Help de-trash on Green Up Day May 7

Kim Findlay and Ken Spencer
Charlotte Green Up Day Coordinators

Vermont was the first state to designate a day of the year to clean up litter along the roadsides. Green Up Day started 52 years ago in 1970. The first year, participation and results far exceeded expectations. According to a release from Charlotte’s Green Up Day coordinators, 95 percent of the 2,400 miles of the interstate and state roads and 75 percent of the 8,300 miles of town roads were cleared of garbage, that first year.

Vermont’s wonderful tradition of de-trashing will be celebrated this year 9 a.m.-4 p.m., Saturday, May 7. As usual the collection site will be the parking lot on the west side of Charlotte Central School. As in the past, the annual e-waste recycling will once again be sponsored by Sustainable Charlotte at the event.

The coordinators believe these are the things you should know about Green Up Day in Charlotte:

- **Sign up for a route (three ways):** 1) on our website charlottevtgreenupday.com until 6 p.m., Friday, May 6; 2) email Kim at farffieldfarms@gmail.com until 6 p.m., Friday, May 6; or 3) at the event on Saturday, May 7. Signing up for a route makes sure everyone gets a road that hasn’t been cleaned up yet.
- **Get bags:** This year green bags for trash will be given out and optional clear bags for redeemable and recyclable plastic containers that get rinsed and recycled. Bags can be picked up at the Old Brick Store, the library and Spear’s Corner Store starting April 30 and at the event on Saturday. Please do not leave filled bags on the roadside — they must be returned to the event site.
- **Volunteer:** Volunteers are needed. Co-coordinator Ken Spencer and Kim Findlay would love to have helpers at the Quonset Hut. Two-hour (or more) shifts available.
- **Tires:** The de-trashers will only accept tires found on roadides. This is not the place to get rid of your personal tires. The Chittenden Solid Waste District transfer stations take tires.
- **Hazardous waste:** This is not a hazardous waste drop off event.
- **Visit Our Website:** It has all the information you need and lots more. Visit charlottevtgreenupday.com or contact farffieldfarms@gmail.com with any questions, to help out, or sign up for a route.

“...it warms my heart to see folks out cleaning up our town together. Whether driving, biking or walking around town, isn’t it great to not see that junk on the side of the road and to share a collective feeling of stewardship?”

Planning wrestles with land use regulations

Scooter MacMillan
Editor

The Champlain Valley School Board planned for a 30-minute executive session on April 5; instead the closed session lasted more than two and a half hours. When the board came back into public session, the usual committee meetings scheduled for this, the first Tuesday of the month, were cancelled. No decision was made and nothing was revealed.

However, there’s a strong possibility that some of the executive session was spent discussing the large number of upper-level educators leaving their positions, transferring or being promoted in the district.

In the public comment portion of the meeting before the executive session, allegations were made that something was wrong with so many in leadership positions leaving the district, particularly in Shelburne.

With more than 20 years of experience in multiple districts, Shelburne Community School music teacher and parent Jodi Sanders said she was concerned about “a mass exodus of highly skilled, well-liked, exceptional leadership from our district.”

“I’ve been through the hiring of principals, the turnover of superintendents, the changes of boards and the consolidation of schools many times and I’ve never seen this amount of leadership change in a single year,” Sanders said. “As both a staff member and parent, this change and this amount of change is unnerving and concerning.”

In her experience in education, Sanders said the demise of the unprecedented and a red flag that something is wrong. Former board member Dave Conney was among several who sent messages about the leadership exodus.

Conney sent the paragraph below on social media, part of a post urging others to copy, amend and send it to the superintendent:

“This week, Shelburne lost an amazing educator who truly cared about the students and faculty in the building. I am a concerned parent, shocked at the number of people leaving the district in the past few months. Yes, I understand that turnover is an issue, and we will always hear stories of retirements, and COVID fatigue. We will hear stories of how people relieved the news and dispute the veracity of their claims. But, the loss to Shelburne of Scott Sivo is a real disappointment.

This disappointment is exacerbated by the exodus of leadership, Conney said.

The lure of better jobs? Part of the flotsam left by the pandemic is a massive employee shortage. The administration’s response has essentially been to respond that a massive turnover in upper administrative leadership has been planned for all over the state.

Sancher said in emails to parents that the Champlain Valley School District’s large number of leadership is in large part due to poaching.

“More than a quarter of the Vermont superintendents and more than 60 principals

Concern expressed over CVSD administrators leaving

Scooter MacMillan
Editor
If you’ve got the volunteering bug, write to The Charlotte News

Scooter MacMillan

Editor

The Charlotte News held a gathering for writers who are regular contributors to the newspaper at the Center Lake last week. The level of commitment to community journalism and The Charlotte News present in that room was off the charts.

These writers’ dedication to keeping their community informed and to helping draft the planning and zoning office’s history is stupendous and inspiring, and they would like for you to join in them in keeping the community informed.

These folks grapple with thoughts and wrestling with words to help the fires of community concern get better heard.

Besides being an opportunity to meet the new editors, make sure that we’re all on the same page, both literally and figuratively, the gathering was a chance to turn the page and look at what might be next for making the newspaper even more vital, lively and engaged with Charlotte.

LAND USE
CONTINUED FROM PAGE 2

The 11 more significant amendments to the land use regulations or procedures over time or the zoning board to the new development review board or only slightly more significant “technical updates” into the commission refers to as the “oops list.”

Most of the “oops list” is amendments to bring language in land use regulations to bring changes in regulations or procedures over time or land in the language use regulations that needs to be clarified.

The 11 more significant amendments that would mean policy changes address a variety of such issues as when unattended, wrecked buildings become abandoned; requiring new construction to comply with state energy codes; requiring a minimum lot line; and shoreline and wetland setback requirements; restricting accessory minimum lot line and shoreline and wetland setback requirements; restricting accessory dwellings; setting the life of the community such as the births, the deaths, the proms, the dean’s list, the recipes, the holes-in-one, the 6-year-old who’s lost their first tooth and are gathered and someone to wrangle a CVU sports roundup which either could be just gathering game information or even writing four to six sentences on each of the sports contests from the previous two weeks.

Finding someone to mine their thoughts and backyard for the type of gems that Merritt produced in his Out Takes column is probably one step too big, but if someone wants to take a run at such a column, we’d be eternally supportive and boundlessly appreciative.

The assembled scribes described their motivations and rewards from writing for The Charlotte News.

Too often we look to national figures for inspiration change. Pugh, Newbeck said, “Hi Neighbor” column is an opportunity to show “readers that there are people just as interesting, accomplished and inspirational, much closer to home.”

Bradley Carleton said he was motivated to write “Sacred Hunting Ground,” which expresses his desire to share his understanding of hunting, fishing and foraging as a way of conveying “the spiritual meaning of life” and its connection to nature and the outdoors.

Carleton said he strives to be as unbiased as possible.

Don’t you want to gather information about the happenings to people in Charlotte or information about CVU sports contests? Is there something else you’re interested in writing about?

Or do you have some beautiful photos of Charlotte?

If the answer is yes, or even just kind of yes, please give me a call at 802-881-4753 or send me an email at news@thecharlottenews.org.

In my opinion the land use regulations are clear on what the intent is, and they’re consistent with how we’ve done things in the past. – Pugh

However, if you’ve got the volunteering bug, how was an accessory unit if you don’t have an existing primary building? asked Bill Stuono. For the time being the commission will have at least four more months. The planning and zoning office is “often in recent decisions and granting waivers which the accessory dwelling? asked Bill Stuono. However: How can you build an accessory dwelling units and whether are accessory dwelling units and whether the holes in the newspaper after the death of Edd Merritt. Merritt regularly contributed three columns.

If the answer is yes, or even just kind of yes, please give me a call at 802-881-4753 or send me an email at news@thecharlottenews.org.

It’s critical habitat for snail darter fish, we should treat these as a thing of beauty. If it’s only a farm field as you drive into the town, you want to keep it as a farm field, that doesn’t seem like the rule.

Advocating for interpreting the open space agreements differently in different places. Pugh additionally said that snowmobiler and he doesn’t believe that open space agreements should prohibit snowmobiling on all open space conserved land if the owners and the snail darters approve.

5:39 p.m. nipping at heels of the planning commission before the meeting adjourned, Pugh took an opportunity to object to waivers and restrictions on the development review board has issued that some have objected to.

The 11 more significant amendments to the land use regulations are clear on what the intent is, and they’re consistent with how we’ve done things in the past. Pugh said, explaining how he sees some of the development review board’s waivers as inconsistent with how the land use regulations have been practiced in the past or the regulations’ intent. In so doing, Pugh stated an expectation consistent with the views of the conservation commission to town boards and commissions, criticizing the development review board for waivers it has granted.

Pugh and the conservation commission believe the development review board has incorrectly ignored the 300 feet of road frontage requirement for a property owner who wants to swap houses so the growing family has more capacity, people should be able to decide what rooms they want within a footprint restriction.

Before wrapping up this meeting’s discussion, Pugh threw another log on the rhetorical fire of the use regulation amendment considerations: “I think something we should talk about at some point is what an open space agreement is because it’s kind of like all over the place,” he said. “Currently, it’s effectively a conversation. I am not sure that’s what the intent is for everywhere.”

He believes people want to use some open space land for other things than just be reserved as habitat.

“It’s critical habitat for snail darter fish, we should treat these as a thing of beauty. If it’s only a farm field as you drive into the town, you want to keep it as a farm field, that doesn’t seem like the rule.

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Letters to the Editor

Grange thanks community for online auction success

To the Editor: The Charlotte Grange says a loud and ringing “Thank You” to the whole Charlotte community. Over one hundred townfolk donated to our online auction, generating hundreds of generous bids and counterbids during the course of the week. As we were being a fun and exciting few days, we raised important funds that will let us keep the lights on at the Grange Hall in East Charlotte and continue to plan for our future work.

This year’s Grange programs are energized and growing—we’ve already held a successful clothing drive for low-income families and started a conversation with Charlotte farmers, and plans are well in hand for our summer concert series “Grange on the Green.” This work is all driven by our enthusiastic and dedicated volunteer members, and it is both heartening and inspiring for us to see so much support and messages of encouragement from the wider community.

Thank you again on behalf of all of the members of the Grange, and we hope to see many of you as our programs take shape throughout the year.

Mike Walker
Charlotte

Who actually determines the future of our town?

My husband and I have lived in Charlotte for over 26 years. Six of our seven children attended Charlotte Central School. We truly love this town. Honestly, every day we feel grateful that we live here.

Between full-time jobs in health care and a big family, we have not been ideal citizens. Of course, we vote and try to support our community, but we have fallen short of volunteering for the community programs and boards which hold such power in deciding the future of our town. These boards/commissions, specifically, the new development review board and the planning commission, are composed of volunteers who give their time to the evaluation and approval of new buildings and development in Charlotte. Charlotteans do not elect these folks. Members of the planning commission and development review board are appointed by the selectboard. The selectboard members, also volunteers but democratically elected, represent us. If we are displeased with their actions, we have the power to vote them out in the next election. This is not the case with the appointed planning commission and development review board members. We cannot vote them out should they be driven by personal motives and make decisions that are out of line with the desires of the majority of Charlotteans.

So how does a Charlotte citizen have a voice in determining the future of our town? The answer: The Charlotte Town Plan which was voted into existence by Charlotte citizens. The entire town plan is available at the town website. However, there are a few selected quotes from that document which was revised in 2019: “Letters to the Editor: Grange thanks community for online auction success

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Many ways to volunteer with United Way Connection

Volunteers are needed for a general spring cleaning of the grounds and buildings, including raking, moving gravel for paths, touching up paint, dusting, window cleaning and sweeping. Flexible schedules are available. Contact Tim Larmed at timlarmed@wvpd.org.

To learn more about some volunteer opportunities with the United Way here are some options:

- **Bring a meal** — Hope Lodge
drop off a home-cooked meal that would serve about 15 people. Dinner is at 6 p.m., but drop-offs can happen at your convenience. To sign up for the meal train, call 802-658-0649 or visit TakeThemAMeal.com/jvxc063.

- **Spring cleaning** — Winsomino Valley Park District and the Ethan Allen Homestead Museum need help getting ready for the coming seasons. Volunteers are needed for a general spring cleaning of the grounds and buildings, including raking, moving gravel for paths, touching up paint, dusting, window cleaning and sweeping. Flexible schedules are available. Contact Tim Larmed at timlarmed@wvpd.org.

- **Serve a meal** — ANEW

Volunteers help to set up, serve and clean up after the meal. Volunteers are invited to sign up for the meal train, call 802-658-0649 or visit TakeThemAMeal.com/jvxc063.

- **Ongoing need** — Franklin County Meals on Wheels has an urgent need for volunteers to deliver Meals on Wheels in St. Albans and Swanton between 9:30 a.m. and 11:30 a.m. once a week, once a month, or whatever fits your schedule. Here’s the chance to be the friendly face that brightens a senior’s day. Contact Jillian Brady at jbrady@agecvtlv.org.

**Water data made accessible**

Lewis Creek Association has been working to make water quality data results more accessible and understandable to watershed towns and citizens. The association has finalized its analysis and the results of the 2021 sampling in map format are at bit.ly/LCA-WQ-2021. Find out why sampling is within certain parameters or why chlorine is important and what it does to our streams.

**Sympathy**

**Robert Titus**

A memorial service for longtime Charlotte resident Robert Titus, who passed away Dec. 23, 2021, will be held April 23 at 1 p.m. at the North Ferrisburgh United Methodist Church at 227 Old Hollow Rd.

**Mary ‘Patsy’ Schwyer Nostrand**

Patsy ‘Patsy’ Schwyer Nostrand of Shelburne, Vt., passed away peacefully in her home at Wake Robin on April 2, 2022. Patsy was born in Orangeville, N.Y., on Oct. 14, 1927, to Mildred Sanford Schwyer and Benjamin Franklin Schwyer.

Patsy grew up on Kingsland Terrace in Burlington, where she met Dick Nostrand, who lived across the street. Patsy was a member of Burlington High School’s class of 1946. She graduated from the University of Vermont in 1950 with a Bachelor of Arts in history. Patsy and Dick Nostrand married in 1952 and were happily married for 63 years.

Patsy started her career working for the Girl Scouts of America in Massachusetts and Rochester, N.Y., as a trainer to troop leaders. Patsy and Dick had three children, Susan, Peter and then, while living primarily in New Jersey. While her children were growing up, she was an active volunteer with many organizations, including the Presbyterian Church in Westfield, N.J. She and Dick retired to Williamsburg, Va., in 1994 and moved back to Vermont in 2012.

Tusie and her family spent every summer at the family cottage on Lake Champlain in Grand Isle, Vt., which she enjoyed for 55 years. She spent the last 9 years gardening, swimming and taking long walks. Family meant everything to Patsy, and she was jokingly referred to as “the matriarch” of her extended family of 18, who congregated frequently to Patsy’s adoring eye at Grand Isle. The cottage was a place that her family and friends enjoyed immensely, and she oversaw it with kindness and generosity. Patsy was very active throughout her life and loved swimming and playing tennis. She also enjoyed gardening, reading, decorating and collecting antiques. Patsy was a member of the Charlotte Congregational Church.

Patsy was a wonderful mother, beloved mother-in-law, grandmother and great-grandmother. She was always interested in their lives and was great fun to be around. Patsy will be greatly missed. Patsy was preceded by her husband, Dick, and her brother Ben Schwyer. She is survived by her children, Susan Nostrand Bostrom and husband, David, of Woodstock, Vt.; Peter Nostrand and wife, Kristen, of Santa Barbara, California; and, Peter Nostrand and wife, Susan, of Charlotte, Vt.; as well as six grandchildren, Sarah, Peter, Helen, Lea, Elizabeth and Sam; and four great-grandchildren, Anna, Josie, Sally and Jude.

Memorial gifts in the name of Patsy can be sent to the Lake Champlain Land Trust, 1 Main St., Burlington, VT 05401 (lclt.org).

**Commentary**

**What’s good for public schools is good for private**

Bruce Baker and Rebecca Holcombe

Based on a University of Vermont study, the Vermont Legislature is updating the education funding formula in a way that serves more disadvantaged students have the ability to raise the revenues they need to care for their children.

The study used school spending and test scores statewide to estimate how much additional spending is associated with the ability to educate different types of students to the state average test score. Those estimates informed how much more to “weight” the formula for different kinds of students.

These new, bigger proposed weights are an estimate of how much more districts need to spend to overcome harms to students caused by factors like low wages, unstable housing, exposure to environmental toxins, lack of access to health care, disrupted education and trauma. The assumption is that spending in schools can compensate for these harms.

The state could support paid leave, affordable housing, higher minimum wages, more affordable and accessible health care, and a fully funded mental health system, so that all parents can care for their children. In the absence of that, Vermont turns to public schools as the last safety net.

However, Vermont does not weight the vouchers to private “independent” schools for which our Education Fund pays. It makes little sense to fund public districts based on estimated needs and costs, but then pay private school vouchers without regard for needs and costs of the students they enroll, especially since the legislature allows these private schools to decide which students are a “good fit,” thus opening the door to a wide range of discriminatory practices.

Currently, the state relies on statewide average public school spending levels to set tuition rates for students who take vouchers to private schools. A 2015 analysis found that Vermont students who take vouchers to private schools are more advantaged than the average Vermont student. Failing to adjust tuition voucher rates for needs makes inequality even worse.

Moreover, if the legislature continues to exempt districts that don’t operate public schools from the excess spending penalty that applies to districts that operate public schools, it incentivizes smaller and wealthier districts to close their public schools to limit what they have to pay to the Education Fund.

These two related policies — weighting vouchers and applying the same high spending penalty to districts that don’t operate public schools — must be changed at the state level. The lack of accountability that applies to districts that operate public schools is good for private schools is good for private schools is good for private schools.
SCHOOLS

CONTINUED FROM PAGE 5

their own public schools.

The UVM report produced a simulation to inform weighted funding, which can also be used to inform vouchers. Using the weights in the UVM simulation, high school students who:

• are not economically disadvantaged and not living in remote rural areas would receive vouchers for about $10,000.
• are economically disadvantaged would receive vouchers closer to $35,604.
• are eligible for English Language Learning services are eligible for another $13,502.
• are economically disadvantaged and eligible for English Language Learning vouchers worth $40,506.

For example, a high school student in Lyndon who is not disadvantaged would receive a base voucher of $10,000 to take to Lyndon Institute or Phillips Exeter Academy which otherwise provides education free to families with incomes under $75,000 as the legislature allows. An economically disadvantaged student who was also an English language learner would bring a voucher worth about $40,000, supposedly to provide additional support services although, of course, there is no way to verify if and how those “support” dollars would be used in private settings. One Massachusetts private school said Vermont’s “vouchers save the school dollars to give to other students with financial aid needs.” These could include students from other states.

If voters in a Vermont voucher school district want to provide larger vouchers for wealthier children, they could do so through a vote. However, they’d also be subject to the excess spending penalty, just like districts that operate public schools.

We don’t think Vermont should pay vouchers to private schools that do not have open enrollment and which are not designated in a public education replacement for a sending district by a vote of their electorate. But since this is the system our elected leaders have created, we would suggest they protect our wallets and children by weighting the tuition vouchers for which taxpayers are forced to pay.

Bruce Baker is a professor at the Rutgers Graduate School of Education and Senior Fellow at the Learning Policy Institute. Rebecca Halcombe lives in Norwich and is a former Vermont Secretary of Education.

At what price would you sell?

Reach out to us today and let us help you maximize the value of your property and navigate the area real estate market.

Monthly Market Stats

CHITTENDEN COUNTY

-6.3% 
+
22.4% 
+31.3% 
+1.7% 
TOTAL UNITS SOLD 
TOTAL $ VOLUME 
AVERAGE SALE PRICE 
DAYS ON MARKET

GREAT WESTERN 
CHARLOTTE

-60.0% 
+50.3% 
+24.2% 
+100% 
TOTAL UNITS SOLD 
TOTAL $ VOLUME 
AVERAGE SALE PRICE 
DAYS ON MARKET

Commentary

Why wait when overdose prevention sites will save lives?

Jay Diaz and Ed Baker

Vermont is experiencing a full-blown overdose crisis. A record 218 Vermonters died of preventable opioid-related overdoses in 2021, marking 33.7 overdose deaths per 100,000 people. That’s a 500 percent increase since 2010.

For context, Portugal, which has committed to handling addiction with a public health approach since the early 2000s, saw less than 1 overdose death per 100,000 people from 2008-18.

The extent of this crisis is shocking, not least because Vermont has a relatively robust addiction treatment infrastructure. But accessible treatment is insufficient if we don’t keep our friends and neighbors alive long enough to access treatment when they are ready. Clearly, what we’re doing isn’t working.

SADLY, state leaders are still ignoring commonsense strategies that would save lives. One such necessary and proven step would be the opening of overdose prevention sites, medicalized facilities that allow people to use opioids in a safe, non-judgmental space where they can receive vital medical services if necessary.

Opioid users at an overdose prevention site have access to sterilized syringes, fentanyl test strips, overdose reversal medications and other life-saving tools. They also have an opportunity to connect to long-term treatment services that can be essential to recovery.

These facilities not only save lives — they also make our communities healthier and safer. They help reduce the transmission of HIV, hepatitis C and other blood-borne pathogens, while reducing the incidence of endocarditis, a deadly heart infection resulting from unclean syringes.

In addition, overdose prevention sites can lower costs in our public health and safety systems. Because they provide on-site medical care for people experiencing overdose, local emergency rooms, law enforcement, EMSs, fire departments and ambulances can focus attention elsewhere.

Providing safe places to use also results in less public drug use and fewer discarded syringes in public spaces.

A review of the scientific literature shows that overdose prevention sites save lives, contribute to lower rates of crime and drug use, and help to alleviate the other myriad harms that drug criminalization has done to our neighbors and loved ones.

There are currently more than 120 overdose prevention sites around the globe. They exist throughout Canada, Australia and Europe. Every country that has implemented these sites has seen substantial reductions in overdose deaths. New York City just opened the first official sites in the United States, and Rhode Island recently became the first state to statutorily authorize overdose prevention sites.

To this day, there has never been an onsite overdose fatality in an overdose prevention site.

The Senate Health and Welfare Committee is considering a bill, H. 728, that would create a working group on overdose prevention sites, but the working group’s report wouldn’t be due until late 2023. In the meantime, Vermonters will continue to die preventable deaths. We need to act with far more urgency.

Of course, overdose prevention sites are only one piece of the harm reduction puzzle. The overdose crisis requires a multi-pronged approach, and that includes making naloxone and fentanyl test strips more widely and easily accessible; expanding access to sterile safety injection devices and disposal boxes; improving good Samaritan protections for seeking emergency health care for overdoses; and providing mobile treatment, mobile overdose prevention, and greater access to transportation for people seeking treatment.

Every one of these proposals should be on the table right now.

Without these kinds of public health strategies and science-based innovations that are succeeding in countries around the globe, we can expect more of the same grim outcomes. For many Vermonters struggling with substance use disorder and the families who love them, time is running out.

Vermont has a choice to make. Will we continue to allow Vermonters to die of preventable drug overdoses — wasting tens of millions of dollars from opioid settlement funds on failed and incomplete strategies? Or will we implement bold and more effective policies to save lives?

Before the Legislature adjourns in May, Vermonters should call on Governor Scott and legislators to see this crisis for what it is and take decisive action to respond. That includes the immediate authorization of overdose prevention sites in Vermont.

Ed Baker, a retired licensed alcohol/drug counselor of 30 years, lives in Burlington and has been in recovery from addiction for more than 37 years. Jay Diaz is general counsel for the ACLU of Vermont and lives in Williston.
Legislature takes responsibility for integrity and pension systems

Report from the Legislature

The Code of Ethics applies to elected and appointed State officers, the General Assembly, members of the judiciary and state employees. The Code of Ethics provisions include:
- disclosure and recusal for conflicts of interest;
- not using a state position, resources or information for personal or financial gain;
- limits on gifts to public servants; and
- limits on other outside and post-state employment.

S. 171 also provides protection for whistleblowers who report a Code of Ethics violation and mandatory training on the Code of Ethics. By setting out clear rules that public officials must abide by, Vermonters can have confidence in the integrity of our state government.

Pension systems find support

In 2021 the sustainability of the public pension systems covering state employees and teachers was called into question. State Treasurer Beth Pearce announced that the state pension funds for teachers and state employees were underfunded by about $3 billion and recommended that action be taken, including painful changes to pension benefits. These included increasing the retirement age, increasing employee contributions, and lowering the payouts. Teachers and state employees reacted immediately to protect the benefits they had earned by contacting legislators to plead their case. After a considerable amount of controversy within the Legislature and between the Legislature and the unions, a task force consisting of the treasurers, legislators and representatives of the unions and of the administration was created to address the problem. This task force worked throughout the summer of 2021 and hammered out a solution that all parties agreed to.

S.286, as passed by the Senate, implements the final recommendations of the task force which are expected to reduce Vermont’s long-term unfunded retirement liabilities for state employees and teachers by approximately $3 billion by prefunding other post-employment benefits (retiree health care), modifying the pension benefit structure, and making additional state and employee contributions into the retirement systems.

This bill contains a $200 million one-time general fund appropriation to the state employees and teachers’ pension systems to pay down unfunded liabilities. An additional $13.3 million, one-time education fund appropriation for fiscal year 2022 is made to the Retired Teachers’ Health and Medical Benefit Fund to begin prefunding the health benefits for retired teachers.

In response Vermont passed Act 79 of 2017, enacting its first comprehensive state ethics laws and creating the State Ethics Commission. This week the Legislature took another important step by passing S.171 which creates Vermont’s first statutory State Code of Ethics.

Vermont was one of only five states without a code of ethics. In 2020, all six statewide elected officials — the governor, lieutenant governor, secretary of state, auditor, treasurer and attorney general — called for passage of legislation to create a code of ethics for Vermont’s public servants in all three branches of government.

The Code of Ethics for state government

Back in 2015 the Center for Public Integrity gave Vermont a failing grade from the State Integrity Index ranking Vermont 50th out of 50 states in the category of ethics enforcement because it previously had no code of ethics body of any sort.

In response Vermont passed Act 79 of 2017, enacting its first comprehensive state ethics laws and creating the State Ethics Commission. This week the Legislature took another important step by passing S.171 which creates Vermont’s first statutory State Code of Ethics.

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So, what did Richmond do? The town was no cohesive system. A few reservoirs ran dry.

According to Chamberlin, an agreement found the mother lode on a farm near the old station on Route 2 near Interstate 89.

In this article, Nancy Owens, co-president of land use regulations and the pros and cons of development projects in the state, their success or failure, legal disputes, restrictions of development-and Complicate the State’s housing Crisis. The article details a number of development projects in the state, their success or failure, legal disputes, restrictions of land use regulations and the pros and cons of Act 250 on larger projects (subdivision of 10 lots or more in a 5-year period).

In this article, Nancy Owens, co-president of Evernorth, a non-profit developer, stated the reason for the state’s chronic housing shortage is “Vermont’s complicated regulatory model for new development, which is made more unpredictable by the understandable human resistance to change.” Additionally, she says “In the end, the fate of a proposed housing project often depends on a town’s zoning codes than on the community’s willingness to accept what might be allowed. ‘What if it boils down to a very broad-based opposition from the neighborhood.’” This will sound familiar to many Charlotters.

The state is encouraging local municipalities to update their land use regulations to promote the statewide planning goal of fostering development in village centers to preserve sprawl in the rural areas. This year, the state has awarded $500,000 in grants to 12 municipalities to update zoning regulations. More grants are planned for 2023.

As always, I welcome your emails to mikey@yantachka.com. As always, I welcome your emails to mikey@yantachka.com.

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Opinion -Where do we go from here?

Village districts won’t develop without water and wastewater systems

Peter Joslin

“Change is the law of life, and those who look only to the past and present are certain to miss the future.” — John F. Kennedy

There was a time when Richmond did not have a water and wastewater district. Kendall Chamberlin remembers. He has been Richmond’s water quality superintendent since 1985.

As he describes it, Richmond did not have enough water in the village district and there was no cohesive system. A few reservoirs ran dry.

So, what did Richmond do? The town voted to develop a water district and hired an engineering firm tasked with performing the necessary hydrology studies to find water. They investigated three sites and found the mother lode on a farm near the old station on Route 2 near Interstate 89.

One of the fears of implementing public water and wastewater systems in small towns is that development will run rampant. This has not been the case in Richmond.

Chamberlin said since 1985 there have been “four big pushes” to expand the water and wastewater systems in small towns, growth in Village Districts was at best, limited. There is no water system in either Charlotte’s East or West Village. There is a small wastewater system in the West Village that has additional capacity.

On April 7th, Seven days ran a story titled “Is the Dream of a House in Vermont’s Land-Use Regulations Impeding New Development and Complicate the State’s Housing Crisis.” The article details a number of development projects in the state, their success or failure, legal disputes, restrictions in land use regulations and the pros and cons of Act 250 on larger projects (subdivision of 10 lots or more in a 5-year period).

In this article, Nancy Owens, co-president of Evernorth, a non-profit developer, stated the reason for the state’s chronic housing shortage is “Vermont’s complicated regulatory model for new development, which is made more unpredictable by the unreasonable human resistance to change.”

Additionally, she says “In the end, the fate of a proposed housing project often depends on a town’s zoning codes than on the community’s willingness to accept what might be allowed. ‘What if it boils down to a very broad-based opposition from the neighborhood.’” This will sound familiar to many Charlotters.

The state is encouraging local municipalities to update their land use regulations to promote the statewide planning goal of fostering development in village centers to preserve sprawl in the rural areas. This year, the state has awarded $500,000 in grants to 12 municipalities to update zoning regulations. More grants are planned for 2023.

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So, what did Richmond do? The town voted to develop a water district and hired an engineering firm tasked with performing the necessary hydrology studies to find water. They investigated three sites and found the mother lode on a farm near the old round church. Chamberlin says the well has unlimited supply.

According to Chamberlin, an agreement was reached between the town and the farmer to access the water. A bond vote was approved and the town secured state and federal grants that covered 90 percent of the project. Thus began Richmond’s water system. The year was 1968. At some point thereafter, the town assumed ownership of the land. In 1970, Richmond constructed its wastewater treatment facility.

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Country stores anchor life in both Charlotte villages

Halle T. Segal  
Community News Service

“We did some updates to make it more

modern, but kept the heart in that feeling

of the original country store. I don’t see

it really going anywhere,” said Whitney

Finley, owner of the Old Brick Store for

over seven years.

Finley, a Charlotte native, worked at

the Old Brick Store in high school and

returned to buy the place with her husband

in order to keep the store running. As

a mother of four living down the road

from the store, Finley has done as much

as possible to keep the store open for the

Charlotte community.

“The community certainly stepped up
during the pandemic,” Finley said.

“Lines of people around the corner in zero
degrees just to get coffee, it was very nice
to get the support.”

Open for breakfast sandwiches, pastries,

espresso, snacks, ready-to-eat lunch

orders, and rows of wines and beers, Old Brick Store has adapted in order to

continue serving Charlotte. Currently the

store is closed on Mondays, and open 7:30

a.m. to 2 p.m. and 5 to 6 p.m. Tuesday

through Saturday — Sunday 8 a.m. to 12

p.m.

“It’s really nice to have a community. We

get the same people in every single day.

They want us to be here and appreciate what we’re doing,” said Finley.

“I’m hard because people often go to
to bigger stores because of price point.

While we try to maintain as low prices as

we can to be competitive, everything we

buy is more expensive than bigger stores

because we’re not buying in bulk. And

while I understand the desire to spend as

little money as possible, if you don’t shop

here, it’s not going to be a convenience

because it won’t be here,” said Finley.

“And people seem to know that.

“You can always tell when people are

from out of state — they’ll come in and

say, ‘This is amazing!’ I think a lot of

other states don’t have places like this. It’s

fairly unique to Vermont, this very homey,

friendly feeling,” Finley said.

Community News Service works in a

partnership with The Charlotte News

and other local media outlets to provide

opportunities to University of Vermont

students.

“It’s really nice to have a community. We

get the same people in every single day.

They want us to be here and appreciate what we’re doing.”

— Whitney Finley

Carrie Spear shows an old photo of Spear’s Corner Store

Photos by Halle T. Segal

One of the many bicyclists who stop at the Old Brick Store tries to make up their mind.

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Join in the resurrection of broken stuff at Repair Café

From contributed information

If it ain’t broke don’t fix it, but if it is—bring it out to the Repair Café.
People, get ready for the return of the Repair Café at the Charlotte Congregational Church 10 a.m.–2 p.m., Saturday, April 30.
The Repair Café is a foursome, fix-it party of local folks volunteering their skills to fix or help you learn how to repair your broken stuff.
Just bring your broken things to the Repair Café and watch and learn as handy folks do and demonstrate their magic.
In addition to fixing stuff so it isn’t thrown into the infinite-seeming abyss of disposable but not biodegradable refuse, co-sponsors promote and teach the lost art of repair.

 sj.build our town’s sense of community by working together to meet each other’s needs.
In the past repairers have fixed such things as:
• Lamps—replace switches and cords, tighten wobbly bases
• Jewelry (no soldering), replace watch batteries, fix watch hands,
• Eyeglass screws
• Furniture, cuckoo clocks, dolls, favorite toys (wooden, metal or plastic)
• Troubleshoot and/or repair small appliances, electronics, radios, fans, heaters, (de)humidifiers
• Sharpen garden tools, replace wooden handles, repair electric trimmers
• Sharpen knives, scissors, axes
• Mend clothing by hand or sewing machine; repair holey knits; adjust sewing machines
• Replace zippers.
Even the following services have been offered:
• A 3D printer and operator on hand for quickly making copies of replacement parts out of plastic
• Fixers who can make reusable shopping bags out of your old jeans, favorite skirt, whatever. Or denim skirts and shorts out of your old jeans or other pants
• A fixer of old tube stereo
• A bike repair dude offering tuning and minor repair of bicycles, truing of bike wheels
• A squad of electronic repair folks to tackle more sophisticated electrical and computer issues.
The Repair Café is always looking for volunteer repairers. Do you have a repair or creative skill you want to offer? Email Jamey Gerlaugh, the Repair Café coordinator at repaircafe@sustainablecharlotte.org.
There is no charge for the Repair Café.

Food Shelf News

Magpies and the Food Shelf—helping unharness community

Maj Eisinger
Contributor

What does the Food Shelf have in common with Australian magpies?
Many of us are appreciating the vast quantities of bird song and avian nesting behavior near our homes. A recent article in The New York Times “Experiment Foiled: Magpies Helping Magpies” talks about altruistic behavior among Australian magpies and Seychelles warblers.
The magpies cooperated to manipulate tracking harnesses off their bodies; the Seychelles warblers helped other members of their social group escape from sticky seed clusters. Closer to home, there are many similar acts of altruism and generosity.
There are efforts of our neighbors to honor, memorialize or thank another by “paying it forward” donating to the Food Shelf and thus amplifying an original act of kindness.
The Food Shelf thanks the Patrick Foundation for the donation in memory of Robert Fleming and Jane Howe Patrick; the Charlotte Senior Center patrons for the generous donations of paper products and cleaning supplies; Meredith and Peter Moses for supplying numerous food items and treats for the children; Walter Gates, Kathleen Nolan and Rice Lumber for monetary donations; and Dave Quickel of Gates, Kathleen Nolan and Rice Lumber for monetary donations.
The Food Shelf continues to appreciate the generous donations of paper products for school supplies.
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The April weather is inspiring local gardeners to plan their spring planting. The expected wheat shortage, locally grown produce is especially needed. Fresh produce is appreciated and welcomed on distribution dates (the second and fourth Wednesday of each month) throughout the growing season.
If you grow, plant an extra row? Thank you in advance for considering this.
Monetary donations of any size are appreciated. Donations can be addressed to: Charlotte Food Shelf, Inc., P.O. Box 83, Charlotte, VT 05445.
The Food Shelf is a 501(c)(3) entity, and contributions remain tax deductible.
The Food Shelf is open for food distribution from 4-6 p.m. on the second and fourth Wednesday of each month.
For emergency food, please call John at 802-425-3130. If you cannot come to food shelf distribution due to COVID symptoms, or need further information about the Food Shelf, please call 802-425-3252.

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Ginny Joyner: Finding a multitude of outlets for creativity

Like many kids, Ginny Joyner was introduced to watercolors at a very young age, but unlike most, she loved making art enough to make a career of it. “I graduated from the Rhode Island School of Design in 1986,” she said, “and started a freelance illustration business.”

Although Joyner did some odd jobs on the side, particularly when her daughter was young, she has always worked as an artist. Joyner paints mostly in watercolors, but over the years, she has experimented with a variety of art forms. “I have a very tight style which I use for my greeting cards,” she said, “and that’s what I really love to do.”

Joyner’s cards, which can be purchased from her website and at a number of area locations, are often humorous play on words. “I do the artwork first,” she said, “and then I look for a phrase to go with it.”

Years ago, Joyner did an illustration of goats across the world, and she turned one of them into an “old goat” birthday card. A card saying “nailed it” is paired with some nails and one saying “you rule” includes a ruler. After undergoing chemotherapy and radiation, Joyner created what she refers to as her breast cancer cards with frilly bras and sayings like “thank you for your uplifting support.”

Joyner’s studio is on the corner of Ferry and Greenbush. She hasn’t been exhibiting outside her home for some time, but she’s hoping to start posting hours so Joyner’s studio is on the corner of Ferry and Greenbush. She hasn’t been exhibiting outside her home for some time, but she’s hoping to start posting hours so she can sell her work from her first-floor gallery.

“Ferry and Greenbush. She hasn’t been exhibiting outside her home for some time, but she’s hoping to start posting hours so she can sell her work from her first-floor gallery.”

During the recession, Joyner’s freelance work dried up and she began to spend more time teaching at her studio and in the ACCESS program at Champlain Valley Union High. “I often teach beginners,” she said, “and that’s my favorite thing to do because my goal is to have people keep painting.”

Teaching beginners meant that Joyner had to loosen up her style, creating a very different kind of artwork. She teaches up to six classes a week, doing a demo in every class on a different topic.

Joyner continues to do freelance artwork, but she has also begun delving more and more into decorative arts. “I do big projects which are faux finishes or trompe l’oeil,” she said.

Joyner worked on two dining rooms on the Spirit of Ethan Allen. “The first floor was designed to look like marble,” she said, “and the top floor is faux wood—maple and mahogany. That was a fabulous summer on the lake, painting while they did tours.”

After finishing her CVU classes this spring, Joyner is looking forward to inviting her students to her studio to paint outdoors, something she has been doing during COVID together with teaching Zoom classes.

Joyner’s studio is on the corner of Ferry and Greenbush. She hasn’t been exhibiting outside her home for some time, but she’s hoping to start posting hours so she can sell her work from her first-floor gallery.

“I’d like to go back to the time when you’d drive around Vermont and see artists you didn’t know about,” she said. During the recession, Joyner’s freelance work dried up and she began to spend more time teaching at her studio and in the ACCESS program at Champlain Valley Union High.

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Education

Couperthwait CVSD’s new director of student support

Anna Couperthwait has been appointed director of student support services for the Champlain Valley School District (CVSD). Couperthwait begins July 1, replacing Meagan Roy, who is the new superintendent of the Washington Central Supervisory Union.

Couperthwait has “both local CVSD historical knowledge as well as a full K-12 system perspective to our central office,” Superintendent Rene Sanchez said. “With these two qualities and more, I am confident that CVSD will continue to be a leading district in inclusive practices in Vermont and the nation.”

Couperthwait is a graduate of Champlain Valley Union High School, earned her bachelor’s in English from the University of Vermont and master’s from Lesley College, obtained her administrator’s license and attended the Snelling Center for Government’s Vermont School Leadership Program.

She has been the director of special services at CVU since 2012, leading a department of 23 special educators and as many as 60 paraeducators. Prior to that, she was a special educator, classroom teacher, Reading Recovery teacher and language arts teacher.

The director of student support services will collaborate with the directors of learning and innovation and diversity, equity and inclusion to oversee student support services in the CVSD. Primarily, the director oversees special education and serves as the liaison for local, state and federal programs providing services to students, such as: school counseling, nurses, homeless children and families, the school psychological services program, and occupational and physical therapy services.

“I’ve learned so much over the years as a CVSD student, teacher and administrator, and I’m excited to continue my professional journey at the district level,” Couperthwait said.

Crum named CVSD’s director of learning and innovation

Sarah Crum has been appointed director of learning and innovation for the Champlain Valley School District (CVSD). Crum begins in the new job on July 1, replacing Jeff Evans, who is retiring at the end of this school year.

Superintendent Rene Sanchez shared, “Sarah’s experience as an English teacher, special educator, and special education director will prove to be a valuable resource for the Champlain Valley School District. Literacy, instructional techniques, and inclusivity are always among the most important current focus areas of school districts. Sarah’s background will help Champlain Valley’s already innovative work progress even further.”

Crum graduated magna cum laude from Vanderbilt University with degrees in English and special education.

She holds a master of education in curriculum and pedagogy from the University of Colorado. She earned her special education administrator licensure with a certificate of advanced graduate studies from St. Michael’s College.

Sarah is engaged in leadership work with the Snelling Center for Government’s Vermont School Leadership Project and the director of special education for the Williston Schools. Prior to that, she was a special educator at Champlain Valley Union High School and an English teacher in Telluride, Colo.

The director of learning and innovation will collaborate with the directors of student support services and diversity, equity and inclusion in CVSD. In addition to curriculum, instruction and assessment, the director of learning and innovation oversees the English language learner program, instructional coaches and coordinators, the faculty and staff mentor programs, manages a number of grants, leads continuous improvement planning, COVID recovery planning, and helps ensure compliance with Vermont Education Quality Standards and Acts 77 and 173.

Crum shared this with us, “I am thrilled to have this opportunity to join the central office leadership team as the director of learning and innovation. I look forward to continuing the strong foundation that has been built at CVSD and working toward an innovative and responsive experience for our CVSD students and community.”

Students at Vermont Day School spent a week conducting research and interviewing experts from BETA Technologies, an electric aerospace company, beginning with a field trip to the company in South Burlington. In the photo they are learning how motors rotate.

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A good essay might sway a college’s decision

“Want to go to college?” is the typical high school senior’s Instagram posting in April.

The class of 2026 boasted a 14 percent increase in overall applications and high-selective schools saw a 25 percent increase in two years, according to the Common Application. Forbes reported some of the lowest acceptance rates for the Ivy League. The University of Vermont (UVM) had its largest application pool of more than 30,000, a 15 percent jump from last year’s record.

Given this trend, how can an application rise to the top? There are two strategies that could differentiate the student: early decision can capture a spot faster and college essays need to profess a connection to the school. These points help a college gauge a student’s likelihood to enroll.

First, early decision is the one college a student can choose to apply to around Nov. 1 and be notified by around Dec. 15, where they are bound to attend if accepted. Some colleges also have an early decision 2 binding option as one college to apply to around Jan. 1 with notification around Feb. 15. These binding decisions fill half or more of the available slots of most colleges.

Typically, liberal arts colleges and private universities use early decision as an assurance that the student will attend the school. This improves the college’s yield and increases its ranking. Although early decision has advantages, a student needs to identify the college as their first choice and must be prepared to submit a compelling application.

However, most students apply regular decision, around Jan. 1, with decisions around April 1, to weigh multiple offers. With more applicants for limited slots, this increases rejections and boosts the college’s selectivity ranking.

The trend toward early decision is seeping into public universities. UVM announced offering early decision-1 for the class of 2027. This is in addition to its current early action non-binding option. The UVM applications for early decision and early action are due by Nov. 1.

UVM is adding early decision, following in the tracks of University of Virginia, which also offers both early decision and early action. For this class of 2026, Virginia announced an 18 percent increase in early decision applications from last year and a 32 percent early decision acceptance rate from nearly 3,500 applications.

Second, the essays are one of the few ways a student can talk directly to the admissions committee in sharing their ideas and highlighting how they will engage in the campus community. Many colleges require supplemental applications, in addition to the common application’s essays, recommendations and other material that is required by most colleges.

For example, this year Dartmouth College asked students to respond within 100 words: “While arguing a Dartmouth-related case before the U.S. Supreme Court in 1818, Daniel Webster, Class of 1801, delivered this memorable line: ‘It is, sir, … a small college, and yet there are those who love it.’ As you seek admission to the Class of 2026, what aspects of the college’s program, community, or campus environment attract your interest?”

This is not a trick question asking for a high-brow analysis of a Supreme Court decision; rather, the essay should captivate the admissions’ attention on why Dartmouth is special to the applicant. The essay is a chance to bridge the student’s current interests with their future goals.

Colleges are building a diverse campus, where students learn from each other beyond the classroom. This year Brown University asked applicants to answer this prompt within 250 words: “Tell us about a time you were challenged by a perspective that differed from your own. How did you respond?”

This essay encourages the student to tell a story illustrating their character traits and communication style. Colleges look for a range of personalities in building a respectful and involved community. Essays can make a student memorable.

College planning and essays are not one size fits all. It is important that families take time in considering and prioritizing options. In the process, the student should find their new home away from home.

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.

Education

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The Charlotte News
Students will use a number of digital artifacts. Several of the learning celebrations this week focused on writing. Kindergartners through third graders are immersed in an integrated unit of study with librarian Heidi Huestis and STEAM educator Beth Damon. Focusing on the book “Barnabus,” students are creating their own personal character, listing their three most important attributes, creating murals of individuals who have had a positive impact on our world, a PTO grant-funded project called “Omega’s Wall of Fame.”

Incoming kindergartners

Kindergarten visiting day is coming for incoming 2022-23 kindergartners and their caregivers are Wednesdays, May 4-18, 2:30-3:30 p.m.

Students will head to the kindergarten classrooms for a variety of activities with the teachers while parents will hear more about kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of classrooms for a variety of activities with the teachers while parents will hear more about kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner. The kindergarten teachers for next year will be Sarah Cota and Devon Davis. If there are any questions related to kindergarten, the school and tour of the building with co-principal Stephanie Sumner.

Harvest The Sun

With as little as 1/10 of an acre you can power up with clean energy or host a solar system for community use.

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Health Matters

Ease into spring activity safely

Laurel Lakey
Contributor

Warmer weather is beginning to gradually creep into the Champlain Valley, and with it comes the natural desire for us to get outside and become more physically active. While this is a wonderful change of pace after a long and cold winter, it is important to be aware of keeping our bodies safe and avoiding doing too much too soon.

The transition from winter to spring is a common time for orthopedists and physical therapists to see an influx of overuse injuries such as sprains, tendonitis and muscle strains, usually as a result of people doing more than their bodies are ready for. Here are a few tips to help get you moving safely so that you can enjoy being active in the months ahead:

• Pace yourself: If you are trying an activity you have not done since last summer or fall, start small and slowly build. A common denominator to measure is the time spent doing an activity. For example, 10 to 20 minutes is a good starting point, and then adding five- to 10-minute increments each week, as tolerated. Remember that you may not experience pain while doing an activity, but later that day or the next morning it can catch up with you. That’s why it is important to avoid spending multiple hours on a new activity, even if it is feeling good in the moment.

• Dynamic and static stretching: There are two types of stretching that can be helpful for avoiding injury and remaining pain free. Dynamic stretching is performed as a pre-activity warmup. It involves stretching with movement, such as kicking your heel towards your buttocks repeatedly, swinging your leg forward and backward, hugging your knee up to your chest alternately, rotating your trunk side to side and swinging your arms forward and backward. Static stretching is performed as a post-activity cooldown. It involves coming into a stretch position and holding it for 30 to 60 seconds. Important muscles to target include your quadriceps (front of your thighs), hamstrings (back of your thighs), calf muscles, psoas (front of the hip) and lower back. There are a number of different ways to stretch these muscles, and it will vary from one person to the next which stretch is most appropriate. If you feel unsure as to how to perform dynamic and static stretches, meeting with a physical therapist or personal trainer for just a couple of sessions can get you set on the right path.

• Listen to your body: No one knows your body better than you do, so trust your instincts and respond when your body is giving you signals that you are doing too much. Common complaints related to overuse injuries include sharp or throbbing pain, redness and swelling in the involved area. If this occurs, practice RICE: rest, ice, compression and elevation. Refrain from activity for at least two days, and try to elevate, ice and compress the area for 10 to 20 minutes, two to three times a day. If symptoms do not improve, contact your doctor, who may recommend a consult with a physical therapist or orthopedist. Overuse injuries, when not properly addressed, can often lead to chronic problems over time, so it is important to take action.

All of these tips apply not only to recreational sports, but yard work and gardening, too. Lower back and shoulder pain are common ailments of people who spend hours in their yard after being largely sedentary during the winter. For this type of activity, try to pace yourself by starting with shorter work sessions with breaks built in. Being a marathon gardener on day one is a common cause of overuse injuries for low back, shoulder or knee joints.

It is also worth mentioning that maintaining a regular exercise program during the winter months can go a long way toward preventing spring injuries.

Your body is your home, so give it the care and attention it deserves. Although it can be difficult to hold back on going for it when the sun is shining and the birds are calling, taking a thoughtful and measured approach will help ensure that you can enjoy moving your body all through the warmer months ahead.

Laurel Lakey is a physical therapist assistant at Dee Physical Therapy in Shelburne. She also has a bachelor’s in dance and is a certified yoga teacher. She lives in Charlotte with her husband, toddler daughter, dog and farm family of sheep and chickens. You can reach her by emailing laurellakey@deep.com.

Foxy babies

Claudia Pfaff took this picture of four kits or baby fox emerging from under their porch for the first time.

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In his memoirs published in 1888, Civil War General Philip Sheridan recalls his early schooling:

“When I was old enough I was sent to the village school, which was taught by an old-time Irish ‘master’ (Mr. McNanly) … who, holding that to spare the rod was to spoil the child, if unable to detect the real culprit when any offense had been committed, would consistently apply the switch to the whole school without discrimination. It must be conceded that by this means he never failed to catch the guilty mischief-maker.

“The school-year was divided into terms of three months, the teacher being paid in each term a certain sum — three dollars, I think, for each pupil — and having an additional perquisite in the privilege of boarding around at his option in the different families to which his scholars belonged. This feature was more than acceptable to the parents … but the pupils were in almost unanimous opposition to it. The master, being paid well, was not amenable to the criticisms of the parents or the pupils. The ‘master’ was a rough, untaught and unpolished man, and it must be remembered that the standard of education was lower in those days than it is at present.

“Such at least was my experience more than once, for Mr. McNanly particularly favored my mother’s house … and many a time a comparison of notes proved that I had been in the woods with two playfellows, named Binckly and Greiner, when the master thought I was home, ill, and my mother, that I was at school, deeply immersed in study.

“However, with these and other delinquencies not uncommon among boys, I learned at McNanly’s school … about as far as I could be carried up to the age of 14. This was all the education then bestowed on me — with the exception of progressing in some of these branches by voluntary study, and by practical applications in others.”

In this issue, we look at school No. 5. It was located on what is now Greenbush Road about half a mile north of the West Village on the west side. According to information gathered by the Charlotte Library, school No. 5 was known as the Barton School. It was named for builder and owner of the tavern in the village, Joseph Barton.

According to Frank Thornton, late president of the Charlotte Historical Society, the school burned in 1895 and the students were moved to the seminary building, which will be covered in a future issue. For more about the history of Charlotte’s schoolhouses, you can check out our library’s website.
Ants gardeners of many early spring wildflowers

As we delight in energy from the warming sun, so too do ephemeral wildflowers, taking advantage of sunlight before trees in the canopy leaf out. These perennial woodland plants emerge early in spring, bloom quickly and set seed. Once the forest floor is deep in shade, the leaves wither away, leaving just the roots, rhizomes and bulbs underground.

Fun fact: Many of these plants rely on myrmecochory — seed dispersal by ants. The seeds of spring ephemerals bear fatty external appendages called elaiosomes. Ants harvest and carry them to their nests, eating this rich outer layer and leaving the naked seeds buried in the soil to germinate.

On each warm day I spot yet another species of spring wildflowers. As of deadline, I’ve spotted hepatica — Thompson’s Point and Mt. Philo, Dutchman’s breeches — Mt. Philo, and ready-to-pop buds of blood root, spring beauties and early meadow rue, also on Mt. Philo. Tulip lily leaves poke through leaf litter. Can flowers be far behind?

Many trails are wet and easily damaged at this time of year. Consider local road walks with good wildflower displays. Both Thompson’s Point and Leavensworth Road, off Carpenter and O’Neil Roads just across the town line into Hinesburg, are worth the journey.

Plant identification apps

If you have ever used your cell phone to photograph ten plants and submit the photos to each of 14 apps to test their accuracy. The 2021 winner was PictureThis with 67 percent accuracy. PictureThis is not a free app, however. After a trial period it costs $1.99 per month or $19.99 per year.

The next grouping, at about 50 percent accuracy, includes PlantNet, which is free but many reviewers find clunky; Plant Story, which ranges in cost depending on user choices; and LeafSnap, free on iOS like Apple iPhones and iPads but not iMacs.

A 2020 runner-up, iNaturalist slumped to only 30 percent accuracy in the 2021 test. iNaturalist is always free and has no ads, but the survey organizers noted, “With iNaturalist, it appears to be more critical to read the instructions and get to know the app before you use it.” That’s good advice in life, I’d say.

I always try free first. If it’s cumbersome, frustrating, or fails to identify my quarry, then it may be time to pay. As I pursue spring wildflowers, I’ll test two free apps, LeafSnap and iNaturalist, with flowers I already know and then pursue some new ones.

Spring peepers

If spring peepers aren’t singing within earshot, you don’t have to travel far to hear them. These tiny frogs can peep up to 4,000 times per hour and each frog sings for several hours each night. Our neighborhood peepers joined the chorus one week later than usual this year, even as dates trend earlier with our warming climate.

Male peepers produce the cacophony. From the Vermont Center for Ecostudies we learn, “Each peep is made when a frog forces air from its lungs, over the vocal cords in its larynx, and into an air sac in its throat. The air enters the sac from openings on each side of the mouth cavity, causing the sac to balloon outward. The inflated sac acts as a sounding board, amplifying the sound and carrying it from the frog to our ears.”

It is not surprising that male peeper trunk muscles, which pump air from the lungs, average 15 percent of their body mass compared to only three percent for the quiet females. The aerobic capacity of their trunk muscle is six times that of leg muscles and, in males, is 17 times greater than that of female trunk muscle. These little guys have big bellows.

May “Outdoors” will feature Charlotte’s “Man of the Mountain,” Pete Hiser, who has led the three-year, trail-building project on Mt. Philo.

Until then, enjoy spring in the outdoors.

Hepatica americana is one of our few evergreen spring wildflowers and therefore often the earliest to bloom. Leaves are reddish and three-lobed. Nectar-rich flowers in white, pink, blue or purple attract bees before other sources are available. Round-lobed hepatica are generally found growing in rich soils in shaded woodlands.
Onions one of first vegetables to plant in spring

Bonnie Kim Donahue
Extension Master Gardener

A simple staple in many cuisines and recipes, onions can be a satisfying plant to grow in the garden. While it is easy to buy them at the grocery store, fresh onions are unique in flavor and intensity.

I like to grow onions from sets, which are basically small, dried onion bulbs. Sets can be purchased in bags or by the pound from your local garden or hardware store. Try to select sets that are smaller than 3/4 inch to help prevent the plants from bolting too early.

Often you may find a few varieties of white or purple onions. Grab some of each and test out what grows or tastes better for you.

Onions are one of the first vegetables that can be planted in the spring. The best time to plant them is about two-four weeks before the last hard frost, or late April to early May. It is best practice to rotate the vegetable families in your beds each year, so try to plant all alliums in a different location than you did the year before.

Cabbage, beets, strawberries and lettuce are good companion plants for onions, as the strong onion scent will help deter pests, while planting with peas and beans should be avoided. Onions can be planted individually throughout the garden or planted in a group. If space is an issue, consider interplanting with dill or other herbs that won’t compete for light and room.

Onions need to be grown in full sun in nutrient-rich soil with good drainage. The pH of the soil should be between 6.2 and 6.8. You can check the pH of your soil with an over-the-counter kit or send your soil sample to the University of Vermont Agricultural and Environmental Testing Lab (pss.uvm.edu/ag-testing).

Plant onion sets 1-inch deep. Depending on the expected size of the onion variety, plant the sets approximately 2 to 4 inches apart.

Onions are sensitive to drought and need consistent, moist soil throughout the growing season. To check soil moisture, place your finger in the soil, about one inch deep. If the soil is damp, watering is not required. If the soil is dry or dusty, it is time to water.

As the onions grow, the bulbs will begin to emerge from the soil. This is normal and does not require any intervention. Onions are ready to harvest when the tops begin to fall over.

When harvesting, keep the green leaves intact while gently pulling up the bulbs. Dry the onions in a warm, shaded place with plenty of airflow for a couple of weeks until the leaves and roots are dry. After curing outdoors, onions can be stored indoors in a cool, dry place with good air circulation.

Enjoy your homegrown onions in stir fries, soups, curries, main dishes, side dishes, pickled, battered, fried and more.

Bonnie Kim Donahue is a University of Vermont extension master gardener and landscape designer from central Vermont.

Photo by Bonnie Kim Donahue

Planting onions next to lettuce and other crops, such as cabbage and beets, is a beneficial move as their strong scent will help deter pests.

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Gardening
**Calendar of Events**

Get ready for an abundance of spring events bringing forth the return of birds, flowers, and other signs of nature waking up after winter. Here are some highlights:

### Young Tradition Vermont

**Monday-Sunday, May 2-8**

The motto of Young Tradition Vermont is “Resecure it, care for it, pass it on.” This organization’s mission is to expose young people to traditional music and dance, to make music accessible to all, and to give them instruction and opportunities to perform – all at the highest level possible, or even free. It is an absolute treat to watch the young musicians, singers and dancers as they perform. This week marks the Young Tradition Festival, during which time there are numerous recitals, concerts, visiting artists, flash mobs, contests, and opportunities for sharing good music with fellow performers. More events held at Contos Auditorium or in other Burlington locations. Highly recommended family entertainment. For more info about schedule and tickets, see youngtraditionvermont.org.

### Day in the dirt

Sunday, April 30, 7:30-9 p.m.

This is a state-wide event to help prepare the soil for planting. It’s an excellent opportunity to get practical information from experts and help support bees and birds in a talk by Gwen. 3-4 p.m. Suggested donation $18 at the door. Both venues wheelchair accessible. Both venues are rain or shine.

### Family education series

Wednesday, April 27, 6:30-8 p.m.

On this annual event by Four Winds Nature Institute, to explore the importance of nature-based play and wilderness adventure for children. The talk is based on the book Adventure, Play, Peace. Pre-registration is needed through Vermont’s Free Nature Experience, which is focused on keeping Vermont’s forests and wildlife healthy and productive, hosts a free Zoom webinar on the history and biology of the Marble Hill form of Central Park in New York City; later projects include Boston Commons, a series of small, natural spaces in the city of Boston, and the pastural Shelburne Farms landscape. This zoom presentation, with Jon McGee, is hosted by the Debora Rawson Memorial Library in Jericho. Registration is required for CT. More info, see vlsu.org.

### Access CVU classes

Monday, April 25 and beyond

A wealth of classes is just beginning at Champlain Valley Union High School. The week begins April 25. It’s not too late to broaden your horizons with one of our many classes. Whether you want to cook an ethnic dish, try tai chi or learn about a car engine, there is a class for everyone. Check out the schedule at cvudvt.ce.edu.eleyo.com. Call 802-482-7194 or email accesscvu@cvudvt.org for more info.

### Climate action planning

Tuesday, April 26, 6:30-8 p.m.

This is a repeat presentation. Vermont’s first Climate Action Plan has been released. What are appropriate climate-related projects for Vermont’s towns to tackle? Join Morgan Welz, the Vermont State Director of Climate Solutions, and Jeri Hink of the Vermont Fish & Wildlife Department. The Vermont Urban Wildlife Program, to learn more about what is in the Plan; and what local towns can do to address these issues. Free Zoom presentation. Ask questions of two of Vermont’s natural resource management experts now under Vermonters/Trainings or call 802-828-1294 if you have trouble finding info.

### Repeals and amendment

Wednesday, April 27, 6:30-7 p.m.

Monton and its neighboring towns host a high diversity of waterfowl and wading birds, such as ducks and terns, some of which are rare or unusual. Presenter Jim Andrews is a Vermont herpetologist and wildlife biologist. Much of his life’s work has been in conservation of Vermont’s wilderness. His in-person talk is at the new Monton Town Hall and may also be watched via zoom. For more info, see the calendar on montontownvt.com.

### Repair Cafe

Saturday, April 30, 10 a.m. to 1 p.m.

A joint effort by Sustainable Charlotte, the Charlotte Library, and Charlotte Grange. The Cafe aims to repair broken items, keep them out of the junk bin, and promote community interactions. More info at Charlotte Town Hall. For more info or to register, see charlottetownhallvt.org. Lunch available for a donation.

### Tree planting

Saturday, April 30, 3:30-5:30 p.m.

In partnership with the Missisquoi River, friends and supporters of the North Branch Nature Center in Montpelier will be planting trees and shrubs. Any help is appreciated: bring goggles and shovels if you have them. Rain date: May 1. To sign up, please email kerry@northbranchnaturecenter.org.

### Jazz in Vergennes

Saturday, April 30, 7:30-9 p.m.

LC Jazz is a Vergennes-based, 17-piece big band with vocalists and a whole lot of heart. They play music of the period for this free concert at the Vergennes Opera House. Donations are appreciated from all ages. All students, all music students. Doos open 6:30 p.m; cash bar; must show proof of vaccination and wear a mask. For more info, see vergennesoperahouse.org.

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**More events are listed online at charlottetownhallvt.org.**

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**Register, visit vgtgardens.org or call 802-999-5308.**

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Large display of pelts coming to Charlotte Library

Braver Angels introduction
Thursday, April 28, 7 p.m.
Are there family members you’d like to talk with about your political differences, perhaps a conservative cousin or a progressive son or daughter, but don’t know how to begin? Do you have friends you stay away from to avoid difficult political discussions?
Learn more about Braver Angels, a citizens’ organization that helps conservative, progressive and liberal Americans talk respectfully with one another … with some surprising results.
Register at eventbrite.com/e/braver-angels-introduction-session-tickets-287931820827 to attend in person or here to attend via Zoom. Registration is free. No registration required.

Spring Vacation!
Vermont Fish and Wildlife Furbearer Kit, April 28 to May 4
Thanks to the Vermont Fish and Wildlife Department, the library will have a large display of pelts, skulls, track sets, scat sets and track field guides. On April 28-10 a.m.-noon, the items will be out for hands-on investigation. Come learn about Vermont’s furbearing animals, such as mink, beaver, fisher and red fox. No registration required.

Charlotte Library Mini-Disc Soup Day, Thursday, April 21, 2-3 p.m.
World Disc Soup Day is the largest collective effort to combat food waste and climate change. This Slow Food celebration has been adapted to the library space. Join to chop veggies from Sweet Roots to save for the freezer instead of sending to the landfill. This is an in-person event. Register at eventbrite.com/e/mini-disc-soup-registration-30508454587

Turtle Talk
Tuesday, April 26, 6-7 p.m.
Ben Phillips, a graduate fellow in wildlife biology and conservation at the University of New Hampshire, introduces the freshwater turtle species found in New England. He shares background information about freshwater turtle biology and ecology as well as the landscape and environmental factors that place turtle populations at risk, the methods that have been used to monitor turtle populations, and potential steps for the future of freshwater turtle conservation. No registration required. Join the presentation at unh.zoom.us/j/9512321799.

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Don’t miss these related events:
• Tuesday, May 10, 7 p.m.: “Reuniting America” film and discussion. Register here for in-person event: bit.ly/3kYBvY8
• Sunday, May 15, 2:30-5:30 p.m.: “Depolarizing Within” workshop. Register at: braverangels.org/event/depolarizing-within-16.

Ongoing Programs
Free Little Art Gallery Opening
Introducing the smallest art gallery in Charlotte. Come by the circulation desk for a visit. Feel free to take a piece that you like, add a piece of your own artwork—or both.
All is welcome as long as it fits inside. Use your own materials or pick up the April Take & Make for supplies to make your own masterpiece.

Preschool story time resumes Tuesdays through May 17
10-11 a.m.
Join us in-person Tuesday mornings at 10 a.m. in the library for Preschool Story Time fun with stories, crafts and play time. The program will be held in the program room unless it is warm enough to be held on the library porch. All children 2 years of age and over and their guardians must wear a mask at all times per library policy when indoors. No registration required.

Knitting drop-in Wednesdays, 5:30-7 p.m.
Sewing by for in-person knitting night at the library. Dust off those old projects you’ve been wanting to finish, start a new project, or even pick up a new skill. Jessica Card, a local knitting teacher at Shuburne Craft School, will be hosting the knitting night and hopes to grow the community of knitters in town. She will be around to get people started, help with existing projects and working on a knitting project as well. No registration required.

Library landscapes for beauty and to improve water quality
From the Lewis Creek Association
Although it might seem so, it doesn’t always go that they pave paradise and put up a parking lot. At least not at the Charlotte Library where they’ve unpaved part of a parking lot — an old driveway, to be exact — and tried to put up ... well, if not a little bit of paradise, a bit of an improvement to water quality downstream of the library. The library and the Lewis Creek Association have been working on an area to the east side of the building where a former driveway has been taken up. A rain garden and other stormwater runoff mitigation practices have been installed in that area.
Stormwater historically ran off from the driveway and building and flowed toward Thorp Brook, where water quality sampling has found high nutrient and sediment levels, which affect both the stream's and Lake Champlain’s water quality.
At the library, multiple optimal conservation practices were installed to mitigate stormwater runoff at the site.
The Lewis Creek Association participated in the planning of the expansion of the library, and concepts it advocated for were incorporated into the landscape design of the old driveway into a rain garden or “a bio-retention area” intended “to reduce impervious surface and increase water storage capacity” in that area, the association said in a release.
Rain barrels were added to the gutter to capture roof runoff and to water gardens and flower beds, thereby keeping additional water on site. Much of the water shed by the sidewalk and the roof has been redirected into the new garden area instead of being sent into drainage swales.
The area now treats twice as much area of runoff from the library roof than the area of impervious driveway that was taken out before that which flows south to Thorp Brook.
“The library was an ideal site as a highly visible public space that showcases solutions that can easily be implemented by most homeowners,” the release said.
The Lewis Creek Association hopes the library rain garden will help the public better understand the problems associated with stormwater’s effect on streams and the lake.
“Come see how beautiful a bio-retention area can be and how big a rain barrel needs to be to catch a half an inch of rain off the roof area,” the release said.
The association advocates for “the three S’s” of stormwater mitigation: “slowing water down, spreading it out and sinking it into the ground.”
The Lewis Creek Association has several videos about the problem of wastewater runoff and what to do to improve water quality at lewiscreek.org/water-quality-videos.
The French take their food seriously, Benjamin Franklin joined Parmentier for potatoes. Potatoes were on the menu when and a few stunts to persuade the French to eat and agronomist who used his skills, savvy good to eat. Ireland it was mostly used as animal feed Europe from South America at the beginning food. Spaniards had introduced the potato to of the 18th century—when the ordinary folk, name “cottage pie” was first used at the end Menu: Cottage Pie Soup, salad, brownies food lasts, a $5 donation is suggested. Monday Munch, April 25, 11:30 a.m.-2 p.m. Roast turkey with gravy, mashed potatoes, carrots, pumpkin pie with cream. There is no charge for these meals, but Age Well always appreciates a $5 donation. Suggested lunch donation $5. Monthly men’s breakfast Thursday, May 12, 7-9:30 a.m. On the second Thursday — or Thursday, May 12, this month — men gather for breakfast and conversation. This month the guest speaker is Fritz Horton, who is a sailplane/glider pilot. He will share his gliding experiences — and he’s actually going to plan to bring his plane to the Senior Center parking lot. To register, contact Ted McCullough at cmccu5@vz.com. Suggested donation $5. \textbf{Weekly Grab & Go meals from Age Well Registration required. Free} Pick up on Thursdays 10-11 a.m. at the Charlotte Senior Center. May menus are posted on the Charlotte Senior Center website at charlotteseniornetwork.org. Exercise classes The Senior Center offers daily exercise programs for a wide range of fitness and activities levels. A complete list of exercise programs is on the website charlotteseniornetwork.org. \textbf{Weekly Grab & Go meals from Age Well Registration required. Free} Pick up on Thursdays 10-11 a.m. at the Charlotte Senior Center. May menus are posted on the Charlotte Senior Center website at charlotteseniornetwork.org. Please note new pickup time for meals. Pre-register by Monday for the Thursday meal. To register, contact Lori York at 802-425-6371 or lyork@charlotteseniornetwork.org. Questions? The Senior Center staff would love to meet with you. The center is located at 212 Ferry Road in Charlotte. Hours are Monday-Friday, 9 a.m.-4 p.m. Call 802-425-6374 or email Lori York at lyork@charlotteseniornetwork.org. Residents from other communities are always welcome. 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 261, Charlotte, VT 05445 or email ads@thecharlottenews.org. Need a fresh start to 2022? Let Lafayette Painting give your home a beautiful new look. Our painters can do a lot in a day. LafayettePainting.com or call 802-863-5397 to hear about our winter discount. The CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE PEOPLE} THE CHARLOTTE NEWS: FOR THE PEOPLE, BY THE PEOPLE \textbf{PEOPLE, BY THE people
On the road again — the Green Mountain Bicycle Club

The Green Mountain Bicycle Club is hitting the road again and has released its list of club rides for May. Here are some of the club’s guidelines:

- All riders must fill out one waiver of liability per season.
- Cyclists are asked to sign up online prior to doing a GMBC ride.
- All riders must wear helmets and obey the rules of the road. Please do not ride two abreast if there is traffic in either direction.
- For mornings with questionable weather, please call the ride leader to make sure the ride is still taking place. Ride leaders are obligated to go to the starting point and provide maps but may choose not to ride if the weather is miserable.

- Riders below the age of 18 must have a signed waiver from a parent.
- E indicates an easy ride, M is for moderate and S is for strenuous.
- Rides begin promptly 15 minutes after the meeting time.
- All riders should carry some basic tools, including a pump or CO2 cartridge, tire levers, and a spare tube or patch kit.

Social rides are more leisurely and how to ride in a group. New cyclists the rules of the road and, of course, must have a signed waiver from a parent.

- All riders are obligated to go to the starting point and provide maps but may choose not to ride if the weather is miserable.

Rides begin promptly 15 minutes after the meeting time.

- All riders must wear helmets and obey the rules of the road. Please do not ride two abreast if there is traffic in either direction.

Ride leaders are obligated to go to the starting point and provide maps but may choose not to ride if the weather is miserable.

General guidelines for May.

Here are the scheduled rides:

**Sunday, May 1, 9:15 a.m.**

**Covered Bridges of Chittenden County**

- 23 (E), 30 (E/M) and 36 (M)-mile options of rolling hills through Shelburne and Charlotte, with the longer ride going through Ferrisburg. Possible food stops include the Old Brick Store in Ferrisburg. "From Green Mountain Bicycle Club"

Sunday, May 8, 9:15 a.m.

**Vergennes Voyager**

26-mile rolling (E) or 39-mile flat to rolling (E/M) rural road running along Otter Creek to Middlebury for a bakery stop. The longer ride heads toward Kingsland Bay State Park before heading south to Middlebury.

Meeting Place: Vergennes Union High School, Monkton Road, east parking lot

Leader: Diane Meyerhoff – 802-495-8883
Co-leader: Josh Simonds – 802-355-4352
Social ride leader: Donna Leban – 802-862-1901

**Saturday, May 14, 10 a.m.**

**Introductory ride for new riders.**

We will go 12–20 miles at a leisurely pace. Our goal is to teach new cyclists the rules of the road and how to ride in a group.

Meeting Place: Veterans Memorial Park, South Burlington, Wheeler lot

Leader: Brian Howard – 802-304-0610
Co-leader: Mark Dupuis – 802-864-5567
Social ride leader: Donna Leban – 802-862-1901

**Sunday, May 22, 9:15 a.m.**

**Grand Isles Flats**

One of the flattest rides of the season, this is longer than previous years, in an attempt to stay off Route 2 as much as possible. The 28-mile ride (E/M) circles Grand Isle. A medium option stops at the end of North Hero. Riders on the 73-mile (M) ride can visit St. Anne’s Shrine (bathrooms and picnic tables, but no food) and a fossil bed, with a food break at Hero’s Welcome in North Hero.

Meeting place: Folsom School, South Street in South Hero. Those coming from the Burlington area may consider carpooling.

Leader: Phyl Newbeck – 802-734-5166
Co-leader: Holly Creeks – 802-233-9013

For more information, visit thegmbc.com.

Phyl Newbeck in purple jacket riding with the Green Mountain Bicycle Club’s St. Albans Explorer ride. This year, the ride is May 29.

Leader: Brian Howard – 802-304-0610
Co-leader: Mark Dupuis – 802-864-5567
Social ride leader: Donna Leban – 802-862-1901

**Sunday, May 29, 9:15 a.m.**

**St. Albans Explorer**

Light, rolling hills with beautiful views by the lake. The 35-mile (E/M) route goes out to Kill Kare State Park and returns, while the 50-mile (M) route continues on to Swanton and back. Both rides can break for food at St. Albans Bay.

Meeting Place: Georgia Park and Ride – For those coming from the Burlington area, we suggest carpooling at the Colchester Park and Ride at Exit 17 off I-89, or perhaps meeting at UVM or Veterans Memorial Park in South Burlington.

Leader: Amy Otten – 802-878-4070
Co-leader: Ralph Kilmoyer – 802-878-4070
Social ride leader: Donna Leban – 802-862-1901

For more information, visit thegmbc.com.