The Charlotte News
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CHAMPIONS!
See the full story on page 2.
Photo by Scooter MacMillan
Garage cost revised to under $3 million
Scooter MacMillan
Editor

How do you like these apples? Going back to the contractors for a revised bid for building a Charlotte town garage proved to be fruitful — more than $839,000 fruitful.

At the Oct. 10 meeting, the selectboard was very surprised and much more than a little disappointed that the only two bids to build the garage were for more than $3.8 million. The board’s displeasure was understandable considering $3 million was all voters had approved in the August vote.

At its Oct. 24 meeting, the selectboard unanimously approved empowering town administrator Dean Bloch and chair Jim Faulkner to talk to the two bidding companies to see if they could rework those bids to bring the cost down.

One of the two companies which bid on the project — Farrington Construction of Shelburne — proved to be particularly amenable to working with the town to see what could be done to reduce the cost.

Farrington’s revised budget for building the garage is just shy $2,958,000.

The other company that submitted a bid, Naylor and Breen Builders of Brandon, would have charged $25,000 to look for ways to bring down its bid down, while Farrington didn’t charge anything. That fact went a long way toward sway the selectboard for Farrington.

At a board meeting on Nov. 2, Farrington’s bid was approved by three votes, with Matt Krasnow absent and Faulkner abstaining because the motion designated that he will handle future negotiations with the company if needed.

“This hasn’t stoodarized the project by any means at all. It’s still very functional. We just reduced some of the costs associated with it,” Faulkner said.

Some of the largest reductions in cost came from switching from wood to metal trusses (approximately $300,000), excavating changes ($150,000) and changing an asphalt apron behind the building to gravel (almost $200,000).

Everything was reconsidered and costs were cut throughout the plan, said Faulkner.

The switch to wood trusses was a cost-based decision. Even with wood, the 150x60-foot building will still have a clear span, meaning there won’t be any supporting posts.

“You could drive around and do figure eights in the building if you wanted to,” he said.

Having an open area or clear span without supporting posts is how most town garages are built. The consensus opinion

Planning commission: Land-use amendments won’t make too dramatic changes in town
Scooter MacMillan
Editor

Supporters of proposed land-use regulation amendments appear to have done a good job of making the case for those changes.

Since two articles, intending to spur more and denser development in East Charlotte Village, were defeated about a year and a half ago, many comments have been made saying the planning commission should have done a better job of communicating the intended purpose and effect of those proposed articles.

One of those most insist that the messaging should have been clearer has been former long-time chair of the planning commission Peter Joslin, who has not been shy about admitting they should have done a better job of informing residents.

This time the commission must have done better.

In a change from Town Meeting Day voting in March 2021, on Tuesday voters approved all six articles amending land-use regulations passed easily. Article 5, an amendment increasing the allowed size of accessory dwelling units, passed with almost 65 percent of the votes cast on this issue.

This change will mean the allowed size of an accessory dwelling unit will increase from 1,000 square feet or 30 percent of the square footage of the primary residence, whichever is larger, to 1,500 square feet or 30 percent of the square footage of the primary residence. This means every homeowner can build a second dwelling of at least 1,500 square feet no matter how small their primary dwelling — as long as they have sufficient water, sewage and property.

Planning commission chair Charlie Pughe doesn’t think these amendments will have a dramatic impact on Charlotte.

“The increase in the size of the accessory dwelling unit will allow some people to build a little bit bigger accessory dwelling unit than they might have done otherwise, but I don’t think it’s going to materially change the number of people who are going to build an accessory dwelling unit,” Pughe said.

Most of the rest of the amendments are clarifications of the land-use regulations, he said.

There are not that many accessory dwelling units in Charlotte now, Pughe said. It’s tricky to come up with an exact number, but he thinks there are probably around 50. He doesn’t see that number going up significantly.

The change will give homeowners more flexibility in utilizing their property. Because of the pandemic, more people are working from home and need more work space. Also, the accessory dwelling unit

This team goes the distance. Won’t you do the same?
John Quinney
Publisher and President

I’ve lived in Charlotte for 28 years. For most of that time, I knew nothing about the people who got the local paper to the mailbox every couple of weeks.

Now, as president and publisher, I have a whole new appreciation for the hard work and commitment of the team that produces and distributes The Charlotte News, to say nothing of the fine work done to manage our constantly updated website and Facebook. And don’t forget about our weekly e-notes blast go out at charlottenewsvt.org.

I would like to introduce you to this talented team and invite you to donate now to keep this community, nonprofit paper going strong.

Make your tax-deductible gift on our website, charlottenewsvt.org.

This month’s pull ad
Katherine Arthaud
Katherine is a United Church of Christ minister, currently serving in Fairfax. For many years she was a guardian ad litem in the Chittenden Family Court.

She is an avid player of lots of sports. She is a third degree black belt in karate and can be found at karate in Chittenden.

Katherine is a volunteer proofreader for the paper.

Anna Cyr
Anna has been our production manager for six years and has worked in the newspaper business for 30 years.

She started out in her

SEE GARAGE PAGE 3

SEE LAND USE PAGE 4

SEE TEAM PAGE 4
moved away from a wetland buffer area. Faulkner said in a phone call.

the water down to the end of the apron," he said.

construction cost down significantly, and the terminal, for CVU fans in the fourth.

In the initial plan the building would

were factored into the budget, it was still a

were on a couple of long throws and scoring. But Middlebury turned to the pass, connecting

brought the terminal, for CVU fans in the fourth. 

he said. Faulkner said that it might be a good time to have another wetland study done,

in what's now zoned as wetland buffer area

big jobs, and the Charlotte garage is so small

He has experience doing this type of work, for overseeing the construction for the town.

He said the building footprint was also

than 3,000 feet of the parking will be

as attachments in .doc format and must contain

be necessary. Contributors will be notified before

and wording, but minor editing may nonetheless be

their entirety and to preserve the original intent

they turned the ball over on downs with about two

excavating minutes left

middle of a garage makes working there too

Switching to wood beams brought the

Besides reducing the cost, switching

The Charlotte News strives to stay clear of conflicts

in the game was frustrating, but he knew all

So, this win came with a relief baptized by tears on many faces.

the Wetland

GARAGE

CHAMPS continued from page 2

the field in a huge community hug.

Although the season started with the

redhawks besting Middlebury 56-19, this

month. He said the parade of penalties late

Or the editor will designate it as such.

or becomes known at a later date, it will be fully
disclosed. The paper always remains objective and impartial in such matters.

the writer's name and town of residence.

with their construction company, he knew now

in the state championship game.

the right to reject any submission that is deemed

as attachments in .doc format and must contain

adopts a policy of not publishing

the editor reserves the right to reject any submission that is deemed contrary to the paper's standards.

all submissions are subject to vetting for clarity, factual accuracy, tone, length and consistency with our publishing style.

Editors will be made to publish submissions in their entirety and to preserve the original intent and wording, but minor editing may nonetheless be necessary. Contributors will be notified before publishing, if in the editor's judgment, significant changes are required, or if the submission is original, and further editing is expected.

Letters to the editor, opinion pieces and obituaries

Commercial

He said the building footprint was also

the end zone. A final pass from the 8-yard

time ran out before they could make it into

to them" and the $57,000 just goes to an

Farrington is so reputable, has so many

"I'm just so happy for these players to experience this," Destito said. "We ask so much of them. Not just in the fall and the spring, but all year. For four years. It's great to see them achieve this goal."

Middlebury answered back with a

middle of a garage makes working there too

working there too long and scoring. But Middlebury continued to rely on it...
Scooter MacMillan
Editor

Just after Halloween, the Charlotte Selectboard got a belated trick-or-treat. Although he will work for another year, giving the town ample notice to search for his replacement, town administrator Dean Bloch has resigned and plans to begin reprioritizing the rewards of retirement.

Toward the end of the selectboard’s meeting on Nov. 2, it sounded like Bloch would lose this time by next year. A few days later he confirmed that he had submitted his letter of resignation on Nov. 1 and his last day will be Oct. 31, 2022.

“It has been a pleasure to work for the town-use regulation for 25 years,” Bloch said in his letter of resignation. “In providing this notice, my intention is to do what is best for the town to ensure a smooth transition.”

Bloch was hired as a part-time town planner in 1999. He became selectboard assistant while continuing as town planner in 2003. Ten years later, he became town administrator.

Before starting work in Charlotte, Bloch said, he worked in other towns and as a planner at the Central Vermont Regional Planning Commission. The selectboard was audibly dismayed when the subject came up.

**LAND USE CONTINUED FROM PAGE 2**

amendment increases opportunities for people to “age in place” and live out their lives at home.

There is a trend towards more multi-generational living. Puage said this amendment makes it easier for homeowners to build a second floor where they or their adult children can live together.

During the planning commission’s work on developing these six amendments, it had planned to start working on more amendments to the land-use regulations for residents to vote on at Town Meeting Day this March, but towards the end of that process, the commission realized statutory requirements didn’t allow enough time to have another round of proposed changes ready by then.

Pughe said amendments might be ready for approval next November, but there isn’t an election so it would require a special election, which means it might be Town Meeting Day in 2024 before voters will consider more adjustments to the town’s land-use regulations.

During the next year, he predicts the planning commission will be digging into the issue of cannabis-growing operations in town and focusing on ways to increase building density in Charlotte’s villages. In fact, cannabis regulation is on the agenda for this Thursday (Nov. 17) planning commission meeting.

More than 1,000 people voted on the proposed amendments at a separate ballot. The special ballot for land-use regulation amendments was not automatically mailed to everyone, but people who voted early had to request the ballot, one of three separate ballots for this election.

Many early voters cast this special ballot when they went to town hall to drop off ballots. It was a confusing process, so having more than 1,000 people vote on the amendments was a fabulous turnout, Puage said. “I think it’s great we had that level of turnout and community engagement.”

More than 1,000 town residents also weighed in on the ballot concerning Champlain’s Solid Waste District. Although it seemed like a very technical proposal, it attracted more than 200 votes.

Pughe said town clerk Mary Mead and her team did a really good job in helping voters realize there were two other ballots at the town hall that weren’t mailed to registered voters like the state ballot had been.

The good performance and clear communication by the clerk’s office and volunteers is also reflected in there being no defective ballots cast which couldn’t be counted in this election.

**CORRECTION**

A story about the Charlotte-Essex Ferry in the Nov. 3 issue of the newspaper included an error. The ferry is running on weekends.
Charlotte and Vermont General Election Results

Charlotte Special Town Meeting Ballot

Article 1: Should Charlotte’s land-use regulations be amended make the regulations consistent with state mandates, in particular sections dealing with accessory dwelling, telecommunication facilities, siting and development of energy facilities and conditional use review?

YES 793 NO 295

Article 2: Should the town’s land-use regulations be amended to revise and clarify some standards, make technical updates and revise some definitions of terms used in the land-use regulations?

YES 771 NO 299

Article 3: Should the land-use regulations be amended to enact new or revised policies in accessory dwelling standards and temporary structures?

YES 729 NO 344

Article 4: Should the land-use regulations be amended to update the language to reflect Charlotte’s change from a zoning board of adjustment to a development review board?

YES 761 NO 223

Article 5: Should the land-use regulations be amended to increase the allowable size of an accessory dwelling unit from 1,000 square feet, or 30 percent of the square footage of the primary residence— whichever is greater—to 1,500 square feet or 30 percent of the square footage of the primary residence.

YES 638 NO 347

Chittenden Solid Waste District (Charlotte voting results on this issue) Approval for the Chittenden Solid Waste District to issue bonds or notes not to exceed their assessed valuation to build a new materials recovery facility.

YES 999 NO 182

Chittenden District

Proposal 2: Amending Article 1 (Slavery prohibition)

YES 2,027 232,147
NO 115 29,506

Proposal 5: Adding Article 22 (Reproductive liberty)

YES 1,902 206,789
NO 313 62,466

Vermont women shatter records in midterm election

Eva Emere, Vermont’s first and only woman governor, is setting a new tone for women running in the state. "This is fabulous news for the women of Vermont," said former Gov. Madeleine Kunin, adding that the election results will make a great contribution to the political climate in the state. "I'm doing the laundry and just trying to get my head around everything. You know, I was a reporter; I like to research things," Evans said.

Now, she’s anxious to get down to the actual work and excited about the prospect of being one of about 50 new representatives, which she thinks may be the largest freshman class ever. Shortly after Thanksgiving, she will be joining into the actual legislative process, going to Montpelier for orientation. Evans said she has been talking to people about what they care about and what issues they want her to focus on. "It seems like everyone I talked to is mostly concerned about the same things," Evans said. Things she’s heard people are passionate about include helping families, mental healthcare and housing. Although 1,753 people in Charlotte and 34 people in the small part of Hinesburg that is part of the Chittenden 5 district voted for her, 129 people wrote in another candidate.

Evans said she understands that everyone is not going to agree with her, but she is going to do her best to see that everyone feels like they are being listened to. "I'm anxious to get down to the actual work and excited about the prospect of being one of about 50 new representatives, which she thinks may be the largest freshman class ever. Shortly after Thanksgiving, she will be jumping into the actual legislative process, going to Montpelier for orientation. Evans said she has been talking to people about what they care about and what issues they want her to focus on. "It seems like everyone I talked to is mostly concerned about the same things," Evans said. Things she’s heard people are passionate about include helping families, mental healthcare and housing. Although 1,753 people in Charlotte and 34 people in the small part of Hinesburg that is part of the Chittenden 5 district voted for her, 129 people wrote in another candidate.

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Students in Ute Otley’s government and politics classes organized a mock election at Champlain Valley Union High on Nov. 4. During the event Vince and Susan Crockenberg registered voters, including Joey Merola, for the real election Tuesday.

Early voting

One Charlotte resident is experiencing the voting booth early. Let’s hope it becomes a lifetime habit.

Meet the makers and stock up on beautiful gifts for your friends and family

winter holiday market

Join us for our first annual Winter Holiday Market where you can shop farm-grown products and meet local makers and artisans. Grab a hot cider, add our bespoke fibers to your gift list, and bring your kids and grandkids along to learn how a sheep in the field becomes a blanket on your bed.

Join us in our historic Brick House from 10 a.m. to 3 p.m.

Philo Ridge Farm
2766 Mt. Philo Rd.
Charlotte, Vermont, 05445
www.philoridgefarm.com

Have a hot news tip?
Call us: 802-425-4949
or email us at: news@TheCharlotteNews.org

The Charlotte News
Community Roundup

Looking for instructors by Friday, Dec. 16, deadline
ACCESS offers numerous affordable classes to the public and is based at Champlain Valley Union High School.
Program leaders are looking for class instructors for the winter-spring semester, which runs from Feb. 1-June 12 (classes may vary in length).
To fill out a new instructor form, see the ACCESS website at cvsdtv.cc.eyo.com. Call 802-482-7194 with questions.

Keeping your finger on the pulse of Charlotte
For those looking for an alternative social media outlet for keeping up with Charlotte, there is a Facebook group called Residents of Charlotte, VT, and for (as the name suggests) residents of Charlotte.
It can be accessed at facebook.com/groups/172381349923150.
This page is not for political discussions, but welcomes Charlotte events, stories and photos.

Local public relations firm grows to 14 full-time employees
Oregon-based PR firm where she managed associate director.
Morgan Whitehouse as time employee, Morgan Whitehouse as associate director.
Whitehouse has nearly a decade of experience in communications and public relations spanning from the ski industry to healthcare to craft beer
She joined the agency in 2013, at which time it had 10 employees.
It has since grown to 14 full-time employees

Scholarships for becoming early childhood educators
The Curtis Fund, a supporting organization of the Vermont Community Foundation, announced a scholarship program for Vermonters seeking to become early childhood educators.

Program hopes to make first homes more affordable
The Vermont Housing Finance Agency announces the launch of the First Generation Homebuyer Program, with a goal of helping more Vermonters afford their first home.
This program provides a grant to eligible homeowners who are within 80% of the area median income in order to make home ownership available to all Vermonters.
"Owning a home stabilizes our families and our communities, and this is an important step toward making homeownership available to all Vermonters," said state Sen. Kesha Ram Hinds, who introduced the bill.
The governor signed the bill into law during a ceremony this summer.
"By putting funding into the hands of Vermonters who have been left out of homebuying opportunities and seeking to buy their first home, we are increasing housing affordability and supporting long-term wealth generation," said Gov. Phil Scott.
This pilot program is modeled after a federal proposal and provides a $15,000 grant for down payment and closing-cost assistance. To be eligible, all borrowers and non-borrowing spouses must be first-time homebuyers. Other credit, income asset and property eligibility requirements apply.
The Vermont law enacting this program places specific emphasis on marketing and outreach to organizations and agencies that serve and represent Black, Indigenous and Persons of Color.
"While this program is not limited to People of Color, we know that three times as many white-led households own their homes compared to Black-led households," said Maura Collins, Vermont Housing Finance Agency’s executive director.
The First Generation Homebuyer Program is available exclusively for people using a Vermont Housing Finance Agency mortgage through one of the following participating pilot lenders: Academy Mortgage Company, Fairway Mortgage Company, Heritage Credit Union, M&T Bank, National Bank of Middlebury, New England Federal Credit Union, Opportunities Credit Union, Peoples Trust Company, Union Bank and Vermont Federal Credit Union.
Interested homebuyers should start by visiting vhfa.org/firstgen or by contacting a participating lender directly to ask if they qualify.

Obituary
Pamela Eaton
Pamela G. Eaton of North Hero, 76, eldest daughter of David and Lorraine Gates Eaton, died peacefully with her family by her side, on Nov. 4, 2022, from Alzheimer’s disease.
Pam was a sixth-generation Vermonter, born in Burlington, VT, on Dec. 13, 1945.

Pam ruled the basketball court her freshman and sophomore years. Pam graduated from Lyndon Institute in 1963 and from Sheldon Academy of Cosmetology in Burlington. Her career began at Bill O’Brien’s first salon on Main Street. Later Pam found it much easier to open a salon in her home while raising her young family. Many wonderful relationships were made over her 50-year career.

Pam loved to ski at Smuggler’s Notch with her family. She was deeply involved in her community and her church, playing in the bell choir and always on many committees. Pam loved living on Lake Champlain, riding in her nephew’s boat, picnics on the beach and working in her beautiful flower and vegetable gardens.

Pam was active in the Village Players, served on the Juvenile Court Diversion Board for many years, and was the favorite justice of the peace requested to perform weddings which she loved.

Pam loved to travel. One of her fondest adventures was her long-awaited trip to Napa to visit her son Spencer, then on to Hawaii to visit with her childhood friend, Becky Mumley, in October of 2017.
Pam loved riding with her son Jeff on his wood deliveries, and for many years, spent Thanksgiving in Summit with Paul and family.

Over the last 16 months, Pam loved her new apartment at Maple Ridge Lodge in Essex and was blessed with wonderful new friends and caregivers. We are forever grateful for their support. During her last month at the Lodge, she enjoyed the special attention of her grandson, Alia Jenkins.
Pam is survived by her children, Paul Queipel (Alexandria) of Summit, NJ, Jeffrey Dubuque of North Hero, VT, and Spencer Dubuque of Napa, CA, and Raymond Dubuque, father of Jeffrey, Rebecca, and Spencer; Pam’s only brother, Michael Dubuque (Tammara) of Swanton, VT, and Daniel Spear of Georgia, VT; nieces, Carrie Jenkins (Christian), Sara Adsit (Tara), and Emily Adsit; grand nieces and nephews, Ethan Gray, Alia and Isaac Jenkins, Luna and Shira Spear, Remington Spear, and Margaret Adsit.
Pam also leaves behind many Gates and Eaton cousins whom she adored.
Besides her parents, Pam was predeceased by her daughter, Rebecca Dubuque in 1994. We will be sadly missed by her family, her church family, her yoga group, many friends and long-time neighbors, Eileen and Richard Mitchell. Her memory will never fade and her loving, kind spirit has touched people and words. We were all blessed to know Pam. A special thank you to the compassionate staff and caregivers at Maple Ridge Memory these last three weeks, and to the Hospice nurses and team.
If desired, memorial contributions in Pam’s memory may be made to the North Hero Methodist Church c/o Robert Ayers, US Route 2, North Hero, VT 05474.
Cameron Davis has always painted but her art has evolved over the years. She described her first 25 years of work as non-objective, but after taking classes in ecological theory at Schumacher College in 1998, she changed her perspective.

“Now I intentionally look at the dynamic between something recognizable and the form that I feel,” she said. “It’s almost left brain/right brain. Essentially a painting is a visual conversation.”

Davis is a member of the Eco Art Network, which she described as an international dialogue group of artists, curators and cultural theorists who explore human-nature relationships.

“I work in a traditional medium,” Davis said, “but I use the language of painting to make sense of how I perceive nature, explore definitions of what is nature and how humans are located within life.”

Although her work has become more representational, one thing that hasn’t changed is Davis’ attempt to connect and make sense of how I perceive nature, explore definitions of what is nature and how humans are located within life.

“Many children have the feeling of a dissolved ego in nature where you’re at one with everything,” she said. “When I was little, I had one of those moments out in the woods spinning and making up a song. I ran inside and picked out the notes on the piano and wrote down the notation. I don’t know why I wanted to give form to that experience, but a similar impulse brings me into the studio today.”

After graduating from the University of Vermont with a degree in studio art, Davis got her Master of Fine Arts at Pratt Institute, following that with postgraduate work at Schumacher College, where she studied psychology, ecology and art.

“It all ties together,” she said. “The college is known for holistic studies. All their courses deal with inside-outside perception.”

Davis recently retired from the University of Vermont, where she spent 34 years teaching painting and drawing with the Department of Art and Art History.

She was also an environmental program affiliate and taught cross-listed classes which combined philosophy, ecology and art, requiring students to reference environmental issues like climate change and social justice.

“We tend to separate into all these silos,” Davis said, “but we’re in a time period where that habit of thought is appropriately unraveling. The arts have always employed this relational thinking and are an important place to flex this perceptual muscle.”

Davis served on the steering committee of the University of Vermont EcoCulture Lab, a collaborative effort among artists, humanists, scientists, designers and others to address ecological challenges. She is proud of her work for the lab’s Feverish World Symposium which had participants from University of Vermont, Champlain College and St. Michael’s College in what she described as a huge freewheeling event with international speakers, student artwork and musical performances around climate change and social issues.

Davis was an alpine ski racer in high school, but knee issues forced her out of the sport. She spent a year coaching ski racers at Green Mountain Valley School, but her heart wasn’t in it, so she took a train to Alberta, Canada, for an artist residency at the Banff Centre for the Arts.

“I painted 14 hours a day,” she said, “and got an idea of where I wanted to go with painting.”

Davis has also attended several Vermont Visual Artist residencies at the Vermont Studio Center. Davis is taking advantage of her retirement to work on two major projects. One is a body of new paintings exploring what she describes as “EcoConsciousness.” The second will be a digital stage set for a performance of the Emergent Universe Oratorio at the Experimental Media and Performing Arts Center in Troy, N.Y. The set will be a projection of details from her paintings with animated elements.

“It’s an amazing opportunity,” she said. “It’s exciting new territory, a bit scary, but less so as I put one foot in front of the other.”

Davis describes painting as a practice of “making sense of, and in, the world.” Although her paintings deal with difficult issues like climate change, she sees her work as both a process of grieving and a way to connect with presence, which she said might even be described as love.

“Beauty is an entry point into feeling grief, and presence signals a kind of wayfinding in the painting process shaping many of my decisions,” she said. “The finished painting becomes the temporary resolution of that conversation; full of emotions, ideas and responses, including a kind of surrender to the material, optics and surprising insights. In this way, wrestling with the difficulties of that illusive notion of making a painting work can also have moments of joy.”
Art

Cheng story warms hearts, wakes memories

Juliann Phelps
Contributor

A tale of tennis, tradesmanship and travel — Guy Cheng’s life’s story reveals deep, intertwined roots with Charlotters.

David Sisco talked about his stepfather at the Charlotte Library. His presentation on Sunday, Nov. 13, was also co-sponsored by the Charlotte Historical Society.

It highlighted his “pop’s” love for family, friends and Vermont with stories of Cheng’s journey from China to Charlotte. Some of the experiences Sisco related elicited nods of recognition or laughs in remembrance.

Cheng grew up in Tientsin, China, about 60 miles from Bejing. He was born in the spring of 1912, but the date is uncertain. Cheng’s father, Lihing Cheng, was highly educated with a graduate degree from Yale. His experiences abroad led his son to follow a similar path.

Cheng’s dream was to be educated in the U.S. and play professional tennis. “To be a paid tennis player was frowned upon,” said Sisco.

That did not stop his dream. In 1933, Cheng’s father made arrangements with a general in the Chinese army to take care the “misguided teenager.”

The general paid for him to go to Malaysia where he continued to play tennis. Upon returning to China a couple of years later, his level had improved dramatically, and he was ranked No. 2. In 1935, while representing China in the Davis Cup he lost to the No. 1 player in the world, Don Budge.

Cheng played in over 20 matches in various competitions, such as the French Open and U.S. Open. In 1936, he played Budge and lost again in the U.S. Open. Just before the tournament, he met a recruiter from Tulane University who offered him a full scholarship. Despite his experiences as a minority in an educational institution in the segregated south, in 1939 Cheng was the No. 1 doubles player in the Southeastern Conference.

He traveled with his teammates and forged friendships, including with Cliff Sutter and his younger brother Ernie, who both won the NCAA singles championships in the 1930s while attending Tulane. Cheng’s life took a more northerly turn, when the dean suggested he get a job for the summer. He found an ad in The New York Times looking for a tennis instructor at Camp Abnaki in Vermont. Sisco said his pop sent in his application and received an envelope with a bus ticket and directions about what to do when he arrived in Burlington.

“And the rest is history,” Sisco said.

One of the people Guy Cheng first met was Bob Adsit, Jr., a Charlotte who also worked at Camp Abnaki.


“This is where his love affair for Charlotte was cemented,” said Sisco. Charlotters, along with Sens. Ralph Flanders and George Aiken, spearheaded the petition.

Sisco said it passed unanimously. “Within 15 days it went through Congress. Things back then could move,” joked Sisco.

Cheng’s life took a darker turn with him spending time in a sanitarium with tuberculosis and losing a lung. His friend Bob Adsit came to visit him and upon seeing the conditions, was able to move him to a better location.

During his recuperation, he began making jewelry. He returned to Charlotte, and he and Adsit looked at real estate, particularly an old schoolhouse on Route 7, closed due to the construction of Charlotte Central School.

He purchased the property for $2,000 and launched his jewelry business, Guy Cheng’s Gifts, and also had a place to live. The shop, off Route 7 in Shelburne, is known for its front door: a distinctive red- and-black color scheme and circular design.

Cheng did well, began playing tennis again and married his first wife, Jean. He also adopted her daughter Dawn. But the couple divorced a year later.

During his time as a jeweler, he was commissioned to make lots of wedding rings. One of his signature pieces was an “initial” ring, a distinct style of initials in a block-type font. He also made custom rings for area camps. His reputation increased when Tiffany and Company began buying Cheng’s swirled gold bracelets in the 1950s.

Martha Stone, the treasurer of the Charlotte Historical Society, and Roberta

SEE CHENG PAGE 10
Learning from the seasons with the Grange

Linda Hamilton
Charlotte Grange

The Grange is a well-known and uniquely American organization. Started in Minnesota in 1867 to support farming families and communities there, it quickly spread across the US. By 1875 there were 850,000 members in more than 9,000 communities (town-level Granges)! Vermont formed its first state-level Grange in New England in 1872, in support of the local Granges springing up in many Vermont towns. Charlotte has an active Grange since 1908.

What made this new organization initially so popular, and why is it still active in communities now after more than 150 years? The answer is that Grange works on important basics: resiliency and sustainability in communities (especially rural and agricultural communities) and food systems. This is done by offering members opportunities for lifelong learning, community service, civic engagement, support/advocacy for local agriculture and related business — and having fun together. It is based on the foundational principles of faith, hope, charity and fidelity.

As is typical of fraternal organizations, Granges have values that have traditionally been emphasized through rituals and symbols. Today, however, many contemporary local Grangers, including Charlotte, do not use the traditional rituals or roles.

We do, however, recognize the lessons the Grange draws from them, especially the values and lessons that can be recognized in the natural world and agriculture. These continue to be relevant to contemporary life, whether or not we as individuals are directly engaged in agriculture.

The Grange sees each of the four seasons as carrying specific lessons from that time of year and associates one of the foundational Grange principles with that season, as well as symbolic agricultural implement or natural objects. Here briefly, is what the seasons of the year look like through the eyes of the Grange.

Spring — This is a time of preparation and growth from plants and to remind us that a degree of restraint may be necessary to keep distractions from draining our energy away from our goals.

Fall — This is the time of harvest and charity, of sharing what we harvest with others, and also a reminder that true charity is practiced throughout the year with charitable, nonjudgmental speech and actions. The emblem is the sickle, classic symbol of harvesting and of reaping prosperity through honest employment.

Winter — This is when we can spend more quiet time at home and appreciate the unique rewards that come with maturity (of plants, animals and ourselves) and from fidelity to long-term commitments. Those who have accumulated wisdom through their mature years are honored. The emblem is the stone anvil, whose hardness and lasting color symbolize fidelity to one’s true nature and character.

We don’t need to be farmers to see the wisdom and insight in these lessons. If they resonate with you, please consider joining in the work and fun of the Charlotte Grange. Our mission is to honor our agricultural roots and help build a resilient future for all. For more information, see charlottegrange.org. (Linda Hamilton is a homesteader in Charlotte and member of Charlotte Grange.)

Stronger Together

Tim Galten
Take Charge America

Online scams cost Americans nearly $7 billion throughout 2021, according to the FBI, and with the holiday shopping season ramping up, it’s vital that people understand how to avoid falling victim to scams.

“Scams often increase with consumer spending, making the holidays ripe for scammers trying to take advantage of the season’s sense of urgency and scarcity,” said Amy Maliga, a financial educator with Take Charge America, a nonprofit credit counseling and debt management agency.

“It’s not enough to be aware of scams, though. You have to learn how to watch for and avoid them so your happy holidays don’t turn into a nightmare.”

Things to do and watch out for to avoid falling prey to holiday shopping scams include:

• Use secure payment methods: Be wary of websites or sellers that request unusual payment methods like wire transfers, cashier’s checks or apps. Stick to secure payment options such as major credit cards or PayPal.

• Check for site security: Look for “https” at the front of the site’s URL and the small lock icon in the browser window. These indicate that the website is secure, ensuring any data you share (such as credit card numbers or shipping details) will be encrypted when you submit it.

• Watch for spelling and grammatical errors: If you notice a plethora of spelling and grammar mistakes on a website, social media posts or other promotional materials, you likely want to shop elsewhere.

• Pay attention to reviews: Reviews can reveal much about online retailers and sellers. Are there lots of poor reviews from buyers who didn’t receive what they purchased? Or are there numerous glowing reviews that all read alike? Either may indicate the site isn’t what it claims to be.

• Watch for “phishing” confirmation emails: If you receive a confirmation email for an order you didn’t place, ignore and delete it. Knowing people are likely making several orders, scammers will send a phishing email disguised to resemble a confirmation notice from legitimate retailers. If it appears legit, try manually searching the order number on the retailer’s website instead of clicking on any included links.

• Don’t let scammers steal your money or your holiday cheer. If a deal or website appears too good to be true, it likely is. To learn more, visit takechargeamerica.org or call (888) 822-9193.

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Spring — This is a time of preparation and cultivation of hope for the future. Emblems are the hoe, used to disrupt both weeds and discouraged thinking, promoting access to new useful resources in the soil in our lives; and the pruning knife, to remove unproductive growth from plants and to remind us that a degree of restraint may be necessary to keep distractions from draining our energy away from our goals.

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Redhawks set records on way to 20th state soccer championship

Scooter MacMillan
Editor
Champlain Valley was not going to be denied this time.

Despite being behind for much of the game at 1-0, the Redhawks didn’t get down mentally, maintaining focus and keeping pressure on South Burlington in the state field hockey game at the University of Vermont’s Moulton Winder Field on Nov. 5.

Finally, with just over 11 minutes left, Claire Marcro knocked in an assist from Emma Kim to tie the game at 1-1. For the final minutes, CVU kept the pressure up but couldn’t get it into the goal.

“We had good opportunities, but couldn’t convert,” said Redhawks’ coach Tucker Pierson.

She complimented Wolves goalie Izzy Redzic, whose strong play helped send the game to overtime.

In the bonus period, it was more of the same with both teams competing hard but unable to score. Finally, just over two minutes left, Marcro took a shot that appeared to go in, but somehow Redzic managed to deflect it.

However, the Redhawks’ Miranda Oppenheimer was there to seal the deal, knocking in the deflection for the winning score and ensuring that, after several years of being close, Champlain Valley Union had its first state field hockey championship with a 2-1 overtime win.

“We just kept up the pressure for the whole game throughout all four quarters,” Pierson said.

The Redhawks seem to have been made stronger as a team by homophobic slurs heard at an away game and within the CVU community, prompting the team to write a letter to the community addressing the issue.

In addition, the players found out in October their coach has been diagnosed with breast cancer.

“They really struggled with that and rallied together,” Pierson said. “They know I haven’t always felt great at some of the practices. I’ve gone through treatments and come to practice, so they’ve stepped up their responsibilities and their commitment to winning in that way.”

So, the season has been about more than just winning field hockey games — much more.

“Honestly, the team is so inspiring. Coming to practices and games has been the best part of my day and week,” Pierson said. “They give me so much energy and so much purpose. That’s been really, really helpful.”

Redhawks set records on way to 20th state soccer championship

Scooter MacMillan
Editor

On Nov. 6, the Champlain Valley Redhawks didn’t just defeat Mount Mansfield for the school’s 20th girls soccer state championship.

They also bested the CVU boys team, which now remains tied with the Proctor High boys team for second most soccer titles in the state at 19.

The game was the Redhawks’ sixth consecutive trip to the state championship and ninth girls state soccer title in the last 12 years.

Five minutes into the second half, Zoe Klein scored the only goal by either team, and the Redhawks held on for a 1-0 win at Sabine Field at Norwich University.

“It was a great game and team performance. It is just what you want in a championship — a tight game with two teams playing hard in front of a great crowd,” coach Stan Williams said.

CVU finished the 2022 season with a 15-4-1 record.

All season, Williams said, his team has relied on being relentless all over the field, and the title game was no different. Defense starts at the top and that “has been our calling card all year,” said the coach, who is in his 10th year as Redhawks coach.

During that time, the team has been to nine state championships and won nine of them.

“I was so impressed with how the girls worked through their nerves and were able to lock the game down,” Williams said. “High school sports are full of special moments on and off the field. At the end of the day, it is really about the friendships and memories.”

CVU got to the title game via a 2-0 quarterfinal win over Essex on Oct. 28 and a 3-0 semifinal win over Rutland on Nov. 1.

The defeat of Essex featured goals by Anna Morton and Lily Williams, both of which came off assists from Chloe Pecor.

A goal by Riley Erdman and two goals by Pecor sealed the semifinal win versus Rutland.

With these goals, Pecor’s scoring total reached 27, breaking the CVU single-season scoring record set by Jen Carlson with 26 in 1996.

Carlson is in the Vermont Sports Hall of Fame, having helped Champlain Valley to back-to-back state championship unbeaten seasons in 1995 and 1996. In 1997, she went to the University of Connecticut and helped the Huskies to the NCAA title game in her freshman season.

“This is a very special group of 25 young people. They are a joy to coach each and every day, and I am just so lucky to get to be a small part of their journey,” Williams said.
Charlotte Recreation Department

A successful fall soccer season comes to an end

First-second grade team coached by Kirsten O’Connell and Larson Campbell Berkey

Third-fifth grade team

First-second grade team coached by Bob Wannop

Third-fifth grade girls team coached by Andy Bohlin

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Volunteering is good on application and good experience

Margo Bartsch
College Essay Coach

Mahatma Gandhi inspired many with his philosophy, “The best way to find yourself is to lose yourself in the service of others.” When applying to colleges, the Common Application includes Community Service as an Activity category. This does not require going to Belize to pick coffee beans; instead, getting involved in our local area shows connection to people and place. With the kick-off to the holiday season, now is the time to volunteer with local organizations that make an impact on our community.

The Rotary Club of Charlotte, Shelburne-Hinesburg has partnered with Gadue’s Dry Cleaning to collect, clean and distribute winter gear. Donations are needed for coats, boots, hats, gloves and mittens for children and adults. There are blue collection bins at Spear’s Corner Store, the Charlotte Library, the Hinesburg Library, Shelburne Town Hall and the Shelburne Field House. Clothing is donated to local organizations that have made requests.

Students can take initiative by encouraging their sports team, club groups or local neighborhood to donate winter outerwear. Funding can be a bonding experience and become a future club tradition. Helping others can be part of the mission of any organization.

Another important community service opportunity is volunteering at local assisted living organizations. Each facility will likely have specific pandemic protocols to ensure safety for the residents. Senior citizens look forward to participating in activities with students. It provides an uplifting change of routine. Volunteers can arrange with the organization of a convenient time to engage with the residents. Some ideas include performing music (piano or other instruments), creating art projects, doing puzzles and having conversations. Showing kindness is a timeless gift to others.

For students who have academic interests in health care, education and psychology, this is a great opportunity to learn in a professional environment and engage with senior living residents. Supporting others in our local community can make a big difference in a person’s outlook and well-being.

Regardless of the time of year, helping our neighbors with basic needs is an ongoing concern. The Charlotte Food Shelf is a non-profit run entirely by volunteers. It provides food and assistance to residents of Charlotte and North Ferrisburg.

Students can drop off food at the Charlotte Congregational Church on Church Hill Road. The effort is also supported by Our Lady of Mount Carmel Catholic Church and the Charlotte community.

This organization aids with basic needs beyond food donations. It provides assistance for adult preventative dental care, emergency heating assistance, children’s assistance program and emergency assistance grants.

Beyond the Charlotte community, students can volunteer to become mentors at two Burlington organizations that specialize in youth. First, the King Street Center looks for Bock Buddy volunteers to read for 45 minutes and to help with homework tutoring elementary, middle and high school students. All volunteers must be at least 16 years old. Also, Spectrum Youth and Family Services has the mantra, “They don’t need a superhero. They just need a friend.” Mentor volunteers must be at least 21 years or older.

Spectrum requires that each mentor pass a background check and commit to spending four hours a month over two to four sessions for a minimum of one year. There is eight hours of required training to complete in one-to-two-hour increments.

With the college essays, community service can be fodder for compelling stories that share insights into a student’s values and time commitments. For example, the University of Michigan asks for a 300-word essay to respond to the prompt: “Everyone belongs to many communities and/or groups defined by (among other things) shared geography, religion, ethnicity, income, cuisine, interest, race, ideology or intellectual heritage. Choose one of the communities to which you belong and describe that community and your place within it.”

Colleges are building communities with diverse members with a range of interests to engage on campus and in the local towns. Volunteering is an opportunity to connect with people around us. Although it may be difficult to do something new for the first time, the lessons we learn can help pave the way for success in college and beyond.

Vermont is known as the “Brave Little State” from the speech President Calvin Coolidge gave in 1928 after a devastating flood in 1927. We are famous for helping our neighbors. There are many more volunteer opportunities to discover. Let’s make a difference together!

(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.)

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Now is the time to volunteer with local organizations that make an impact on our community.

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Dan Cole
Charlotte Historical Society

In this article we identify Charlotte School #8, aka the Mutton Hill School, located on the west side of Route 7 (Ethan Allen Highway), just north of the entrance to the Charlotte Park & Wildlife Refuge.

The house still stands, partially hidden by hedges and trees, and is incorporated into a home.

The district itself was oddly shaped — narrow and almost rectangular — generally serving families along a portion of the Route 7 corridor; bounded by the ridge to the west, and McCabe’s Brook to the east.

Of note is the home of Mrs. Sylvia (Martin) Cutter (in town grid 78). She was born Sept. 29, 1788, and is credited with being the first female born in the town of Charlotte.

Videos produced in Vermont in past years, from “Vermont Memories I-III” in the 1990s through the 2015 “Life in Series” covering each Vermont county’s history in the early 20th Century, preserve nostalgic memories people felt for their one-room schoolhouse experiences.

Schools have evolved over the last 100 years; but whether beneficial is an issue being debated. Why do many believe that important elements of education were sacrificed in the press to consolidate the district schools, and subsequently town schools into larger districts?

“The difference between yesterday’s schoolhouse and that of today might seem to be merely the difference between two kinds of architecture and the difference of size. The real difference, however, is the simple difference between yesterday and today, and the way we live it. Education, like modern everyday life, has suddenly become regarded as a means of making more money. Starting as it sounds, life’s values have become all too linked with the dollar, and the diploma is openly regarded as a guaranteed bank account,” Eric Sloane writes in The Little Red Schoolhouse. “It seems worthwhile reviving any kind of spirit at all in this modern world so starved for lore and lacking in individual spirit: classrooms now have become more like business offices than halls of learning.”

Unfortunately, this seems valid when college and education administrators promote the notion that only a person with a degree can get a respectable good-paying job. That the education institution is ill-informed is outlined in multiple articles decrying graduates’ difficulty in finding the expected employment, while meantime drowning in debt. It would be unnecessary to forgive student loan debt if the promised financial rewards were tangible. Colleges, many hoarding billion-dollar endowments, seem disinclined to support students financially; and the government response is to hand out more loans and grants like alms. Effectively this makes today’s scholars the conduit enabling colleges to feed from the federal trough.

While many disciplines do require advanced education, Robert Fulghum suggests it is not always necessary for success, and concludes in All I Really Need to Know, I Learned in Kindergarten, “Too much high-content information, and I get the existential willies. I keep sputtering out at intersections where life choices must be made and I either know too much or not enough. … Wisdom was not at the top of the graduate-school mountain, but there in the sandpile ….”

Individuals often get caught up in “the grass is always greener” syndrome, Henry Miller argued in 1936, almost 100 years ago: “The dilemma in which we find ourselves today is that no matter how much we increase the purchasing power of the wage-earner he never has enough. … Men imagine that they need money, that if they had it they could satisfy their desires, cure their ills, insure their old age, and so on. Nothing could be farther from the truth. … The worker thinks he would be better off if he were running the factory; the owner of the factory thinks he would be better off if he were a financier; and the financier knows he would be better off if he were to clean out of the bloody mess and living the simple life.”

Charlotte School #8 was known as the Mutton Hill School
When I was a child growing up in southern Vermont, my family would frequent a local restaurant that had posted on a map of the state of Vermont depicted in the center surrounded by pen-and-ink sketches of various symbols, like the state flower of Vermont, the state bird of Vermont, the state animal of Vermont and so on. For those of you who don’t know or who once knew but have forgotten, the Vermont state flower is the red clover, the state bird is the hermit thrush, the state animal is the Morgan horse and the state tree is . . . yes, you guessed it, the sugar maple.

One symbol that we did not recall seeing on these menus was the Vermont state vegetable. “Wait, is there such a thing as Vermont vegetables?” you are no doubt asking. The answer is yes, some states have state vegetables. (About 37 do, while 12 states do not.) Texas has the sweet onion, Louisiana has the Creole tomato, New Hampshire has the white potato. And Vermont? Vermont has . . . drum roll . . . wait for it . . . the Gilfeather turnip.

I only learned about the Gilfeather turnip and its recent ascension to glory a few Sundays ago when a friend at church mentioned that she had played a small but significant part in the process. Barbara Murphy, a state representative serving Fairfax since 2014, happened to be making Gilfeather turnip soup (you can’t make this stuff up) when I called her Friday afternoon seeking more details about this vegetable. “I was looking into how Vermont’s agriculture works,” she said, going on to explain that she was interested in learning more about the brown gold of the state’s agriculture industry and its role in economic development in our state’s history.

I asked Barbara what the Gilfeather turnip is. “It’s a true Vermont product because it’s a turnip, but not as sharp as either one of those,” she said, adding, “It’s a little bit sweet.” “It’s a true Vermont product because it takes a winter and a hard frost to have it be the right flavor. And it truly originated in Vermont.”

Apparently, when cooked or mashed the color and texture of our new state vegetable looks rather like mashed potatoes. “How big is it?” I asked. “It ranges in size,” Barbara told me, as she stirred her cauldron of turnip soup (this is the image I had in my mind’s eye, I couldn’t actually see her, as we were speaking on the phone). The turnips she had on hand were about 4 or 5 pounds each, but the Wardsboro Festival holds an annual contest for the biggest turnip, and she told me she thinks she’s heard of one that was over 30 pounds.

I later discovered that, indeed, the Gilfeather turnip (Brassica napus rapa) is known as being sweeter than most rutabagas. The greens are also tender and sweet. If you want to grow some, you need to be planted in mid-summer, just like other rutabagas. But this turnip is white, rather than yellow inside, and known to have a creamy, sweet flavor, much like a yellow rutabaga, and its close relative the Thanksgiving cactus (Schlumgera bridgesii), appear for sale in nurseries and garden centers in the fall.

Christmas cactus (Schlumgera bridgesii) is stem or root rot, caused by excessive moisture. These beginner-friendly cacti are relatively disease-free. The most common problem is stem or root rot, caused by excessive moisture. This easy can be avoided by using a humidity tray of small stones under the plant pot. The pot should not be submerged in water but sitting atop the stones. These cacti prefer a humid environment. Water when the surface of the soil is dry. Christmas and Thanksgiving cacti are short-day plants. To encourage them to bloom, they must have a minimum of 12 hours of darkness and cooler temperatures, ideally in the 50–60 degree Fahrenheit range, for about six weeks. Once buds begin to appear, you can return the cactus to its usual location. Do not fertilize your cactus while it is in bloom.

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I asked Barbara what the Gilfeather turnip is. “It’s a true Vermont product because it takes a winter and a hard frost to have it be the right flavor. And it truly originated in Vermont.”

Apparently, when cooked or mashed the color and texture of our new state vegetable looks rather like mashed potatoes. “How big is it?” I asked. “It ranges in size,” Barbara told me, as she stirred her cauldron of turnip soup (this is the image I had in my mind’s eye, I couldn’t actually see her, as we were speaking on the phone). The turnips she had on hand were about 4 or 5 pounds each, but the Wardsboro Festival holds an annual contest for the biggest turnip, and she told me she thinks she’s heard of one that was over 30 pounds.

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Enjoy the last fruits — or alliums — of summer

As our wonderful local farmsteads are thinking of shutting down for their winter break, I have been enjoying the very last fruits of summer. In particular, the members of the allium family.

Red and white onions, plump garlic bulbs, shallots and leeks. In my kitchen, all are must-haves. There is always a supply of at least onions and garlic. This group of vegetables plays a vital role in my family recipes.

The beginnings of these necessities are months back in our memories. They do take a long period from seed to harvest. This is why quite often gardeners begin with sets or bundles of started plants. Alliums are perhaps the very earliest endeavors for us vegetable gardeners. If you start from seed, January-February is not too early. See why sets are so popular?

Years ago, I began leeks under grow lights and it’s a lot of tending keeping them alive for perhaps five months before they can be planted outdoors. Also, they need trimming at least once before transplanting. But, by choosing seeds you get a wider choice of variety. I particularly love cippolini onions but they are not commonly found in produce aisles. There are many types of leeks and gardeners have their favorites. Garlic, of course, is planted in the fall when other bulbs go in the ground. They can be covered with mulch or straw to keep from heaving but I don’t always get to that and usually they survive. Harvest the following July when leaves yellow.

Recently, pickled red onions have become a “thing,” and I have to admit I’m fond of them. Add to sandwiches, tacos, quesadillas or simply as a comforting side to your meal. Using interesting vinegars for pickling adds to the allure. Slice thinly and place in container with tight cover. I usually add a bit of sugar but that’s up to you. Dilute your vinegar of choice to cover onions and add any other herbs or seasonings that seem right to you. I find I like them unsoy. As our weather cools, our minds turn to warming soups and stews. Here are a couple of my favorite soup recipes, featuring the allium family.

**Leek and potato soup**
(6-8 servings)
4 tablespoons unsalted butter
6 cups water or broth (chicken or vegetable)
6 peeled potatoes such as Yukon gold (6-8 servings)
4 leeks, split and rinsed of sand, tough green tops removed
1 tablespoon vegetable oil
4 leeks, split and rinsed of sand, tough green tops removed
4 leeks, split and rinsed of sand, tough green tops removed
1/2 cup light cream
Optional herbs such as thyme, savory, sage chopped finely
Chop the leeks and potatoes to 1-inch pieces. In a large stock pot, melt butter with oil. When shimmering, add cut vegetables. Sauté for 5 minutes or so. Add liquid to cover, seasonings and herbs if using. Simmer till all vegetables are soft. Let cool if using a blender or puree with an immersible blender in pot. Add cream. Taste for seasoning. Garnish with chopped chives.
Note: Sometimes I add carrots and serve as a chunky soup. If the pureed soup is chilled, it becomes Vichyssoisse.

**French onion soup**
1 cup grated Gruyere or Emmental cheese
2 teaspoons thyme if fresh, less if dried
Salt and pepper to taste
1 quart beef or chicken broth or stock
1 cup dry white wine such as pinot grigio, sauvignon blanc or unoaked Chardonnay
1/2 cup light cream
Peel and cut onions into 1-inch pieces. In a large stock pot, melt butter with oil. When melted, add wine and cook off alcohol, or if preferred, use a tablespoon of wine vinegar in the broth. Add thyme and stock of choice. Simmer for 30 minutes more. Check for seasoning.

Add sliced onions, garlic. Cook low and slow for 30 minutes or so till caramelized and brown in color, stirring often. Don’t skimp on carmelizing time. This is where flavor develops.

When browned, add wine and cook off alcohol, or if preferred, use a tablespoon of wine vinegar in the broth. Add thyme and stock of choice. Simmer for 30 minutes more. Check for seasoning.

If using individual ramekins, ladle soup into each and top with one baguette slice. Pile grated cheese on top of each. With ramekins on a baking sheet, bake at 400 degrees till cheese is melted and bubbly. Serve immediately.

If ramekins aren’t available, place toasted bread with cheese under broiler until melted and bubbly and carefully set on each soup serving.

Enjoy the last fruits — or alliums — of summer
Stick season presents a perfect time for walks

Elizabeth Bassett, Contributor

Nevermind that it’s cold and dark and mid-rifle season, it’s time to get outdoors. For those who struggle with Seasonal Affective Disorder (SAD), a type of winter depression common during the dark months, outdoor light and exercise can offer relief. The National Alliance on Mental Illness finds that a one-hour walk in winter sunlight is as effective as two and a half hours under bright artificial light, an often-used treatment for SAD.

Even witty winter sunshine filtered through clouds can improve mental health. Where is it safe to walk through hunting season that ends Nov. 27? Here are some ideas, but it’s always important to double check and to wear bright colors. One cannot be too careful.

• Red Rocks Park, South Burlington. Four miles of trails in hemlock and pine forest that hug the shoreline and bluffs above Lake Champlain. Spectacular views of Shelburne Bay, the broad lake and the Adirondacks.
• Ethan Allen Homestead in Burlington hosts nearly 3 miles of walking in the Winooski River Delta, including two boardwalks over wetlands. These trails connect to the Interlaken.
• Intervale Center hosts organic farms and community gardens. A non-profit created to restore to fertility one-sixth of all open land in Burlington, its mission is to strengthen community food systems and encourage sustainable land use. Several miles of dirt roads and paths. — intervale.org.
• The University of Vermont stewards a range of natural areas including Pease Mountain in Charlotte. In addition, University of Vermont manages an abandoned Monkton quartzite quarry on Hoover Street in Burlington from whence came building materials for the Redstone Campus. Famous preserves include Colchester Bog, East Woods, Centennial Woods and the summit of Mt. Mansfield. Brendan Fisher, who works with the University of Vermont Natural Areas, says, “As of right now there is no hunting allowed in the University of Vermont Natural Areas system. There is talk about the importance of hunting on some of our lands for management purposes, but right now we do not have a full-time Natural Areas manager who can help plan for, administer and monitor management activities — including hunting — on our lands.” More at uvm.edu/environmentalprogram/uvn-natural-areas.
• Winooski Valley Park District, wvpd.org, manages 17 parks in seven area towns. Many include great walking trails, and all properties are posted. The district’s website includes descriptions, driving directions and maps. Parks are open from dawn until dusk with parking in lots or on nearby roads. Don’t dally after dark as gates are locked at night. Dogs must be leashed at all Winooski Valley Park District properties. Always clean up after pets.
• Winooski Valley Park District properties include Colchester Pond, a 2.5-mile loop trail in the far northern reaches of the town. The 182-acre preserve is forested and contiguous to protected land in Essex.
• In the midst of hunting country in Huntington, Audubon Vermont posts 255 acres of hills and river valley. Five miles of trails thread through a range of natural communities, from hemlock swamp to northern hardwood forest. Beavers are active on the property and can make trails obsolete in the course of a season. Trails open dawn to dusk. Donations appreciated at vt.audubon.org.
• At Shelburne Farms 10 miles of trails allow walkers to explore historic buildings and grounds on 1,400 acres beside Lake Champlain. Rifle hunting is prohibited. No dogs — shelburnefarms.org.
• LaPlatte Headwaters Town Forest in Hinesburg. This expansive trail network is mowed, which is helpful when ticks are hungry, and meanders through hardwood and hemlock forests with some spectacular cliffs and a ravine. While parts of the property are open to hunting, the walking trails are not in that area. Full details at hinesburg.org. Two parking areas are on Gilman Road and Lewis Creek Road.
• Hinesburg Area Recreation Trails include walking trails on the 63-acre working Russell Farm in the center of town — hinesburg.org.
• Causeway Park, Colchester. A 3.2-mile crushed gravel path built over tons of rock fill and white marble stretching into Lake Champlain. This former rail bed is flat and a sensational viewing spot for migrating waterfowl.
• Colchester Bog offers a short outing over floating boardwalks—a great detour after a walk on the Cause way. Bog scenery is unusual and worth a look. A bog evolves from marsh to open water to the nutrient-rich stand of plants and trees.

General caveats: Ticks are hungry for a blood meal at this time of year so be vigilant. Some extensive trail networks, East Montpelier and the Trail Around Middlebury among them, extend over a mix of public and private land. While some segments may be posted, others are not. Use your head when walking or hiking during rifle season, this year Nov. 12-27; wear orange or other bright colors and, please, no white gloves that might be mistaken for a deer’s tail. Remember, Vermont State Parks permit hunting.

Get 75% off weatherization projects, up to $5,000*

Efficiency Vermont has incentives for comprehensive home air sealing and insulation projects:

• 75% off weatherization project costs, up to $2,000
• Moderate income Vermonters get up to $5,000

It’s possible to make your home more comfortable and energy efficient for around $50 a month with financing options that start at 0% interest and no money down.

*Subject to availability and eligibility.
**Calendar of Events**

**November 17, 2022**

**Rice stumpt night**

Tuesday, Nov. 22, 4 & 8 p.m.

Rice Memorial High School’s stumpt night features stunts and skits from all four class years. A much-loved community event, onstage at the Flynn Theater in Burlington. Tickets and more info available at tinyurl.com/2sf6q4usz.

**Turkey trot**

Saturday, Nov. 19, 10 a.m.-noon

In advance of the holiday season of plenty, have fun stretching your legs at a 5K fun run, organized by the Student Council at Champlain Valley Union High School in Hinesburg. All invited to participate; if able, please bring a non-perishable Thanksgiving food item. Pre-register at tinyurl.com/3r6even or onsite prior to the race.

**Middlebury 5k and 10k**

Sunday, Nov. 20, 2-3:30 p.m.

Pick the race length that suits you for this community event. Races begin and end at the new Middlebury Recreation Building on Creek Road. Prizes, medals and the chance to win a turkey. Complete info and registration at tinyurl.com/5luu4mu.

**Fanny’s garden**

Sunday, Nov. 20, 2-3:30 p.m.

Tom Sharples, head gardener at Burlington’s Ethan Allen Homestead, talks about Fanny Allen and how she fed residents of the homestead. Discover what 18th century gardeners grew to sustain themselves. Fanny was Vermont’s first known native botanist. Free program in Burlington. More info at 802-865-4556.

**Live cook-along**

Sunday, Nov. 20, 2-3:30 p.m.

Participants cook along with Lili Hanft in Burlington. More info at 802-377-3335 or lefrancois@poetry.org/workshops.

**Hinesburg bazaar and lunch**

Saturday, Nov. 19, 9 a.m.-1 p.m.

The United Church of Hinesburg holds its annual holiday bazaar with crafts, wreaths, baked goods and more. Held at the Osborne Parish Hall, next to the Church on Rte. 116. Lunch of homemade soups and sandwiches available 11 a.m.-1 p.m.

**Hinesburg holds its annual Handcrafter Fair**

Saturday, Nov. 26, 9 a.m.-4 p.m.

Hinesburg holds its annual Handcrafter Fair, with over 150 crafters, food offerings and a raffle. The fair is also a food shelf drive: please bring non-perishable foods for the donation box. Free entry and parking.

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**Quechee forest fairies**

Saturday, Nov. 26, 10 a.m.-2:30 p.m.

Families gather at Vermont Institute of Natural Science in Quechee to build fairy houses out of natural materials. Trek through the VINS forest to hunt for fairies. Wearing wings is encouraged. Event is included with general admission. More info at vinsweb.org/event/forest-fairies/hunt or by calling 802-359-5000.

**Baked goods for gifts**

Monday, Nov. 28, 5:30-7 p.m.

Local baker Audrey Bernstein leads this free online class on classic shortbread cookies and truffles, perfect for holiday gifts. Registration at tinyurl.com/4rzh7p7.

**Caroling and tree lighting**

Friday, Dec. 2, 5:30 p.m.

The town of Shelburne welcomes all to the annual Caroling and tree lighting event, onstage at the Flynn Theater in Burlington. For more info, see tinyurl.com/2zwdv2x3.

**First Thursday series**

Thursday, Dec. 1, 6-9 p.m.

Danny LeFrancois, from Danny and the Parts, plays two sets at Shelburne Vineyard. Free and open to all; part of the evening’s proceeds go to the King Street Center in Burlington. For more info, see tinyurl.com/2w6t3x3.

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“Public libraries are essential to our communities. They are places where Vermonters of all backgrounds can access books, videos, ideas, resources and information and at no cost. Libraries also serve as community centers where people can gather together and connect with their neighbors, and quiet spots where students can do their homework. They can also help Vermonters without Internet service apply for a job or do research.” — Bernie Sanders.

This quote from Sen. Sanders serves as a reminder to all here that the library exists to serve this community. We are so grateful for your support and delighted to witness the resurgence of visits, activity and overall use of the library resources and library space. We hope that you will let us know in what ways the library can continue to provide resources and programming for you and our town.

Library calendar

Short story selections
First & third Thursdays, 1 p.m.
Join library director Margaret Woodruff via Zoom to share and discuss short stories old and new. The reading list will include a variety of authors, and one or two stories will be featured each session. Copies of the stories are available at the library circulation desk or via email.

Book Chat (no Book Chat Nov. 23)
Thursdays, 9-90 a.m.
Meet on Zoom to discuss new books, old books and books we might have missed. Each week Margaret selects a theme and highlights related titles from the library collection. Please check library calendar at charlottepubliclibrary.org for dates.

Stillwater Meditation
Sat., Nov. 19-Dec. 17, 9 a.m.
Gathering together for four weeks this fall as the light changes, we will explore poetry and meditation as sacred community. Respect for all beings and faiths is a foundational quality of our time together. Beginning and experienced meditators are welcome. Come to one, many or all meetings. Free. Stillwater Meditation is an offering of Rain Elizabeth Healing Arts.

World Cup at the library
Nov. 21, 22, 23 & 25, 2 p.m.
Community members are invited to the library to watch live World Cup Soccer (football, as they say in the rest of the world) in the new program room during Thanksgiving week at 2 p.m.: Monday, Nov. 21: USA vs. Wales; Tuesday, Nov. 22: France vs. Australia; Wednesday, Nov. 23: Belgium vs. Canada; and Friday, Nov., 25: England vs. USA.

Legumes, beans, grains and seeds
Friday, Dec. 2, 11:30 a.m.
Join Charlotte Library and Mara Welton of Slow Food USA to talk about the deeply biodiverse world of legumes and grains and the lessons to learn from them in a wide-ranging conversation about climate resiliency, nutrition and food sovereignty. The talk will feature the cookbook Grist: A Practical Guide to Cooking Grains, Beans, Seeds, and Legumes by Abra Berens. Whether you’re new to beans and grains or have been cooking and eating them your whole life, this conversation will have something for everyone, and we will all come away with a deeper appreciation about the interconnectedness of our food, why where it comes from matters, and how beans and grains fit into our food system. Register at bit.ly/3LuVvJ.

Art on display: group show
This November and December, the Charlotte Library will exhibit a collection of paintings and drawings of people from our community by a group of artists that gather to paint on Thursday afternoons at a studio on Mt. Philo Road in Charlotte. Join them for a reception at the library on Nov. 20, 3-6 p.m.

Holiday hours
Note: The library will close at 5 p.m. on Wednesdays-Fridays, Nov. 23-25, for Thanksgiving and reopen on Saturday, Nov. 26, at 10 a.m.

Ongoing programs for all ages

Kids crafts
See what fun activity youth services librarian Cheryl Sloan has concocted for younger library fans. Pick up your monthly craft kit in the library entryway.

Take & Make kits
Try your hand at a simple but elegant fall garland to grace a window or Thanksgiving table. Available at the library circulation desk.

Book Chat (no Book Chat Nov. 23)
Wednesdays, 9 a.m.
Meet at the library to discuss new books, old books and books we might have missed. Each week Margaret selects a theme and highlights related titles from the library collection. Please check library calendar at charlottepubliclibrary.org for dates.

Preschool stories, crafts and activities
Tuesdays at 10 a.m.
Preschool story time
Our preschoolers have been making special friends and family friends. We have something for everyone, and we will all come away with a deeper appreciation about the interconnectedness of our food, why where it comes from matters, and how beans and grains fit into our food system. Register at bit.ly/3LuVvJ.

Library contact information:
Margaret Woodruff, director
Cheryl Sloan, youth services librarian
Susanna Kahn, tech librarian
Phone: 802-425-3864
Email: info@charlottepubliclibrary.org

The Charlotte Library Board of Trustees meets the first Thursday of each month at 6 p.m. For information about agenda and Zoom access, please contact the library director. The next scheduled board meeting is Thursday, Dec. 1.

Library News

Library wants to know how to keep being essential

A painting from the art exhibit at the library that will run through December.

PHOTOS

SEND US YOUR PICS!
Senior Center News

Balance holiday indulgence with senior center exercise classes

What better way to balance the indulgences of the holiday season than prioritizing health and well-being? The senior center offers daily exercise programs for a wide range of fitness and activity levels. A complete list of exercise programs and class descriptions is on the website charlotteseniorcentervt.org.

Consider trying out an exercise class, join an art workshop, play board and card games, or stop by for one of the weekly lunches as a way to foster social connections. Anyone 50 years or older is welcome to join in.

Interested in receiving a weekly reminder about what is happening at the senior center? Sign up for the email newsletter at charlotteseniorcentervt.org. The “Week Ahead” email is sent out on Friday mornings with activities, lunch menus and special programming for the upcoming week.

Holiday hours for Thanksgiving week

Wednesday, Nov. 23, closing at noon.
Thursday, Nov. 24, closed for Thanksgiving.
Friday, Nov. 25, closed.

Presentations
Charlotte Grange
Thursday, Nov. 17, 1 p.m.
Charlotte Grange members will share the importance of having a vibrant Grange in the community and what the Charlotte Grange’s vision is moving forward.

Quinlan Schoolhouse
Thursday, Dec. 1, 1 p.m.
Join members of the Quinlan Schoolhouse committee to learn more about this historical gem. You will watch a 39-minute video of the story of the historic Quinlan Schoolhouse. After the video, there will be a Q&A with the Quinlan Schoolhouse committee to learn more about this historical gem.

Programs
Shape-note singing
Sunday, Dec. 4, 1-3 p.m.
Traditional a cappella, four-part harmony

Meditation
Fridays, 8-9 a.m.
Meditation is an easy-to-learn practice that reduces anxiety, stress, pain and depression. Charlie Nardozzi will lead the class in techniques to quiet the body and mind by doing simple breathing exercises and a seated, eyes-closed guided meditation. All are welcome, no experience necessary. The cost is $10/class. No registration required.

Chair exercise
Mondays, 9:30-10:30 a.m.
Wednesdays, 10-11 a.m.
Gentle exercises with Tiny Sikkens will focus on strength, balance and flexibility. This class uses chairs for balance and includes gentle movements, making exercise accessible to those who are challenged by balance, the ability to get on the floor, or any physical limitations. The cost is $10/class. No registration required.

Exercise classes
Bone Builders
Tuesdays & Fridays, 10:30-11:30 a.m.
RSVP Bone Builders, a program of United Way of Northwestern Vermont, is a new class. It is a no-impact, weight-training program designed to prevent and even reverse the negative effects of osteoporosis in older adults. Bone Builders consists of a warmup, balance exercises, arm and leg exercises and a cool-down with stretching. No cost or pre-registration required, but there will be paperwork to complete for the RSVP Bone Builders program.

Muscle and Body Bar
Tuesdays & Thursdays, 8:30-9:30 a.m.
Pilates class, for folks 55+ led by Phyllis Bartling, is designed to be challenging and safe. It includes upper-body strength and hand weights and mat exercises while working on core muscles to improve balance, strength and posture. The cost is $8/class. No registration required for in-person. Zoom information provided when registering to attend class online.

Tai Chi Ch’uan for beginners
Thursdays, 10-11 a.m.
The flowing movements and postures will increase flexibility, improve balance and strengthen core muscles. John Creech and learn to cultivate a deeper sense of relaxation, gain an increased energy level and experience a sense of confidence. The cost is $8/class. No registration required for in-person. Zoom information provided when registering to attend class online.

Sandy Robertson, Middlebury.

Meals
Menus are posted on the website: charlotteseniorcentervt.org.
Monday lunches
Served weekly. Lunch is served 11:30 a.m.-12:30 p.m., or until the food runs out.
No registration required. Suggested lunch donation $5.

Weekly Age Well Grab & Go meals
Pick up on Thursdays 10-11 a.m. at the Charlotte Senior Center. October menus are posted on the Charlotte Senior Center website at charlotteseniorcentervt.org. Registration is required by Monday for the Thursday meal. To register, contact Kerrie Pugh at 802-425-6345 or kpugh@charlotteseniorcentervt.org. Suggested meal donation $5. NOTE: There will not be a Grab & Go meal for Thanksgiving week.

Senior center contact info:
Lori York, director, lyork@charlotteseniorcentervt.org
Kerrie Pugh, coordinator, kpugh@charlotteseniorcentervt.org
CharlotteSeniorCenterVT.org
212 Ferry Road, Charlotte 802-425-6345 charlotteseniorcentervt.org
CharlotteSeniorCenterVT.org
Follow the senior center on Facebook or Instagram at charlotteseniorcentervt.org.

Write Ingredients

Searching for the gastronomically rewarding among edible symbols

Susan Ohanian, Contributing editor

Some wag once said, “Eternity is two people and a roast turkey.”

In The New Yorker, Calvin Trillin has campaigned for years to have the national Thanksgiving dish changed to spaghetti carbonara, pointing out that nobody knows about what the Pilgrims ate is the only thing we know for sure about what the Pilgrims ate is that it couldn’t have tasted very good.”

For a meal at a National Council of Teachers of English convention, which always occurs right before Thanksgiving, Alice’s Restaurant, just a half a mile from the railroad track you can get anything you want at Alice’s Restaurant.

You can get anything you want at Alice’s Restaurant.

Walk right in it’s around the back.

The following movement and postures will increase flexibility, improve balance and strengthen core muscles. John Creech and learn to cultivate a deeper sense of relaxation, gain an increased energy level and experience a sense of confidence. The cost is $8/class. No registration required for in-person. Zoom information provided when registering to attend class online.

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CHAMPIONS!

See the full story on page 1.

Photo by Scooter MacMillan