening in a month or so, now is the time to develop your campus checklist. Use colorful pens, add doodles and create thought bubbles to later put your

Margo Bartsch CONTRIBUTOR

list in your scrapbook. Think of yourself as

a movie director in organizing your to-do list into three categories of pre-production (planning at home), production (arriving on campus) and post-production (communicating with roommates). Move-in day is around the corner!

Pre-production

Start with pre-production to make your list while at home. Colleges typically provide a list of requirements, such as medical vaccinations, legal release forms and college course registration. If a student has taken college coursework at another university or has AP scores, comply with the specific college requirements for receiving credit or bypassing course requirements. For class registration, be sure to review Rate Your Professor to read online candid feedback about teaching style, time commitments and grading process.

To pre-order books, look online for the posted course syllabus or email the professor for the required materials (ISBN and edition). It is easy to purchase or rent used books online at websites such as AbeBooks, Alibris, Pearson and Amazon, which can help save money and avoid long lines at campus bookstores. Look at the delivery times in deciding whether to have the books sent to your home or mailed to your



dorm address.

Pre-production also includes setting up your dorm room. Be sure to contact your roommate(s) to decide on a room theme and assign who will purchase shared items such as a vacuum cleaner, iron or shower curtain. The college usually provides a list of items already in the room, like a small refrigerator. In gathering dorm décor such as bedding, shoe racks and desk supplies, most items can be ordered online at Amazon, Urban Outfitters or Target to be shipped directly to the dorm. Check with your college to confirm the shipping and receiving location to claim your packages.

Production

If you're driving to campus, begin stacking your dorm gear in a room on the main floor of your house that is not typically used, like a living room. This will allow easier loading into the car. Helpful packing includes using clear storage bins that can later store extra clothing and fit under your dorm bed.

Move-in day is the second step of production.

Most colleges provide a list of parking lots and assigned times to move. Student volunteers are often at the dorms to help with hauling stuff up and down the elevators or stairs. Coordinate with your roommates to decide how to organize your room-many colleges provide room layouts online. For posters and tapestries, most colleges do not allow nails or push pins on the walls. Typically, command strips are easy to use. For tapestries, buy some clothespins and cut the strips to fit on the narrow backside. With indoor string lights, some have on and off switches, or you will need to pull the cord from the wall each time to shut off.

With desk supplies, each dorm room has different wireless and technology requirements. For example, with printers, each computer may require a specific adaptor. The college bookstore or Staples usually has computer paper and printer cartridges. Most colleges have printers available on campus; however, they can run out of paper or toner, causing panic when printing last-minute assignments.

Post-production

This is the final step to get settled on campus.

To have a positive roommate relationship, now is the time to set rules and boundaries. For example, if you have early morning classes, explain to your roommate that you will go to sleep earlier on specific nights so that they can be quieter when entering the room. Also, if there is a quad with a shared bathroom between two rooms, it is considerate to discuss the shower schedule and remind others not to enter your room. Posting your schedule above your desk allows your roommate to know your classes and activities in case they want to meet for lunch or dinner.

College move-in day is a rite of passage of making new friends and establishing independence. Being organized with a campus checklist can ease your mind and build excitement as you begin the next chapter of life both in and outside the classroom. Next up will be game day and parents weekend... time flies

Margo Bartsch founded College Essay Coach, a full-service college admission business, and has been an adjunct professor in business at Champlain College and at Middlebury College.

Books Home Made...What We Make When We Make Dinner

Susan Ohanian CONTRIBUTOR

Since I'm a retired teacher of roughneck kids as well as a volunteer cook at the Senior Center, it seemed inevitable that I'd read Home Made: A Story of Grief, Groceries, Showing Up-and What We Make When We Make Dinner.

Liz Hauck, a Boston high school teacher who volunteered to cook dinner once a week with adolescent boys institutionalized in residential care, has a mesmerizing tale to tell. The title offers a fitting recap of what's inside. There is plenty of grief here, and, although



the reader is left furious with the way our system ignores and abandons these boys, there is also the saving grace of the groceries.

The New York Times reviewer offered fulsome praise, pointing out that this is not a redemption story. But along with grief and anger, the reader is left with a feeling of awe and gratitude for this tenacious woman who practices her own philosophy of doing what she can. She writes, "When in doubt, we focus on the food."

Here's how The Times reviewer ends her column: "We know that systems fail, but food is revolutionary... Hauck's focus throughout the book stays on the boys themselves, and her gratitude toward them for welcoming her into their house. It turns out that showing up to cook and eat with people once a week allows for startlingly deep moments of connection and community. That's all that happens. And it's extraordinary."

I hope it's not too steep a segue to say that my time as a volunteer cook at the Senior Center, with its total focus on food, has also offered "startlingly deep moments of connection and community." And lots of laughter. Even when our huge pot of roasted tomato soup exploded, setting off the automatic alarm that caused Fire and Rescue to come rushing to the rescue, there was lots and lots of laughter. And we learned to beware of adding baking soda to hot tomatoes.

Early on, I wanted to help the people

putting on wonderful lunches at the Senior Center, but I swore I'd never enter the kitchen. So, for weeks and months I kept to the outskirts, washing tables, wrapping silverware, taking out the garbage. I have

no idea of how I found myself one day making Moroccan lentil soup or bread pudding. I'd just say the bonhomie of that kitchen has a way of luring people in. And the secondary moral here is that there's great need of potato peelers

as well as master

cake makers.

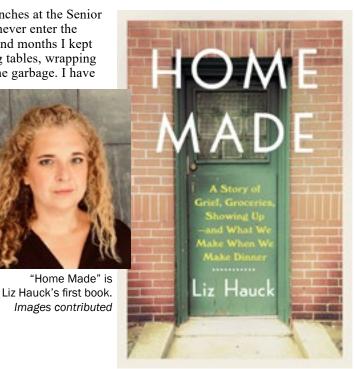
book title offer

Images contributed The first and last parts of Hauck's

a lot for us to ponder: Home Made ... What We Make When We Make Dinner. Yes, Monday Munch is definitely home made, and what's made is definitely more than just what appears on the plate.

I hope that as the Senior Center gradually gears up for a new season of wonderful meals and moments of connection and community, people will give our kitchen a try. Liz Hauck provides the guide:

- Show up.
- Do the best you can.
- Be willing to improvise.
- Come back again.



I would just add: Buy local. My copy of Home Made: A Story of Grief, Groceries, Showing Up—and What We Make When We Make Dinner comes from our great book store, The Flying Pig.

Note: You can find menus as well as interesting food notes at charlotteseniorcentervt.org/lunch; click the GOOD EATING tab.

Nominate your neighbor!

Know someone interesting in Charlotte? We want to interview them and share their story.

Email news@thecharlottenews.org





Classifieds

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Sacred Hunter Fishing for a new career



It's mid-summer now, and the trout have figured out that if they want to survive the heat they've got to find deep pools with water temps below 70 degrees. They hide in these dark corners, underneath a canopy of

CONTRIBUTOR

shade from trees hanging over the banks. Where they can rest and not expend too much energy. Where they can get behind a structure like a tree that has fallen into the river. Where their preferred food of mayflies, stoneflies, midges and grasshoppers float by after a rain and all they must do is lurch upward with one strong sweep of their tail to pick up their meal.

I am much like those trout in the summer. The heat is not my friend. I would sequester myself in the air-conditioned office, and when the sun rises or sets I will be moving about at my peak energy level for the day.

Normally I like to write about our garden and the abundance of vegetables we are receiving, but the last few years have not been kind to our schedules. We've had too much to do with work and not enough time to reflect and breathe. It's as if the summers have slipped by us while we have hidden ourselves in the



Bradley Carleton with a nice Winooski River Rainbow Trout. Photo contributed

tedium of daily obligations. And when we do that, we miss out on the miracles around us.

I'll admit it, for a while I had been swallowed up by a world of obligations and work, and my spiritual self began to wither. I needed a break, and the Great Spirit knew it. I was stressed and worried. I knew that I was drifting from my spiritual core—a connection to the outdoors. I simply wasn't getting enough of it. My dreams began to guide me toward the inevitable. When you don't listen to that still, small voice in your heart, the lessons will seek you out and create the circumstances that will cause a cathartic event, which you will not see coming. It will be like a cold slap in the face from a friend telling you that you have gone off track and need to reset your coordinates.

It was such an experience that the job I had, which was paying the bills well, was literally sucking the life out of me. And so, the Great Spirit found a way to awaken me from my dream of supporting myself and my wife through a job in banking. The job was great in the beginning but had become something for which I was not skilled. And thus, it was made apparent that the path was no longer one that I could walk down. It was going nowhere I wanted to go.

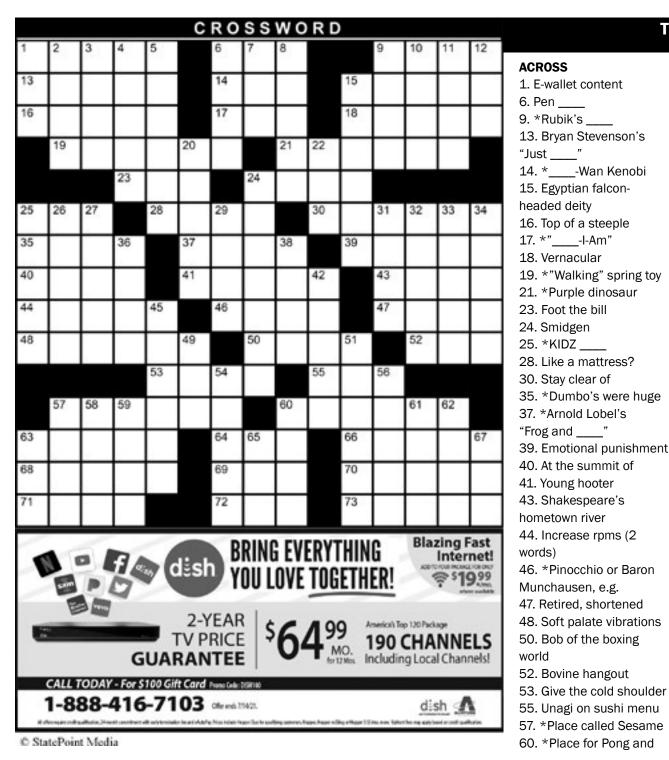
Sometimes, when things don't work out the way we expect or want them to, it's simply a matter of consulting with our core values and asking for direction from the Universe. It is this time of my life's seasons that I am facing the most challenging choices. Why was I swimming in a heavy current, using up so much of my energy doing something that I didn't enjoy? I needed to tuck myself back toward the shoreline and out of the current to really ask myself, "What am I afraid of? Why am I afraid to do what I love? Is it fear of failure at the things that mean the most to me?" What is it to fail at the things that don't mean much to me? Is it easier to accept failure at those things because we don't really care about them?

After consulting with a few of my closest confidants and a well-respected professional journalist who convinced me that my friends are right, "I am good enough," I will be taking the next step as a writer and begin submitting my work to outdoor magazines and newspapers. It is, after all, my true love, the outdoors, and my love of words. For all of you who have shared comments to me in the last couple of years regarding my writing, I thank you. It is because of your kind words that I am finally willing to thrust my proverbial tail upward, to reach out for what this magnificent life current has to offer. If you watch for me, you may one day catch my drift, and we will once again be tethered by a string of hope of which all fishermen dream.

Bradley Carleton is executive director of Sacred Hunter.org, a nonprofit that seeks to educate the public on the spiritual connection of man to nature.

32. Václav of

Answers on page 15



63. Semolina source 64. It would 66. Mourning fabric 68. Arterial blood vessel 69. Atlantic catch obi 70. Partner of pains 71. Emeralds and rubies 72. *One of "Little Women" 73. Haul something heavy Ing toy Ing toy DOWN In German river 2. Large edible mushroom, pl. 3. Seed covering

THEME: KIDS CLASSICS

Pac-Man

4. Substitute for tender 5. *Shenzi, Banzai and Ed in "Lion King" 6. *One in a pocketful 7. Lawyers' league 39. Emotional punishment 8. Horizontal bar dance 9. It's knee high by the Fourth of July? 10. Strong desire 11. Channel marker 12. Eastern Standard Time 15. What bullies do 20. City in Japan 22. Past tense of eat 24. Popular salad dressing 25. *Winnie and Paddington 26. Derived from oats 27. Utah city 29. Thanksgiving turkey,

e.g.

31. Burn to a crisp

Czechoslovakia 33. Be theatrical 34. *One of the Darling children 36. Horse prod 38. Letter opener 42. More true 45. Bygone Spanish money 49. "He said, ____ said" 51. Place that attracts visitors, pl. 54. Ancient city in Africa 56. Cooler clime conifer 57. *"One, two, buckle my 58. Four years in the White House, e.g. 59. *"____ of NIMH" 60. *____ Walker, American Girl 61. *"Matilda" and "The Gremlins" author 62. *"The Three Musketeers" sword 63. Tail action 65. *Huck's friend 67. Sixth sense

Gardening Kale for autumn harvest

Nadie VanZandt EXTENSION MASTER GARDENER UNIVERSITY OF VERMONT

If your kale plants succumbed to cabbage worms, don't fret. You can start a second planting in midsummer to enjoy a bountiful harvest in the fall.

Kale is a good choice for succession planting because it thrives in cool weather, tolerates frost and matures quickly (40–65 days). This also applies to other plants with the same attributes, such as collard greens, Swiss chard and leaf lettuce.

Before you begin, check the average frost date for your U.S. Department of Agriculture hardiness zone (planthardiness.ars. usda.gov). Depending on where you live in Vermont, it varies from early

September to late October. Using this information, you can compute an appropriate planting schedule.

After the summer solstice, the days get shorter and the air gets cooler. This causes plants to grow more slowly than in the spring. For this reason, it is important to include a couple of extra weeks to the "days to maturity" listed on your seed packet to determine a suitable planting date.

To find your midsummer planting date, add 14 days to the days of maturity, and use this sum to count back from the average frost date.

As usual, remember to choose diseaseresistant varieties. If you have kale seeds left over from spring, use them.

Otherwise, this is a great time to try a new variety, such as red Russian kale (*Brassica*

napus var. *pabularia* 'Red Russian') with light blue-green leaves and purple stems. With 50 days to maturity, this colorful variety is a good choice for direct seeding in midsummer and makes a stunning addition to any vegetable plot.

To prepare your planting area, begin by pulling the early-season plants that have bolted or look tired. Weed the area and remove the roots from the previous crops. Next, add some compost to replenish the nutrients and turn over the soil.

> Direct seed kale in a space previously occupied by a different vegetable plant. This practice of crop rotation helps balance soil nutrients and avoids propagating plant-specific diseases.

Once your seeds are in the ground, protect your seedlings from the sun.

Add a layer of mulch, and keep the soil moist. If possible, use a shade cloth to keep the soil cool or take advantage of tall vegetables nearby to provide natural shade.

A shade cloth that completely covers your seedlings also can stop white butterflies from laying eggs on your plants. Later, this will prevent an infestation of cabbage worms.

During the cool days of autumn when other plants begin to slow down, kale continues to grow and develop a sweeter taste. You also may find that you will reap a better harvest in the fall since most insect pests do not survive cold temperatures.

Nadie VanZandt is a UVM Extension master gardener intern from Panton.



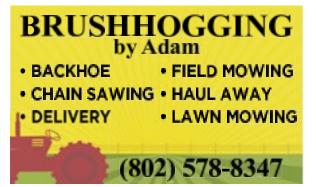
Kale can be planted in midsummer for a fall harvest, as it grows well in cool weather, matures quickly and tolerates frost. Photo by Brian McGowan/Unsplash



If planting kale and other cruciferous crops, gardeners should watch for cabbage moths, which lay eggs that hatch into hungry caterpillars. Photo by Nadie VanZandt

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The Charlotte News Recipe Box

Send us one of your favorite recipes (one you're willing to share) to news@thecharlottenews.org. Add a little story about your recipe.

Recipe: Pasta with Broccoli and Tomatoes

Serves 2 to 3 generously.



Ingredients:

1 lb. fresh broccoli
 Salt, to taste
 ½ lb. spaghetti or penne pasta
 ¼ cup extra-virgin olive oil
 2 garlic cloves, finely chopped

½ tsp red pepper flakes
6 Kalamata olives, pitted and quartered
½ cup coarsely chopped parley
Freshly ground black pepper
Freshly grated Romano or Parmesan
cheese

Directions:

I

Cut broccoli into small flowerets with about an inch of stem. Peel the remaining stems and dice into small pieces.

Bring a large pot of water to a boil. Add salt and submerge tomatoes for about 10 seconds. Remove, peel and seed tomatoes; cut into large pieces. Add broccoli to boiling water and cook 3–4 minutes, until just tender. Remove and plunge into a basin of cold water to stop cooking and to retain the bright green color. Drain and set aside. Add the pasta to the boiling water and stir. While the pasta is cooking, warm oil in a skillet with garlic and red pepper flakes. When hot, add tomatoes. Stir gently and cook for several minutes.

When pasta is just about done, return the broccoli to the water to warm, then pour pasta and broccoli into a colander. Transfer to a warm serving bowl. Add the tomato mixture, olives, parsley, black pepper to taste, and toss. Serve with plenty of the grated cheese.





Town Charlotte Senior Center news

Carolyn Kulik SENIOR CENTER DIRECTOR

"One does not grow wiser by knowing more but by becoming less certain."

~ *Robert Brault* "Wisdom doesn't necessarily come with age.

Sometimes age just shows up all by itself." ~ Tom Wilson.

After many months, we are finally open again! The OPEN flag is out. If you'd like to stop by to participate or to visit between 9 and 4 during the week, please check out our guidance about wearing a mask here.

Mask notes

If you are . . . **Fully vaccinated:** No mask required.

No social distancing required.

Not vaccinated: Mask required.

(Also in exercise classes.) Social distancing required – 6 feet. (Also in exercise classes.)

Not vaccinated and not wearing a mask *(for any reason)*:

Kindly do not plan to visit at this time.

We ask that you come back when the mask guidance for the Senior Center is updated.

We want to keep everyone safe and comfortable.

Lunches

The next two lunches in July are scheduled for Monday, 7/26, at 11:30 a.m., and Wednesday, 7/28, at noon.

Monday Munch is prepared by volunteer cook teams. Currently, we are planning on two Mondays a month. We are looking for a few more folks who can lend a hand on this day of the week. More cook teams up and running will mean more Monday lunches.

A volunteer cook commitment can be for a little as 2–3 hours a month. If you have questions, please email Lori York at vol4CSC@gmavt.net or call 425-6345 for more information.

7/26, Monday, at 11:30 a.m.

No reservations are needed for Mondays. Serving time is 11:30-12:30—just like before. First come, first served.

Menu to be announced.

7/28, Wednesday, at noon

Reservations are required (425-6345); be sure to call in yours by noon, July 26. This meal will be prepared by Chef Arnd of The Residence at Shelburne Bay. **Menu to be announced.** Dates for August lunches will be announced. **Dishwashers** are needed for both Mondays and Wednesdays. Looking for a few good hands to wash dishes and clean up. The volunteer commitment would be roughly 60–90 minutes for one day (or more) a month. A delicious lunch is included. Please email Lori York at vol4CSC@ gmavt.net or call 425-6345 for more information.

The summer months are a transition period, and that means some Activities and Courses are back to being in person, while others remain on Zoom through August.

In-person courses & activities Chair yoga – Monday, 9:30 a.m. Duplicate bridge – Monday, 12:30 p.m. Essentrics – Wednesday, 8:30 a.m., and Friday, 9:30 a.m.

Fiber arts group – Thursday, 9:15 a.m.– noon

Fri. Arts group – Friday, 10 a.m. – noon Gents breakfast – Thursday, 7 a.m., 7/15 & 8/12 Mahjong – Tuesday, 12:30 p.m.

Pilates plus+ – Tuesday, 8:30 a.m. Pilates – Thursday, 8:30 a.m. Play reading – Thursday, 2-4:30 p.m., 7/22 & 8/19

Strength maintenance – Tuesday & Friday, 11 a.m.

T'ai chi - advanced - Thursday, 11 a.m.

7/30 – Kayaking for women (change from 7/23)

Destination: Waterbury Reservoir – Susan Hyde and Nancy Brentschneider For more information, please email Susan Hyde directly at susanfosterhyde@gmail. com. Registration required. Maximum is

New courses in July

determined by leaders.

If you act quickly, you can still sign up for these art courses. Both are in person; one is in the Senior Center café, and one is outdoors. If possible, please register for these online. (See how to register at the end of this article.) Or, you can call (425-6345) and register with a volunteer host.

7/21 – Painting in scenic places, with Linda Reynolds

Register by 7/16. Fee \$100 for the series of four. Outdoors.

Four 3-hour classes, 10:30 a.m.–1:30 p.m. Dates: 7/21 or 7/22; 7/28 or 7/29; 8/4 or 8/5; and 8/11 or 8/12. (The better weather report for either Wednesday or Thursday decides the day; rain dates, if necessary.) Bring your watercolors or pastels for painting outdoors in beautiful, inspiring spots. With demonstrations, exercises, encouragement and gentle advice, learn new ways of observing and using alternative drawing/ painting tools and techniques. Limited to 6 participants. After registration, you will receive a list of locations and what to bring. Registration and payment are due by

7/27 – Watercolor – Summer

7/16 to hold your spot.

splash! with Lynn Cummings Register by 7/20. Fee \$77. In person at the Senior Center Tuesday, 7/27. All-day workshop from 9

a.m. to 3 p.m.

Get your creative juices flowing in a 1-day workshop where we'll explore a few non-traditional methods of painting summer flowers with interesting backgrounds. Some experience with watercolor helpful. The materials list will be sent to you upon completion of your registration. Questions? Email: lynn. cummings@uvm.edu. Registration and payment must be received by 7/20 to hold your spot.

Zoom courses & activities. These will remain on ZOOM through August. Better balance – Wednesday, 11 a.m. French conversation gathering – Monday, 2 p.m. Gentle yoga – Monday, 11 a.m. Italian – all 4 classes Mindfulness meditation practice – Wednesday, 2:30 p.m.

Spanish conversation – Tuesday, 11 a.m. T'ai chi for beginners – Tuesday & Thursday, 10:30 a.m.

Talks at 1 p.m. – Wednesdays

These free talks are continuing online throughout August. They do *not* require advance registration, and closed captioning is included. The Zoom invitation/link to each talk is posted on the website the day before at: CharlotteSeniorCenterVT.org.

NOTE: The following three talks have all been rescheduled to these dates.

7/21: The beauty and goodness of trees, with Jonathan Silverman

Integral to our planet's health and used as important resources, trees are also seen as powerful symbols and artistic inspiration in the folklore of different cultures throughout history. Emeritus Professor Silverman will survey drawn, painted and sculpted interpretations of trees to enrich our relationship to and aesthetic awareness of them. Co-sponsored by The Charlotte Library.

7/28: Biking in the Dolomites with Don Porter

Follow a troupe of intrepid bikers on a short sprint in Italy through some of the most beautiful mountain terrain in the world.

8/4: Who Was Mark Rothko? with Linda Finkelstein

Marcus Rotkovitch was born in Dvinsk, Latvia, and immigrated to Portland, Oregon, as a youngster. After being recruited to Yale, he eventually settled in New York City to become a worldrenowned abstract painter. His journey will be a journey for all into the spirit of color, form and space.

 \sim Linda Finkelstein is a mixed media artist and former art teacher, with degrees in art history and art education. (Rescheduled from 7/21.)

How to register for a course

To register, email your name, mailing address and phone number to: CSCZoom@ gmavt.net. (Note: this is an email address, not a website.) Be sure to type in the title of the course in the subject line of your email. You will receive confirmation that you are registered. The invitation/link for the course will be sent to you by the instructor the week the class starts.

How to pay – If there is a fee, kindly pay by check (made out to CSC) and send to: CSC, P.O. Box 207, Charlotte, VT 05445. Be sure to note the full title of the course in the memo line of your check.
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 per class hour. (This price will continue through August—for both in-person and Zoom courses.)

• For all courses with specific starting and ending dates, please pay at the start, and note the fee listed in the course description.

Questions? Need help with Zooming? Please email: CSCZoom@gmavt.net.

For expanded course descriptions see the printed summer schedule or visit CharlotteSeniorCenterVT.org. The mission of the Senior Center is to serve those 50 and up; some course enrollments are limited, and if a course is not full, younger participants are welcome to enroll. This transition time is confusing, so please call with any questions: 425-6345. We look forward to seeing you soon!

> Charlotte Senior Center 425-6345 CharlotteSeniorCenterVT.org

Town Library news



A reminder of the guidelines for visiting the library:

Margaret Woodruff DIRECTOR • Masks are only required for people who are not vaccinated, including children between the

- ages of 3 and 11.25 people may visit the library at one time.
- Visitors may stay for up to one hour.Hand sanitizer will be available
- throughout the library.Masks will be available in the library
- entryway for patrons' use.Please do not visit the library if you feel ill.

Please contact the library if you have any questions. We hope to see you soon!

Free meals available at the Charlotte Library

The Champlain Valley School District is providing free meals to children 18 and younger throughout the summer. You can request meals for pickup at the library Monday, Wednesday and Friday. We also have a few extra meal sets (breakfast and lunch) available each pickup day.

To order meals, go to https://bit. ly/3wvGb6R. Ouestions? 802-871-6198

Summer fun at the library

Vermont Astronomical Society Library Lending Telescope Program. Thanks to VAS and the Friends of the Charlotte Library, an Orion Starblast 4.5-inch Astro Reflector telescope with a Celestron 8 to 24 mm zoom eyepiece is available for Charlotte families to check out. Enjoy the summer night sky! Some exciting events are approaching—Comet Finlay and a Moon, Venus and Mars Conjunction, to name a few.

Local Motion e-bike rental pass: Try out this new trend in cycling from the Trailside Bike Center in Burlington. Thanks to the Charlotte Energy Committee for making this program possible.

Lawn Games: Check out at the circulation desk and try your hand at bocce or corn hole on the Town Green.

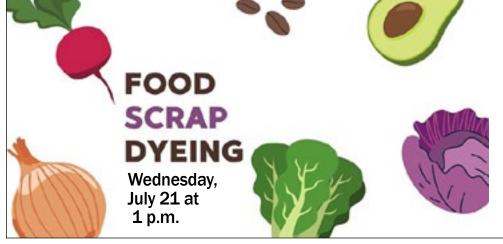
Plastic-free July: In 2020, 300+ million people stopped 900 million kilograms of plastic from ending up in landfill and the environment. We can do our part in 2021! Join us at the library and take the pledge to go plastic free. Try out our plastic-free beeswax wrap kit, too.

Take & make for July: Beeswax wrap: Wrap your sandwiches, protect your cheese and cover your bowls in beeswax wrap instead of single-use plastic. We'll supply all you need to make one yourself. Available for pickup in the vestibule in July, while supplies last.

On the library calendar

Summer Reading Program: Join us for fun-filled activity throughout the summer.

Tales & Tails Story Time Tuesdays, 10:30 a.m., through July 28.



Join Cheryl on the Charlotte Library porch for story time fun. Listen to great books and leave with a craft project. All ages welcome.

Cooking Adventures on the Charlie Cart Thursday, July 15, 10:30 a.m. Join Cheryl on the Charlotte Library porch for cooking adventures on the Charlie Cart. This week we're making dog biscuits for our favorite canine pals.

Other sessions

July 22: Vermont Seasonal Taste Testing and Herb Butter July 29: Blender Favorites. Take a spin with the blender to create hummus and

milk shakes! Ages 7 and up. Registration required due to space restriction:

eventbrite.com/e/161493388071.

Mystery Book Group: *Wife of the Gods* by Kwei Quartey

Monday, July 19, 10 a.m. Introducing Detective Inspector Darko Dawson: dedicated family man, rebel in the office, ace in the field-and one of the most appealing sleuths to come along in years. When we first meet Dawson, he's been ordered by his cantankerous boss to leave behind his loving wife and young son in Ghana's capital city to lead a murder investigation. In a shady grove outside the small town of Ketanu, a young woman-a promising medical student—has been found dead under suspicious circumstances. Dawson is fluent in Ketanu's indigenous language, so he's the right man for the job, but the local police are less than thrilled with an outsider's interference. Copies of the book are available at the library circulation desk. Weather permitting, we will meet on the library porch.

ANSWERS TO PUZZLE ON PAGE 11 ECASH PA CUBE RCY OB HORUS S L I N K Y B A R N E Y PAYIOTA BOPSOFTESCHEW E A R S T O A D S H A M E A T O P O W L E T A V O N R E V U P L I A R R E T D A V O N R E T D SNORES ARUM LEY
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Men's Book Group: *How to Hide an Empire* by Dan Immerwahr Wednesday, July 21, 7:30 p.m. A pathbreaking history of the United States' overseas possessions and the true meaning of its empire. We are familiar with maps that outline all 50 states. And we are also familiar with the idea that the United States is an "empire," exercising power around the world. But what about the actual territories—the islands, atolls and archipelagos—this country has governed and inhabited? Copies available at the library circulation desk.

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

Natural Dyeing with Food scraps

Wednesday, July 21, 1 p.m. Join us for an introduction to natural dyeing using kitchen scraps. We will dye an item together, as well as discuss other food waste that can be used to create beautiful colors. Dye a piece provided by the library or bring your own small, pre-washed, all-natural fiber item. Space is limited; registration required.



