

Your nonprofit community news source since 1958

The Charlotte News

Thursday, November 17, 2022 | Volume 65 Number 11



CHAMPIONS!

See the full story on page 2.

Photo by Scooter MacMillan

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November 17, 2022

Vol. 65, No.11



WE ARE THE CHAMPS

CVU brings home first state football title

Scouter MacMillan
Editor

As the crowd straggled out of the Rutland High football stadium, reluctant for the celebration to end, one hushed voice could barely be heard through the dark beyond the lights and those still rejoicing: “Oh my gosh, they almost killed themselves with penalties.”

Indeed, if penalties were lethal, many of the Champlain Valley Union faithful might have met their demise on Saturday night. Instead, at the end they were thrumming with an energy that only comes from

victory — state championship victory.

After the final 2.5 seconds ticked off the clock, and Middlebury’s last gasp to snatch victory from CVU’s clutches bounced in the end zone, ensuring the Redhawks’ 24-19 win and the school’s first-ever state championship, team members ran and leaped with an uncontainable joy.

And then the hugging began. First it was players hugging players and players hugging coaches. Then, it was students, parents, family friends and people who just love CVU football embracing on

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Photo by Paul Lamontagne/
vtsportsimages.com
From left, wide receivers and defensive backs Calvin Steele and Jack Sumner leap for joy with the scoreboard telling the story of CVU’s victory in Rutland on Saturday night.

Garage cost revised to under \$3 million

Scouter 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 swaying 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 further negotiations with the company if needed.

“We haven’t jeopardized 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 metal to wood 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

SEE **GARAGE** PAGE 3

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

Scouter 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 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 insistent 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 by sizeable margins.

Even the most controversial of these land-use amendments 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

SEE **LAND USE** PAGE 4

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 our 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 finesse needed to manage our constantly updated website and Facebook. And don’t forget about our weekly e-news blast (sign up 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.

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 just about all racquet/paddle sports, has three dogs, loves Vermont and is part of a great book group here in Charlotte. She has three grown kids who grew up here. She also writes poetry and fiction, and much appreciates all who read her column in this paper. 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



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CHAMPS

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the field in a huge community hug.

Although the season started with the Redhawks besting Middlebury 56-19, this game was another matter. Even with CVU hanging to an 11-point lead for much of the second half, the outcome was not a certainty until the time on the scoreboard read all zeros.

The Redhawks got on the scoreboard first. With fourth-and-1 on the 9-yard line, CVU elected to go for it.

Quarterback Ollie Cheer hit Jack Sumner with a short pass. Sumner dodged would-be tacklers, crossing into the end zone with not quite six minutes burned off the clock.

The kick was good and the Redhawks were up 7-0.

Middlebury answered back with a touchdown of its own shortly into the second quarter, but the point-after kick bounced off the goal post, keeping CVU out front 7-6.

With 4:48 left in the first half, the Tigers took the lead when Cole Schnoor scored for the second time on a 21-yard run to take the lead 13-7.

At the 1:48 mark, CVU's Mark Rutherford put the Redhawks back on top with a 5-yard score, and Aidan Morris kicked a 42-yard field goal for a 17-13 lead at the half.

Sumner scored on an 11-yard run halfway through the third quarter, putting the Redhawks up 24-13, which is where it stood until things got too interesting, and possibly terminal, for CVU fans in the fourth.

Late in the game, Middlebury continued to rely on its imposing run game, a debatable choice with so few minutes left and the Tigers needing two scores.

Finally, with just over three minutes left, Middlebury turned to the pass, connecting on a couple of long throws and scoring. But



Photo by Scooter MacMillan
Sophomore running back and defensive back Dylan Frere of Charlotte and coach Rahn Fleming overcome with emotion after Champlain Valley Union High wins its first D-1 state football championship.

the Tigers' 2-point conversion attempt was unsuccessful, making the score 24-19.

The Redhawks ensuing possession was stalled by multiple penalties, and they turned the ball over on downs with about two excruciating minutes left.

Middlebury marched down the field, but time ran out before they could make it into the end zone. A final pass from the 8-yard line fell to the ground. And the buzzer sounded.

For many of the Redhawks seniors, this victory was a long time coming. Many of them have played together since elementary school and were teammates on an eighth grade Buccaneers team that went to the state championship but lost.

Last year's CVU team went to the state championships, coming close but losing to

Essex.

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

"Too much anxiety," said Mitch Terricciano. His son Trey, a senior and a team captain, had experienced those earlier disappointments. "This is literally the last time he will put on that uniform."

Not a bad celebration to dress out for.

Wide receivers and defensive backs coach Chris Destito said the parade of penalties late in the game was frustrating, but he knew all along his team was going to win.

"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."

GARAGE

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Faulkner heard is support posts in the middle of a garage makes working there too complicated.

The current cost of wood illustrates how erratic the price of construction materials is in the post-pandemic economy. Six months ago, metal was cheaper than wood, but now the costs have flipped.

Switching to wood beams brought the construction cost down significantly, and the cost of metal is just going to keep going up, he said.

Besides reducing the cost, switching to gravel for the parking area is better ecologically because it is a more permeable surface. "Asphalt was going to shoot the water down to the end of the apron," Faulkner said in a phone call.

He said the building footprint was also moved away from a wetland buffer area.

"We wanted to get as far away from the wetland as we could," Faulkner said. Where parking was for the flea market that was

formerly on the site is now actually wetland.

In the initial plan the building would have been closer to the wetland because the town didn't realize the wetland had grown, encroaching farther onto the property. That initial design was based on a 2004 study, and it looked like there was plenty of room for the garage.

It occurred to Faulkner that it might be a good time to have another wetland study done, which revealed the wetlands were closer now.

"That threw a wrench in the works because we had planned the building with plenty of room," he said.

Siting the building became a tighter fit on the property. It was moved closer to Route 7 than in the original design.

Less than 3,000 feet of the parking will be in what's now zoned as wetland buffer area but none in wetland zoned area. It is "pretty much a given" that the town will get a permit from the state for this parking, Faulkner said.

After all of the construction modifications were factored into the budget, it was still a

bit over \$3 million, but the board decided to apply for a construction loan instead of a bond to finance construction, bringing the cost under that limit.

A bond would have cost the town around \$57,000. An advantage of getting a bond is it guarantees the work will be finished, but with large companies like Farrington this isn't a concern, Faulkner said.

Farrington is so reputable, has so many big jobs, and the Charlotte garage is so small in comparison to other jobs the construction company has done that the board is confident a bond isn't needed. This job is "nothing to them" and the \$57,000 just goes to an insurance company, he said.

Farrington is the company that took over building the mall in the center of Burlington known as CityPlace when that project stalled, Faulkner said.

Town assessor John Kerr has agreed to be the clerk of the works, the person responsible for overseeing the construction for the town. He has experience doing this type of work, Faulkner said.



Mission Statement

To engage and inform Charlotte and nearby communities by:

- Publishing rigorous, in-depth reporting on town affairs.
- Providing a home for stories from our neighbors and friends.
- Reporting on how other towns have addressed challenges similar to our own.

Editorial independence

The editor makes final decisions on stories that are published in The Charlotte News. While we are funded by advertising revenue and donor contributions, our news judgments are made in accordance with our mission and are independent of all sources of financial support.

Letters, Opinions and Obituaries

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

- The views expressed in letters or opinion pieces are those of the author, and are not endorsed by either the board or the editorial staff of the paper. Opinion pieces and letters to the editor will be clearly labeled as such.
- The Charlotte News strives to stay clear of conflicts of interest. If an actual or perceived conflict arises or becomes known at a later date, it will be fully disclosed.
- While letters or opinion pieces may endorse political positions or candidates for public office, the paper always remains objective and impartial in such matters.
- All submissions are strictly monitored for personal attacks, score settling, blatantly false information and inflammatory language. The editor reserves the right to reject any submission that is deemed contrary to the paper's standards.
- All submissions are subject to editing for clarity, factual accuracy, tone, length and consistency with our publishing style.
- Efforts will be made to publish submissions in their entirety and to preserve the original intent and wording, but minor editing may nonetheless be necessary. Contributors will be notified before publishing, if in the editor's judgment, significant changes are required, or the submission is rejected.
- Submission requirements:
- Letters to the editor, opinion pieces and obituaries should be emailed to news@thecharlottenews.org as attachments in .doc format and must contain the writer's full name, town of residence and, for editing purposes only, contact phone number.
- Letters may not exceed 300 words, obituaries 500 words and opinion pieces 750 words.
- All published letters and opinion pieces will include the writer's name and town of residence.
- Before publishing any obituary, we will need proper verification of death.

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 NEXT PUBLICATION DATES**

December 1

Copy Deadline: Friday, Nov. 25
 Ads Deadline: Friday, Nov. 25

LAST PAPER FOR 2022

December 15

Copy Deadline: Friday, Dec. 9
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FIRST PAPER IN 2023

JANUARY 12

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TEAM

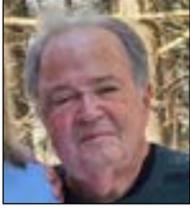
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hometown of Cheyenne, Wyoming, where she worked for the local paper in advertising design, editorial page design and print production. After moving to Vermont, she worked for the Burlington Free Press, Seven Days and The Essex Reporter.

Anna is passionate about the role of the paper in this community and draws on her deep knowledge of the newspaper industry to inform her work. In her spare time, she enjoys movies, walks with her dog and cooking for her family.

Jim Fox

In 2015, Jim retired from the University of Vermont after 35 years in the departments of neurology and orthopedics. Five years ago, Jim and his wife Christa, a retired Charlotte Central School teacher, moved to Charlotte from Essex. They have two sons, James and Greg, and a daughter Jessica, as well as three grandchildren.



Jim enjoys skiing, gardening and being a part-time musician. He keeps busy stacking firewood, unstacking firewood, burning firewood, cleaning up the burned firewood and distributing The Charlotte News once a month.

Christy Hagios

Christy Hagios has lived in Charlotte for 20 years and has family roots that go back much further. Her grandmother worked at the post office, and Christy lives in the house in which her father grew up.



She has been our ad manager for almost two years. It is her first step back into work after years of taking care of her three kids, two of whom are now in college with the third a CVU sophomore. Christy and her family are grateful for the flexibility of her position at the paper which allows her to travel with her family and spend time with her kids.

Susan Jones

Susan is our bookkeeper, has an MBA in public management and, over the years, has worked in various financial and operational capacities at the University of Vermont, the Lake Champlain Maritime Museum and Vermont Folklife. These days, she very much enjoys working at home for the first time in her life.



She has two daughters, both married to husbands named Ben, and each with two young children. In her spare time, Susan loves singing in a chorus and playing pickleball.

Scooter MacMillan

Several years ago, Scooter moved from Georgia to Vermont to be closer to his family, especially his two irresistible grandchildren.



In February, he joined The Charlotte News as our editor. He was already known to many of our readers as a reporter and assistant editor at the Vermont Community Newspaper Group which includes The Citizen. Earlier in his career, Scooter worked as a whitewater river guide on the Chattooga River in northeast Georgia and in the Grand Canyon, in nonprofit theater marketing, and as an editor, writing coach and reporter for several community and daily newspapers in North Carolina and Georgia.

At The Charlotte News, Scooter writes several stories for each edition of the

paper and works with our community writers, production manager and proofreaders to make each edition of the paper interesting, informative and entertaining.

Tom Scatchard

Tom began his teaching career at Charlotte Central in 1975 as a second-grade teacher. Over the next 38 years he taught all grades from second to sixth and was joined at the school by kindergarten teacher and wife, Ebeth, and sons Brooke and Ross.



Upon retirement, Tom has stayed in the school loop by mentoring several students and editing the school newsletter for inclusion in The Charlotte News. Once a month, he delivers the paper to various businesses and drop-off locations in Charlotte, Shelburne and Hinesburg. In his spare time, Tom plays golf at the Charlotte Natural, a nine-hole course at his home, and enjoys hiking, bike riding and boating in Vermont and the Adirondacks.

Mike and Janet Yantachka

It has been 37 years since Mike and Janet moved to Charlotte. Mike is a retired software engineer, tax advisor and state representative. Janet enjoyed a 40-year career as a registered nurse. During their 52 years of marriage, they raised five children and are now the proud grandparents of nine grandchildren.



Mike and Janet share a love of reading, hiking and volunteering, and they work as a team proofreading The Charlotte News. They feel that living in Charlotte provides a wonderful connection to the beauty of nature and the surrounding landscape as well as to the Charlotte community.

In addition to these individuals, I want to recognize our community writers and freelancers:

Our community writers: Katherine Arthaud, Margo Bartsch, Elizabeth Bassett, Bradley Carleton, Dan Cole, Nicole Conley for the Recreation Commission, Maj Eisinger for the Food Shelf, Linda Hamilton for the Grange, Peter Joslin, Mary Landon, Susan Ohanian, Charlie Pughe for the Planning Commission, Jay Strausser, Tom Scatchard, Joan Weed, Margaret Woodruff for the Library, Lori York for the Senior Center, and all those who contribute an occasional story.

Our freelancers: Steve Goldstein, Phyl Newbeck, Juliann Phelps and Brett Yates.

It may be a tired old saying, but it's true: It takes a village. And we are mighty proud of ours. Right now, our town is challenged to step up and support this newspaper on the eve of its 65th anniversary. The Charlotte News has been awarded its third straight NewsMatch challenge grant of \$15,000.

This means that your donation of any amount right now is doubled, up to \$1,000.

But there's a catch. To receive the funds from NewsMatch, we first have to raise \$15,000 from you, our readers. We've done it before and I know we can do it again—with your help.

Make your tax-deductible gift on our secure website, charlottenewsvt.org, or send your check to The Charlotte News, P.O. Box 251, Charlotte VT 05445.

Thank you for considering this request. Thanks to those who have already made a year-end gift. And a big thank you to our wonderful volunteers, employees and writers, for all you do at The Charlotte News and for this community.

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.

Town administrator plans to retire next October

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 reaping the rewards of retirement.

Toward the end of the selectboard's meeting on Nov. 2, it sounded like Bloch would be gone by this time 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, 2023.

"It has been a pleasure to work for the town of Charlotte for 23 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.

"I work with him every day and have for a year and a half, and we're really, really lucky to have him," chair Jim Faulkner said.

Faulkner has been impressed at Bloch's diligence in seeing that things that need to be done, get done.

"I felt one year of notice will allow for a very deliberate process of finding and onboarding the person who will replace me and help to ensure a smooth transition," Bloch said in an email.

Bloch and his wife live in Jericho, which is where they plan to stay for the time being. They are contemplating building a small addition to their house.

With the town working to take over management of the Charlotte Volunteer Fire and Rescue, it's natural to question whether Charlotte should consider transitioning to a town manager form of municipal government.

A couple of years ago Hinesburg made this change after it decided to start a full-time ambulance service.

In his email, Bloch said if the selectboard decided to change to a town manager, it would need a charter that would need to be voted on in March.

"It could be fine to stay with a town administrator, but that decision should be made deliberately and not because there isn't enough time," Bloch said.

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. Pughe said this amendment makes it easier for homeowners to build a second home 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's (Nov. 17) planning commission meeting.

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

Many early voters got 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, Pughe 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 whether the Champlain Solid Waste District should build a new materials recovery facility. It passed countywide with Charlotte supporting the measure 999-182.

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.

Election

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

Article 6: Should the land-use regulations be amended with new or revised standards for lot, yard and setback requirements to be consistent in the district where they are located unless the project is proposed as a planned residential or planned unit development or affordable housing.
 YES 664 NO 309

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 \$22 million to build a new materials recovery facility.
 YES 999 NO 182

	Charlotte	State
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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	

Charlotte Voting Results On Vermont General Election Ballot

U.S. SENATOR
 Mark Coester 1
 Natasha Diamondstone-Kohout 6
 Stephen Duke 1
 Dawn Marie Ellis 15
 Ms. Cris Ericson 5

Gerald Malloy 415
 Kerry Patrick Raheb 5
 Peter Welch 1,875

REPRESENTATIVE TO CONGRESS

Becca Balint 1,723
 Matt Druzba 30
 Liam Madden 413
 Adam Ortiz 6
 Ericka Redic 90
 Luke Talbot 10

GOVERNOR

Peter Duval 22
 Kevin Hoyt 16
 Bernard Peters 8
 Phil Scott 1,703
 Brenda Siegel 565

LIEUTENANT GOVERNOR

Joe Benning 733
 Ian G. Diamondstone 29
 David Zuckerman 1,444

STATE TREASURER

H. Brooke Paige 484
 Mike Pieciak 1,721

SECRETARY OF STATE

Sarah Copeland Hanzas 1,682
 H. Brooke Paige 495

AUDITOR OF ACCOUNTS

Doug Hoffer 1,644
 Richard "Rick" Morton 500

ATTORNEY GENERAL

Charity Clark 1,689
 Michael Tagliava 497

STATE SENATOR (*top three win seat)

Thomas Chittenden 1,649*
 Virginia "Ginny" Lyons 1,528*
 Keshha Ram Hinsdale 1,445*
 Dean Rolland 554
 Rohan St. Marthe 387

STATE REPRESENTATIVE

Chea Waters Evans 1,753

PROBATE JUDGE

Gregory J. Glennon 1,666

ASSISTANT JUDGE

Suzanne Brown 1,448
 Connie Cain Ramsey 1,237

STATE'S ATTORNEY

Sarah F. George 1,628

SHERIFF

Dan Gamelin 1,573

HIGH BAILIFF

Michael R. Major 1,324
 James A. Mallon 271

JUSTICE OF THE PEACE (*top 12 win seat)

Michael Krasnow 1,513*
 Michael "Mike" Yantachka 1,460*
 Greg Cluff 1,335*
 Chea Waters Evans 1,263*
 Jorna Jimerson 1,136*
 Jill Abilock 1,122*
 Seth Zimmerman 1,080*
 Margaret "Peggy" Sharpe 1,071*
 Terry Silva 1,022*
 Louise F. "Robin" Reid 867*
 Ed Amidon 706*
 Louise McCarren 696*
 Maurice Harvey 694
 Peter Trono 682
 Patrice Machavern 661
 Lucas Trono 537

Evans anxious to get to work as new representative

Scooter MacMillan
 Editor

Running unopposed, Chea Waters Evans was confirmed as the next representative to the Chittenden-5 House district in Tuesday's voting.

Since her win in the August primary, when she defeated incumbent Mike Yantachka for the Democratic nomination, Evans said she's been reading the legislative handbook, all the House rules found online and watching YouTube videos of that body's sessions.

"I've just been watching them while I'm doing the laundry and just trying to get myself caught up on 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 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.

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 not here just to represent the people who agree with me and like me."

She hopes people will get in touch with her if they have any concerns about the legislature.

Although she ran for student council in middle school, Evans said she can't even remember if that was when she was a student at Charlotte Central School. For all intents and purposes, this is a completely new experience.

One that's different than her former experience as a journalist.

"The surprising thing I've noticed so far is, that as a journalist, you're not supposed to have an opinion. If you do have an opinion, you're supposed to keep it to yourself," Evans said. "Now, my opinion, as a voice for the people who I'm representing, is what matters."



Chea Waters Evans

Vermont women shatter records in midterm election

Elaine Haney
 Contributor

Emerge Vermont, the state's premier organization that recruits and trains Democratic women to run for office, delivered big wins up and down the ballot in Tuesday's general election. The organization had 59 alums on the ballot (not including justices of the peace) and 48 alums won — an 81 percent win rate.

Winning alums include:
 • Becca Balint, who will be the first woman and first LGBTQ+ person to represent Vermont in Congress.
 • Charity Clark, the first woman elected attorney general in Vermont history.
 • Saudia LaMont, the first Black woman to represent her district in the Vermont House (Lamoille-Washington).
 • Angela Lawrence, the first Black woman to be elected high bailiff (Windham County).

"This is fabulous news for the women candidates in Vermont. They are setting new records and will make a great contribution to the political climate in the state," said former Gov. Madeleine Kunin, Vermont's first and only woman governor and founder of Emerge Vermont.

These victories are just a few of the many firsts from Tuesday's election.

Eighteen alums who won are members of the New American Majority—Black,

Brown and Indigenous women and women of color, as well as LGBTQ+, young, and unmarried women — while 16 of the women who won were first-time candidates.

"Five women of color won their elections yesterday — that's the same number of women of color serving in one session than have served in the Legislature in all of Vermont history," said Senator Keshha Ram Hinsdale, an Emerge Vermont co-founder and the first and only woman of color in the Vermont Senate. "That is a more representative democracy for all of us."

The election results also increase the number of women in the Legislature from 73 to 81, as well as Vermont's national ranking of state legislatures with the most women.

The overall percentage of women serving in the entire Legislature will increase from its current 40.6 percent to 45 percent, the highest it has ever been, according to Emerge Vermont.

A group of 13 women recently completed an intensive campaign training, with 10 (77 percent) also winning their races. They include Chea Waters Evans of Charlotte who won the Chittenden-5 House seat.

(Elaine Haney is executive director of Emerge Vermont.)

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Registering at school



Courtesy photo

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



Photo by Janet Kenna Landrigan

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

Have a hot news tip?

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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 cvsvdt.ce.eleyo.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, of and for (as the name suggests) residents of Charlotte.



It can be accessed at facebook.com/groups/172518349923150.

This page is not for political discussions, but welcomes Charlotte events, stories and photos.

Local public relations firm grows to 14 full-time employees

Charlotte-based public relations firm, Junapr, has added its 14th full-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. Before joining Junapr, Whitehouse worked for an Oregon-based PR firm where she managed multi-channel public relations, digital

media and content marketing efforts.

"Morgan brings a depth of experience working with a variety of national clients," said Nicole Junas Ravlin, founder and CEO of Junapr.

Whitehouse has a bachelor's in public communication from the University of Vermont and returns to her home state of Vermont after eight years on the West Coast.

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.

The Curtis Fund Commitment: A Comprehensive Scholarship for Early Childhood Educators is a pilot program that will provide scholarships for the full cost of attendance (tuition, fees, housing, food and transportation) to students who wish to earn a certificate in child care at the Community College of Vermont.

"The high cost of educating early childhood educators and the low wages they earn upon graduation causes significant problems for Vermont families and employers alike," says Amy Mellencamp, president of The Curtis Fund's board of directors. "Yet our society and economy are dependent upon the availability of child care workers."

The U.S. Department of Labor estimates that the median annual wage for a child care worker in Vermont is \$29,430. The combined high cost of postsecondary education and low salary are discouraging



people from becoming early childhood educators and creating financial hardship for those that do. This program will allow students to graduate with the knowledge and skills they need to start their careers, debt-free.

Child care certificate graduates must complete a 24-hour credit program and obtain one year of classroom experience to qualify as a teacher associate.

According to Let's Grow Kids, another supporting organization of the Community Foundation, teacher associates could fill an estimated 1,600 of the 2,090 openings for early childhood educators in Vermont.

For more information, email teachearlychildhoodvermont@vtaeyc.org or call 802-387-0870.

Program hopes to make first homes more affordable

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 homebuyers whose parents or legal guardians were likely unable to pass on the generational wealth homeownership can provide.

"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 Hinsdale who introduced the initiative.

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 true 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 Family 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 Loraine 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 Smugglers' 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 old 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 grandniece, Alia Jenkins.

Pam is survived by her children, Paul Queripel (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 grandson, Christopher Queripel of Summit, NJ; sisters, Deborah Adsit (Robert) of Charlotte, VT, and Katheryn Shumway (Frank) of Swanton, VT; nephews, Matthew Spear of Isle La Motte, VT, Jesse Spear (Tammara) of Swanton, VT, and Daniel Spear (Courtney Poquette) of Essex, VT, Benjamin Gray of Ocala, FL, and David Gray of Georgia, VT; nieces, Carrie Jenkins (Christian), Sara Adsit (Tara), and Emily Adsit; grand nieces

and nephews, Ethan Gray, Alia and Isaac Jenkins, Lana and Shia Spear, Remington Spear, Lewis and Margot McCuin 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.

Pam 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 us all beyond 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.



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Hi Neighbor!

Cameron Davis: The intersection of art and the environment



Phyl Newbeck
Contributor

Cameron “Cami” 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 the presence of nature.

“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 unravelling. 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



Photo by Casey Ghio
Cami Davis uses her art to make sense of the presence of nature.

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 Beijing. 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 Malysia 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 CharlotTER who also worked at Camp Abnaki.

Sisco circulated a framed document — an act of Congress for Guy Cheng to be given permanent residence in the United States — dated May 25, 1948.

"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



Photo by Juliann Phelps

David Sisco shows a photo of Guy Cheng at his workbench. Sisco still uses the bench and some of his father's tools today.

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

Stronger Together

CHENG

CONTINUED FROM PAGE 9

“Chick” Wood both stood up at Cisco’s talk to show examples of the jewelry Cheng had made. Stone worked in Cheng’s store and had a beautiful gold ring.

Wood showed a swirled gold bracelet and matching necklace Cheng had made for her mother.

Sisco talked about how Cheng and his mother, Barbara, first met on a blind date at a hockey game in 1968.

“They had an incredible 30-plus year relationship,” said Sisco. “It was so wonderful to see.”

“The impact Charlotte had on Guy was profound,” said Sisco, as he shifted from one family photo to another, including photos of his parents’ wedding day with Adsit as the best man; his mother’s 1973 graduation as a doctor of experimental psychology, a field with few women at the time; his sister at Charlotte Central School. In this photo the children are eating lunch while being watched over by Ethel Atkins.

“Everybody knows Ethel,” said Sisco, which got a laugh from many in the audience.

Sisco ended his talk by reading letters from his siblings, who “clarified” varying points from their perspectives.

“He had a very challenging start in life, but he loved people. All sorts of people were drawn to Guy,” said Jennifer Adsit, Bob’s daughter-in-law.

Guy Cheng passed in Dec. 9, 1998, after a long life in Vermont with many connections to the community.

“He was giving to the community, but the community gave to him,” said Sisco, “It gave him a wonderful business and a wonderful life.”

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 858,000 members in more than 9,000 community (town-level) Granges! Vermont formed the first state-level Grange in New England in 1872, in support of the local Granges springing up in many Vermont towns. Charlotte has had 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, Grange values have traditionally been emphasized through rituals and symbols. Today, however, many contemporary local Granges, 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 implements or natural objects.

Here briefly, is what the seasons of the year look like through the eyes of the Grange. The simple lessons drawn from natural and agricultural cycles are intended to be accessible and useful to everyone’s life.

Spring — This is a time of preparation and faith that seeds (or personal intentions) planted now will bear fruit in due course.

Emblems are the ax, symbol of perseverance in overcoming obstacles even if it takes repeated hard effort; the plow, which prepares the soil for planting or opening the mind to the growth of knowledge and wisdom; the harrow, which does final soil preparation and covers newly planted real or personal seeds to protect what has been introduced, after careful observation of conditions and needs; and finally, the spade, symbol of thoroughness, able to go deeper than the plow where and when needed.

Summer — This is the time of both cultivation of crops 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 and 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 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 agate, 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.)

Protect yourself from holiday shopping scams

Tim Gallen
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 “phishy” 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.

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Sports

Redhawks overcome adversity, Wolves for field hockey title

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 Marcoe 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, with just over two minutes left, Marcoe 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.

She noted the Redhawks' offensive prowess as a difference maker.

"We have had success scoring goals this season," said Pierson, in something of an understatement. Her squad outscored opponents 46-10.

The coach was also proud of the defensive play of her team. She cited two huge saves by goalie Grace Ferguson, the defensive play of Danielle Gamelin and Sloan Roy, and the midfield play of Tess Everett.

"Defenders don't get a lot of stats, if any," Pierson said. "We had a great defensive game."

The win was the first title for Pierson in her 20 years of coaching, which started in Oregon.

After moving to Vermont in 2015, ironically Pierson initially coached for South Burlington, but started at CVU in the fall of 2016.

A year later, Pierson had helped coach the Redhawks to the 2017 finals where they fell to none other than the South Burlington Wolves.

In 2020, they were back in the finals again, but came up short against Bellows Falls.

The Redhawks had really strong players in past years, Pierson said. The one difference is that this team may have played with more of a collective effort.

Dealing with adversity this year probably helped build this team's cohesiveness, she said. "That really helped with the collective mindset — that we wanted to win."

The Redhawks seem to have been made



Photo by Al Frey

The Redhawks finally put South Burlington away for an overtime win and CVU's first state field hockey title.

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 its 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 15-0-1 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.



Photo by Stan Williams

The Champlain Valley Union girls soccer team won its 20th soccer state championship on Nov. 6, the most soccer titles by any team in Vermont history.

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.

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The Charlotte News

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



Kindergarten team



Pre-K team

Education

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-Hinseburg 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. This volunteer activity 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 program director 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 Book 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



Image by Silvia from Pixabay

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

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 different 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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History

Charlotte School #8 was known as the Mutton Hill School

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?

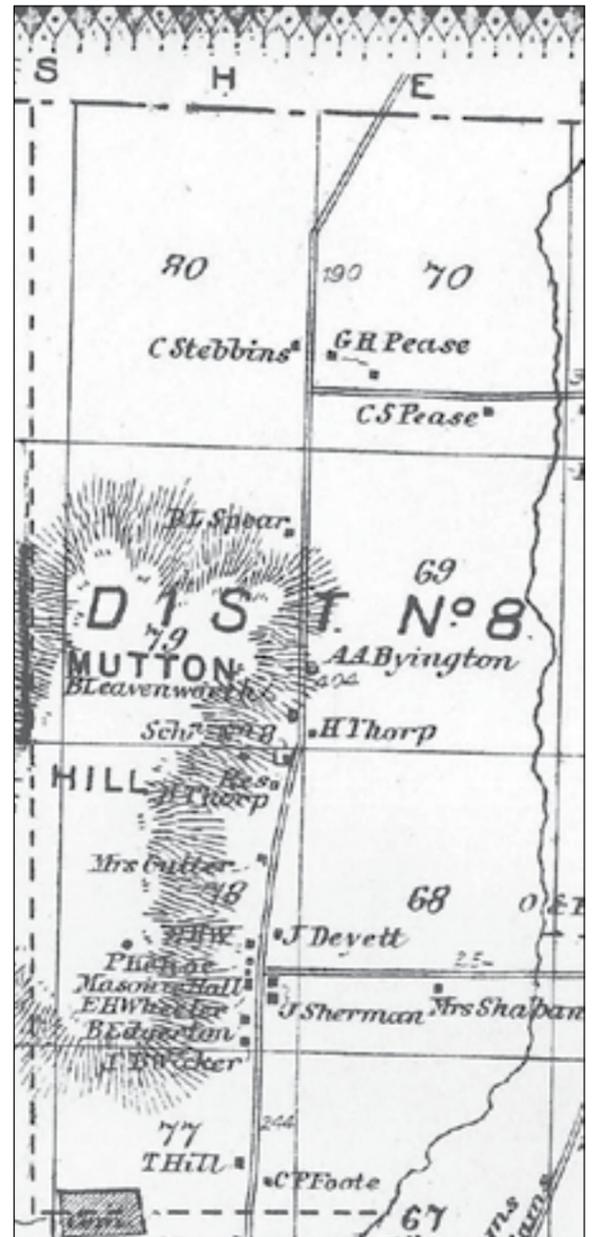
“The difference between yesterday’s schoolhouse and that of today might seem to be merely the difference between two kinds of architecture and the difference of size. The real difference, however, is the simple difference between yesterday and today, and the way we live it. Education, like modern everyday life, has suddenly become regarded as a means of making more money. Startling 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



Photo courtesy Leo Roberts

Above: Eight-month-old Gerald Roberts sits on the southside of the Mutton Hill School in May 1950. Route 7 is to the right.



Right: Detail of the 1840 Federal Census showing School #8

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.”

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Gardening

Gilfeather turnip — the Vermont state vegetable?



Katherine Arthaud
Contributor

When I was a child growing up in southern Vermont, my family would frequent a local restaurant that had paper placemats with 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 I do not recall seeing on these menus was the Vermont state vegetable. "Wait, is there such a thing as state vegetables?" you are no doubt asking. The answer is yes, some states have state vegetables. (About 37 do, while approximately 13 do not.) Texas has the sweet onion, Louisiana has the Creole tomato, New Hampshire 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 happened to mention 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 interesting and new (to my mind) development in our state's history.

"You are making soup with Gilfeather turnips right now?" I asked her. "Yes," she said, going on to explain that she was cooking up a pot for an upcoming friends' reunion. "Where did you get them?" I asked. "At the turnip festival," she said.

"Tell me more," I said.

Turns out, in her freshman term as a legislator, Barbara had a constituent who came to her, perturbed because someone

had tried to suggest that kale be made the Vermont state vegetable. I did a little research and saw that yes, indeed, in 2012 three senators—Anthony Pollina, David Zuckerman and Bill Doyle—introduced a bill titled "An Act Relating to Designating Kale as the State Vegetable." But it didn't seem to have taken root (so to speak), because the slot for state vegetable was empty when Barbara wrote up the bill proposing the Gilfeather turnip. "You can look it up," she told me. "H 65."

Laura Sibilia was the co-sponsor of the bill, which was appropriate, as she hales from Wardsboro, the town that put the Gilfeather turnip on the map. It took two years to move the bill along, Barbara said, during which time Wardsboro Elementary School students made enthusiastic presentations to both the house and senate agricultural committees in support of it.

"People had fun with it," Barbara said. "They would put turnips on state house windowsills and in common rooms; the chair of House Agriculture also grew them and offered them out."

But now, why a turnip, you may be asking. And why this particular turnip? Well, this turnip because, unlike kale, it is a vegetable that actually originated in Vermont — a true Vermont heirloom root crop.

The story goes like this: John Gilfeather, a secretive man, and a farmer (and briefly, in 1908, a state legislator) was the first to grow this special turnip in the late 1800s — and once he had done so, he did everything he could think of to protect the strain. Before selling his turnips, he would fastidiously trim off the tops and roots so that no one would be able to grow them for themselves.

In this way, he kept the Gilfeather turnip a true strain until the 1970s when, many years after his death, a couple by the name of Schmidt managed to get their hands on some of the coveted seeds, which they eventually got trademarked and officially certified as an heirloom botanical. The trademark was allowed to lapse in 1995.

The Gilfeather turnip, I learned, is a cross between a rutabaga (*Brassica napus*) and a true turnip (*Brassica rapa*). Apparently, these types of crosses are fairly rare.

I asked Barbara what the Gilfeather turnip looks like. "Knobby and incredibly ugly,"



Photo by Lopez Island Kitchen Gardens

In the late 1800s, John Gilfeather of Wardsboro was the first to grow the Gilfeather turnip.

she said. "And the taste?" I asked.

"It's like a cross between a rutabaga and 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 tell of one that was over 30 pounds.

I later discovered that, indeed, the Gilfeather turnip (*Brassica napus* x *rapa*) is known as being sweeter than most rutabagas. The greens are also tender and sweet. If you want to grow some, they 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,

setting it apart from more sharp-tasting varieties. And Barbara was right, the best flavor is apparently after frost.

I am now intrigued. Though I am not a cook, I am somewhat of a turnip/rutabaga aficionado. Back in the day, I used to throw one in a plastic grocery bag, put it in the microwave for about 15-20 minutes, then peel the plastic off the waxed skin (usually getting my fingers burned in the process, not to mention melted hot wax and plastic on my kitchen counter), then I would simply slice and eat it. Delicious. But don't listen to me. There are many more efficient, refined and less messy and dangerous ways to enjoy turnips. The internet is full of them.

I read that the most recent annual Gilfeather Turnip Festival was held Saturday, Oct. 22. I am sorry I missed it. I am most definitely going to try and make the next one. I hear the whole town turns out at the Wardsboro Public Library, where there are locally grown Gilfeather turnips for sale, along with T-shirts, aprons, cookbooks and even little hand-knitted turnip caps for kids and eccentric adults.

So, let's raise a glass to the (fairly) newly crowned Vermont state vegetable, the Gilfeather turnip. May its reign be long and an inspiration to all of us!

Thanksgiving and Christmas cacti can live for decades

Andrea Knepper
University of Vermont Extension

My grandmother had a green thumb. A self-taught gardener, she cultivated a bountiful garden every summer, tended a large variety of indoor plants and was always ready to experiment with and learn about new varieties. One of my favorite memories of her as a gardener relates to a small, green, succulent-like leaf she found on the sidewalk near her apartment.

We had just arrived for a visit when she found this small leaf. Her excitement

seemed excessive as she described how she had found a piece of a Christmas cactus. I watched as she carefully put the leaf in some moist potting soil. I forgot about this incident until some time later when Grandma showed me a lush green plant, which she proudly reported had grown from that small leaf she picked up from the sidewalk.

Christmas cactus (*Schlumbergera bridgesii*), and its close relative the Thanksgiving cactus (*Schlumbergera truncata*), appear for sale in garden centers at this time of year. They make wonderful gifts as they are easy to care for and, with a bit of knowledge, can be

coaxed to rebloom with modest effort.

Identification of these cacti can be made by examining their leaf segments. Both types have projections along the edge. The Thanksgiving cactus leaf projections are pointed while those of the Christmas cactus are more rounded. Both types bloom in a variety of colors, most commonly red, pink, purple and white.

They are native to the rainforests of Brazil where their roots anchor them to tree branches or rocky outcrops. Because of this heritage, their needs are different than other popular succulents.

A succulent potting mix is the best choice for these cacti. Water when the surface of the soil is dry. Christmas and Thanksgiving cacti also prefer a humid environment.

This can be simulated by placing a drip tray of small stones under the plant pot. Keep a small amount of water in the tray to evaporate. The pot should not be submerged in the water but sitting atop the stones. These plants prefer bright light, but not direct sunlight.

Both the Christmas and Thanksgiving cactus 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.

These beginner-friendly cacti are relatively disease-free. The most common problem is stem or root rot, caused by excessive moisture. This easily can be avoided by using



Photo by Sabine Schwoaze/Pixabay
The Christmas cactus with its showy flowers that bloom in winter is a popular, easy-to-grow holiday plant.

well-draining soil, such as a succulent potting mix, and allowing the soil to dry between waterings. There are reports of lovingly cared-for Christmas and Thanksgiving cactus living for decades.

Christmas and Thanksgiving cacti prefer to have their roots fit snugly in their pot, so replanting is only necessary every three to five years.

In addition to being easy to care for, both are excellent candidates for propagating from cuttings. Take a cutting of one or more leaf segments and simply allow to dry out for a couple of days. Once dry, place the cutting in moist soil. After roots have developed, which takes a few weeks, transplant into succulent potting mix and water as you would for an established plant.

(Andrea Knepper is a master gardener with the University of Vermont Extension.)

Weed's in the Garden

Enjoy the last fruits – or alliums – of summer



Joan Weed
Contributor

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 unfussy.

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
- 1 tablespoon vegetable oil
- 4 leeks, split and rinsed of sand, tough green tops removed
- 6 peeled potatoes such as Yukon gold
- 6 cups water or broth (chicken or vegetable)
- Salt to taste



Photos by Joan Weed/Sweet Roots Farmstead

This is a great time of year to stock up on alliums like garlic, onions, leeks and shallots.

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. Saute 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 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 Vichysoisse.

French onion soup

- 4 tablespoons unsalted butter
- 8-10 medium mixed onions peeled and sliced ¼ inch thick
- 2 large garlic cloves, minced
- 1 cup dry white wine such as pinot grigio, sauvignon blanc or unoaked Chardonnay
- 1 quart beef or chicken broth or stock
- Salt and pepper to taste
- 2 teaspoons thyme if fresh, less if dried
- Lightly toasted baguette slices
- 1 cup grated Gruyere or Emmental cheese

Melt butter in stock pot. When melted, 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.



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Regular Meeting
Thursday, Nov. 17, 7-8:30 p.m.

Conservation Commission
November Meeting
Tuesday, Nov. 22, 7-9 p.m.

Development Review Board
Regular Meeting - CANCELLED
Wednesday, Nov. 23

Selectboard
Monday, Nov. 28, 6:30 p.m.

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Special Meeting & Public Hearings
Wednesday, Nov. 30, 7-9 p.m.

Planning Commission
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Thursday, Dec. 1, 7-8:30 p.m.

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In the Outdoors

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 watery 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 Intervale.

- 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. Familiar 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/uvm-natural-areas.

- Winooski Valley Park District, wvdp.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 trail maps 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



Photo courtesy of Vermont State Parks

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 where no fresh water flows, encouraging carnivorous pitcher plants to grow on suspended mats of peat. When the lake level is high, the bog gets an infusion of nutrients that gives traditional plants an advantage over those native to bogs.

Need more ideas? Check out Trail Finder at trailfinder.info, a catalog of hikes and trails across the region. Map features include restrooms, parking, dog friendly, historic site, natural area and wildlife area.

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.

Calendar of Events

Calendar by Mary Landon.

Please send event listings to calendar@thecharlottenews.org at least three weeks in advance.

Hello Dolly

Thursday-Saturday, Nov. 17-19, 7 p.m. & Saturday, Nov. 19, 2 p.m.
Mt. Abraham Union High School in Bristol presents their fall musical, featuring over 100 students and a live band. With singing and dancing, it's appropriate for the whole family. Tickets available at showtix4u.com/events/hellodolly. Leave a message at 802-377-3335 if you encounter problems with online ordering.

Fantastic Mr. Fox

Friday, Nov. 18, 7 p.m.
Ferrisburgh Central School students present an adaptation of a popular Roald Dahl story. School is on Little Chicago Road. More info by calling 802-877-3463.

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.

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/396fevcp or onsite prior to the race.

Observational drawing

Saturday, Nov. 19, 10:30 a.m.-12:30 p.m.
Artist Rachel Mirus presents Drawing for Mindfulness, a morning of techniques and lessons to quiet the mind while observing details of natural objects. Practice begins inside, and if weather allows, participants draw outside. Held at Birds of Vermont Museum in Huntington; all materials are provided. Bring favorite drawing tools or natural items, if desired. More info and registration at tinyurl.com/rz8rryv5.

Middlebury 5k and 10k

Sunday, Nov. 20, noon start
Pick the race length that suits you for this community event. Races begin and end at the new Middlebury Recreation Building on Creek Road. Raffles, medals and the chance to win a turkey. Complete info and registration at tinyurl.com/5fbua7ns.

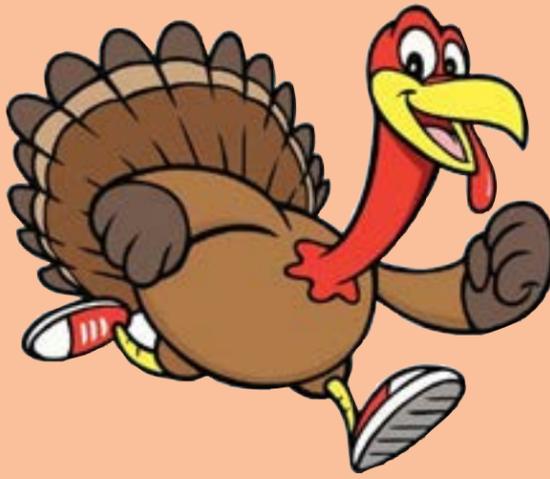
Fanny's garden

Sunday, Nov. 20, 2-3:30 p.m.
Tom Sharpley, 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, 3-4:30 p.m.
Participants cook along with Lili Hanft as she leads an online workshop on creating healthy, whole food, nutrient-dense Thanksgiving sides. Program is presented by City Market; you will receive a shopping list and recipes in advance of the class. Free to participate; more info and registration at tinyurl.com/4zbv2y83.

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/396fevcp or onsite prior to the race.

Rice stunt night

Tuesday, Nov. 22, 4 & 8 p.m.
Rice Memorial High School's stunt 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/2s64buzm.

Bird monitoring

Saturday, Nov 26, 8-9:30 a.m.
All levels of birders join Birds of Vermont Museum staff for a walk along museum trails and meadows, observing local species that may stay here for the winter. Held outdoors at the museum in Huntington; dress for the weather and bring binoculars if you have them. More info and registration at tinyurl.com/2u7wbjpr.

Handcrafter Fair

Saturday, Nov. 26, 9 a.m.-4 p.m.
Champlain Valley Union High School in 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.

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-fairy-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. After registration for this City Market class, participants receive recipes and shopping lists for following along. More info and reserve a spot at tinyurl.com/zndptd7e.

Chromaticats jazz combo

Tuesday, Nov. 29, 7:30-8:30 p.m.
The University of Vermont Jazz Vocal Ensemble and Chromaticats present their fall concert at the university's recital hall in Burlington. Emphasis is on composers and lyricists from Pittsburgh. Free concert, open to the public. More info at tinyurl.com/mufwbc97.

Palette knife practice

Wednesday, Nov. 30, 6-8 p.m.
Artists looking for guidance and inspiration using palette knives for painting can join Charlotte artist and poet, JC Wayne, for an online evening that will encourage confidence with laying on paint with this tool. Work on compositional elements and color-mixing in a relaxed workshop. For more info or to register, see poarttry.org/workshops.

Zach Nugent Uncorked

Wednesday, Nov. 30, 6-9 p.m.
Local guitarist and vocalist Nugent plays at Shelburne Vineyard for a series of free Wednesday night shows, featuring special guests, vintage and new music and storytelling in the loft. He will play two sets in his soulful, rootsy style.

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/2zwdv2x3.

Caroling and tree lighting

Friday, Dec. 2, 5:30 p.m.
The town of Shelburne welcomes all to get in the holiday spirit with caroling on the town green from 5:30-6 p.m. The tree on the green will be lit at 6 p.m., followed by visits with a special North Pole resident at the town hall. Come inside for warm cocoa, goodies and a craft activity for kids. Updated details may be found at shelburnevt.org/327/special-events.

Waldorf School fair

Friday, Dec. 2, 6-9 p.m.
Saturday, Dec. 3, 10 a.m.-2 p.m.
The Lake Champlain Waldorf School in Shelburne welcomes all to its Winter Fair. Friday evening is for adults and older teens; Saturday's fair will be outside and includes many younger children's activities. Vendors both days, as well as Farmers and Foragers food truck. For more info, see tinyurl.com/57x45xcr.

Local meat sale

Saturday, Dec. 3
Bread and Butter Farm in Shelburne holds a holiday market and meat sale. For more info and to confirm time, call 802-985-9200.

Philo Ridge holiday market

Saturday, Dec. 3, 10 a.m.-3 p.m.
Stop by Philo Ridge Farm in Charlotte for farm-grown products and gift items from local makers and artisans. Questions about the event may be emailed to events@philoridgefarm.com.

Craft school festival

Saturday, Dec. 3, 2-5 p.m.
Stop by the Shelburne Craft School on Harbor Road for their winter festival and craft fair. There will be a silent auction, snacks and craft projects for kids.

Intervale Pride hike

Sunday, Dec. 4, 1-3 p.m.
Explore the easy and mostly flat trails at Burlington's Intervale. For all ages, allies and families. Organized by Audubon Vermont; register in advance at tinyurl.com/3b8npezn.

Honey Dewdrops

Sunday, Dec. 4, 4-6 p.m.
Valley Stage Productions presents this duo at the Richmond Congregational Church, in-person or streaming ticket option. Doors open at 3 p.m. For more info and tickets, see tinyurl.com/m9k2trf.

High school choir

Tuesday, Dec. 6, noon-1 p.m.
The Mount Mansfield Union High School chorus performs at St. Paul's Cathedral in Burlington. Call 802-899-4690 with questions.

Polar express magic

Saturday and Sunday, Dec. 10 & 11
Relive the magic of Chris Van Allsburg's book, The Polar Express, on a special train adventure in Burlington. For children of all ages and for those who still believe, the Polar Express event is an area favorite. Wear your pajamas, listen for bells chiming, meet elves and be transported into another realm as you ride to the North Pole. For info, times and tickets, see vtchildrenstrust.org/polar-expressstm-train-ride.



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Library News

Library wants to know how to keep being essential



Margaret Woodruff
Director

“Public libraries are essential to our communities. They are places where Vermonters of all backgrounds can access books, videos, ideas, resources and information 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.

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. Wednesday-Friday, 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, 3 p.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.

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. 18 & 25) Fridays, 9:30 a.m.

Meet on Zoom to discuss new books, old books and books we might have missed. Friday is a recap of the Wednesday porch session. Please check the library calendar at charlottepubliclibrary.org for dates. Register in advance for Zoom link: bit.ly/3BtebDj.

Preschool story time Tuesdays at 10 a.m.

Join us at the Charlotte Library for preschool stories, crafts and activities. No registration required. Age 2 and over.

Preschool free play Wednesdays, 10 a.m.

Play in the preschool years enables children to explore and make sense of the world around them, as well as to use and develop their imagination and creativity. Join us for play-based learning in the library program room. Ages 3 and 4.

Adult programs

Library book discussion group: The Juke Box Queen of Malta Thursday, Nov. 17, 7:30 p.m.

In this mesmerizing novel, music and bombs, war and romance, the jukebox and the gun exist in arresting counterpoint in a story that is a profound and deeply moving exploration of the redemptive powers of love. Copies available at the library

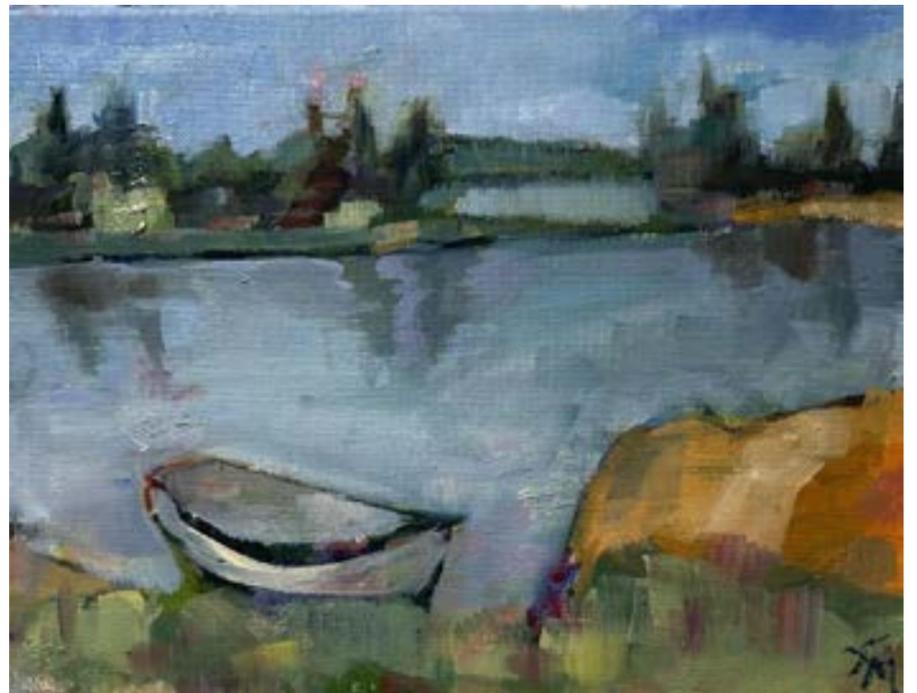


Photo by Cindi Robinson

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

circulation desk. Via Zoom. Register at us02web.zoom.us/j/82338583115.

Stillwater Meditation Saturdays, 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. The following four games will be shown in the new programing 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.

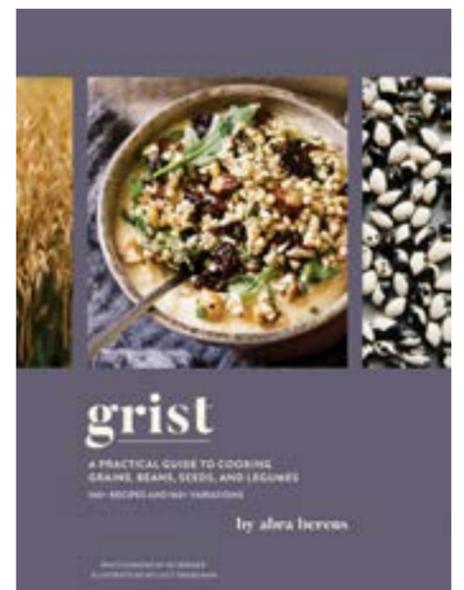
Join Charlotte Library and Mara Welton of Slow Food USA to talk about the deeply biodiverse world of legumes and grains and the lessons to learn from them in a wide-ranging conversation about climate resiliency, nutrition and food sovereignty. The talk will feature the cookbook *Grist: A Practical Guide 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/3TuVvwj.

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.



news@thecharlottenews.org

The Charlotte News

Senior Center News

Balance holiday indulgence with senior center exercise classes



Lori York
DIRECTOR

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 newsletters 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 guided tour of the schoolhouse that is located between the Charlotte Library and the town offices.

Programs

Shape-note singing Sunday, Dec. 4, 1-3 p.m.

Traditional a capella, four-part harmony sung for the joy of singing ... not as a practice for performance. Search “sacred harp” on YouTube for examples, then come

and sing with us. Introduction to shape notes and scales is recommended and offered 30 minutes before each first Sunday singing. Contact Kerry Cullinan (kelynxt@gmail.com) to schedule. There is no cost.

Tech help Thursday, Dec. 1

Email enigma? Kindle conundrum? App apprehension? Computer questions? Or maybe you want to learn how to use your library card to read or listen to books on a device. Sign up for a 30-minute, one-on-one session at the Senior Center with Charlotte Library’s technology librarian, for some tech support. She will troubleshoot with you and will provide suggestions for next steps. Registration required. There is no cost.

Collage fun Sunday, Dec. 11, noon-4 p.m.

In this very creative and instructive workshop, Lynn Cummings will explore a variety of materials to create collages. All levels are welcome. The supply list will be emailed upon registration. Registration and payment is required by Dec. 5. The cost is \$55 (bringing all own materials) or \$65 (bringing some materials and collage papers provided).

Exercise classes

Bone Builders Tuesdays & Fridays, 10:30-11:30 a.m.

RSVP Bone Builders, a program of United Way of Northwest 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.

Chair exercise Mondays, 9:30-10:30 a.m. Wednesdays, 10-11 a.m.

Gentle exercises with Tiny Sikkes will focus on strength, balance and flexibility. This class uses chairs for balance and includes gentle yoga poses, 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.

Meditation Fridays, 8-9 a.m.

Meditation is an easy-to-learn practice that reduces anxiety, stress, pain and



Photo by Kerry Cullinan

Sacred Harp Singers at the Charlotte Senior Center are, from left, Jean Rosenberg, Middlebury; Elizabeth O’Dowd, Fairfax; Larry Bingham, South Hero; Brigitte Humbert, Middlebury; Roger Humbert, Middlebury; Mark Williams, South Burlington and David Rosenberg, Middlebury.

depression. Charlie Nardoizzi 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.

Pilates fitness 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 work with 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.

T’ai Chi Ch’uan for beginners Thursdays, 10-11 a.m.

The flowing movements and postures will increase flexibility, improve balance and strengthen core muscles. Join 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 a class. No registration required for in-person. Zoom information provided when registering to attend class online.

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 Pughe at 802-425-6345 or at kpughe@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 Pughe, coordinator, kpughe@CharlotteSeniorCenterVT.org
212 Ferry Road, Charlotte
802-425-6345
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
Contributor

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 if the Pilgrims really ate turkey at that first Thanksgiving dinner, but “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 Trillin guided five of us to a Chinese restaurant.

In *The Man Who Ate Everything*, Jeffrey Steingarten writes, “Edible symbols are rarely gastronomically rewarding,” noting that turkey meat is nearly always bland and stringy.

At our house we reduce turkey stress

by sawing the bird in half, leaving half for another day. For those seeking variety, in *How to Cook a Moose*, Kate Christensen offers recipes for moose bourguignon and jellied moose nose.

The day after Election Day, the *New York Times* offered political analysis and then, signaling new concerns, “The Best Vegetarian Thanksgiving Looks As Good As It Tastes,” positioning an ornate ombré gratin as the centerpiece, a dish taking three hours to produce. Small wonder the editor calls it “theatrical.”

Exhibiting a certain lack of culinary sophistication, the Microsoft Word policer wants to change “ombré” to “hombre.”

Twenty-one newspaper staff contributed recipes for favorite side dishes, ranging from macaroni and cheese to smokey mushrooms with pomegranate sauce, ginger beer-glazed butternut squash with greens, three variations of Brussel sprouts and three kinds of pie: Cranberry Curd, Bourbon Pecan, and Brandied Pumpkin.

The Washington Post newsletter *Book World* speculates that *Frankenstein Was a Vegetarian: Essays on Food Choices* is sure to make the Diagram List for Oddest Book Title of the Year. It makes my list of a fun read for pointing out that “Stressed spelled backwards is desserts,” which leads to the *Old Farmers’ Almanac* pronouncement that November is Banana Pudding Lover’s Month. Go figure. Surely, we can doubt it will replace pumpkin, with or without the bourbon.

At press time, Monday Munch cooks, along with making their own holiday plans, were still working on Charlotte Senior Center menus. Go to the website for updated info. You’ll also find menus for Thursdays Grab & Go meals. And give thanks to our wonderful kitchen volunteers.

(charlotteseniorcentervt.org/lunch/meals)

Remember: this is the season for Arlo Guthrie and “Alice’s Restaurant,” a terrific listen while you’re preparing all that food — [youtube.com/watch?v=m57gzA2JCcM](https://www.youtube.com/watch?v=m57gzA2JCcM).



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

Walk right in it’s around the back
Just a half a mile from the railroad track
You can get anything you want at Alice’s Restaurant.



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