Archery champ Whitney Williams

Story in sports on page 8

Knowing that January is Hot Tea Month and National Oatmeal Month may not cause anyone to burst into song, but certainly January is the time to celebrate snow. While you’re enjoying good meals at the Charlotte Senior Center, note that on Jan. 15, 1885, Jericho farmer Wilson “Snowflake” Bentley became the first person to photograph a snowflake, the first of over 5,000 photos.

The Natural History Museum in London has digitized a book of Bentley’s photos, allowing us to see for sure that no two snowflakes are alike at tinyurl.com/4b5bxvc. Even better, visit the wonderful Bentley exhibit at the Old Red Mill in Jericho, maintained by the Jericho Historical Society. You’ll see the actual camera he used as well as lots of his photographs. Add to the delight by enjoying “Snowflake Bentley” by Jacqueline Briggs Martin, a children’s book beautifully illustrated by another Vermonter, Mary Azarian.

As you enjoy your lunch at the Charlotte Senior Center, contemplate that beans, an important part of every known cuisine for 10,000 years, are good nutrition. Beans are cholesterol-free and high in vitamins, minerals and soluble fiber. That said, we can still appreciate humorist S. J. Perlman’s observation: “Any dietician will tell you that a running foot of apple strudel contains four times the vitamins of a bushel of beans.”

Strudel isn’t on the menu at the Charlotte Senior Center, but take note of that chocolate bread pudding.

Monday, Jan. 16
Monday Munch
Hot dogs, baked beans, brown bread, and chocolate bread pudding.

Thursday, Jan. 19, 10-11 a.m.
Grab & Go meal pickup
Oven fried chicken breast, diced potatoes with parsley, peas and onions, wheat roll with butter, date Craisin bar and milk. Meal provided by Age Well.

Don’t forget to register for the Thursday Grab & Go meal: 802-425-6345 or kpughe@charlotteseniorcentervt.org.

Monday, Jan. 23
Monday Munch
Menu to be announced. Check the website at charlotteseniorcentervt.org/lunch/meals.

Thursday Jan. 26, 10-11 a.m.
Grab & Go meal pickup
Barbecue pork rib, fried potatoes, carrots, southern biscuit with butter, fruit crisp with cream and milk. Registration required by the prior Monday.

Thursday Jan. 26, 11:30 a.m.-12:30 p.m.
Potluck lunch, music and art
Come enjoy a potluck lunch in the café, followed by a photography show and a cello performance in the great room. Please sign up at the host desk so we know how many are coming.

All month, enjoy “Let it Snow,” written by Sammy Cahn and Jule Style in a 1945 July Hollywood heat wave, sung here by Frank Sinatra at youtube.com/watch?v=sE3uRRFVsmc.

Enjoy Hot Tea and National Oatmeal month at senior center
Ensuring broadband access
Julieann Phelps
Contributor
Tired of slow streaming or spotty cell service? There is now a way to check and report correctly if you have broadband — and accuracy matters — there’s millions of dollars of public funding at stake.
Reviewing your details on the Federal Communications Commission Broadband Map (broadbandmap.fcc.gov/home) is fairly straightforward. Type in your address and you receive a list of service providers. If any of the information is incorrect, the Federal Communications Commission has links to a form to submit a “location challenge” or “service availability challenge.”
Once the form is submitted, you receive an email response shortly thereafter. Once the Federal Communications Commission notifies the provider; they have 60 days to respond to the challenge and 30 days to update the map. The Federal Communications Commission also provides step-by-step videos (gov/broadbanddata/consumers) on how to submit a challenge.
For example, I submitted an availability challenge for my address on Nov. 22, which listed several internet and cellular broadband providers. More than half of them, including Comcast, Hughes Network, Starlink and VTel do not service my forested address. I received the first of 30 days to update the map. The Federal Communications Commission notified the provider, they have 60 days to respond to the challenge and on Dec. 21 I received the first result of my submitted challenges. “The provider has conceded the challenge and is required to submit a correction.” And that’s it.

"The map is missing or incorrectly lists the location of over 60,000 broadband serviceable locations,” Hallquist said in a release.
What’s the urgency behind accurate information? The updated broadband map will be used for state allocations of federal funding for high-speed internet access. Federal allocations of funding from the Broadband Equity, Access and Deployment program provided a minimum of $100 million to each state for high-speed internet access. In addition, states are required to match 25 percent, which is mostly coming from prior pandemic funding like the American Rescue Plan Act. And then there is the remaining pot of $37.1 million, which will be allocated in June to states with underserved areas — based on the broadband map. The time frame is short — challenges will be accepted until this Friday, Jan. 13.

In December the Department of Commerce’s National Telecommunications and Information Administration also announced that Vermont is receiving $5.5 million in funding from the Bipartisan Infrastructure Law, to plan for the

Janssen-Heininger and group from Charlotte taking giant steps in treatment of cancer
Scooter MacMillan
Editor
Superstar — the word comes up again and again when you talk to people about Yvonne Janssen-Heininger of Charlotte. Janssen-Heininger is a researcher at the University of Vermont and an internationally recognized expert in biochemical medicine because of her quest for ways to prevent or treat cancerous tumors caused by environmental factors.
Superstar — sound a little grandiose for a scientist whose research will most likely take years to come to fruition and with no ironclad guarantees that her endeavors will actually pan out? Well then, consider: Janssen-Heininger has recently nailed down grants from the American Lung Association and the National Cancer Institute totaling almost $6 million. She was also named UVM’s most recent University Distinguished Professor.
“She is an advocate for women scientists, having organized gender equity sessions at national meetings. She is also an outstanding mentor. She initiated our annual Research Development,” Janssen-Heininger works, told Vermont Medicine Magazine.
Try to get Janssen-Heininger to talk about her accolades and nary a trace of the word nor any hint of the superstar swagger comes up. She invariably steers the conversation to her colleagues. Janssen-Heininger loves the cooperative research atmosphere at the University of Vermont. And Charlotte.
Charlotte should be extremely proud of the people who are contributing and collectively doing this research,” Janssen-Heininger said. “UVM is playing its purpose, Woodruff admitted, but the Charlotte should be extremely proud of the people who are contributing and collectively doing this research,” Janssen-Heininger said. “UVM is playing its purpose, Woodruff admitted, but the

Charges filed for vandalizing book drop box
Scooter MacMillan
Editor
Vandalism at the library that started in two phases has hopefully ended in a third phase — the arrest of the alleged perpetrator.
Library director Margaret Woodruff said the problems started with someone leaving vodka or beer containers in the book drop-off box.
So, the library started locking the drop box. On Dec. 16 the Charlotte Library posted on social media a message that the box would be locked when the library was closed, because it was being used as a trash receptacle.
Apparently, locking the box angered the consumer of the prepackaged cocktails and initiated phase two. On at least two subsequent evenings — or mornings, more accurately, because law enforcement officials believe this mischief happened between midnight and 1 a.m. — the box was pushed over.
Locking the box in large part defeats its purpose, Woodruff admitted, but the staff was worried about liquid that might remain in the discarded drink containers and leak onto books that were dropped off there.
People coming into the library were completely sympathetic and understood that, although inconvenient, it was necessary for the box to be locked.
In a release, state police said the box was pushed over on Dec. 28 and 30. On Wednesday, Jan. 4, they arrested Dillon Bothwell, 25, of Charlotte, alleging that he intentionally damaged the box and a library sign.
He was charged with unlawful mischief and cited to appear in Vermont Superior Court — Chittenden County Criminal Division on Feb. 2.
“It takes a lot of funding and a lot of time to get these initiatives started. It takes a lot — and it takes a big team,” Janssen-Heininger said. Her current research project with the Lung Center at UVM has been in the works for over 10 years. “We are very, very outstanding director at the UVM Cancer Center,” she said of Randall Holcombe, who has recently come on board as director. She’s optimistic that under his leadership the center may find ways to speed up the cancer research process. Holcombe is really interested in taking biochemical research results into phase one clinical trials to help more people sooner. And not just those with lung cancer, but other kinds of cancer, as well.

JANSSSEN-HEININGER CONTINUED FROM PAGE 2

She was already involved in research for environmental causes of cancer when, about 15 years ago, her father died from cancer probably caused by exposure to asbestos from his work on the docks.

She came to Vermont for the opportunity to work in the lab with someone she supposed to be a temporary experience. That was more than 30 years ago.

The notion that Charlotte could prove to be at the nexus of major breakthroughs in cancer research is not at all farfetched, she said. For example, much of the research she’s involved in is directly inspired by research that Mosman did on mesothelioma.

“She is the world’s expert on mesothelioma,” Janssen-Heininger said, adding Mosman’s research made possible her current investigations and projects in the area of biochemistry. Mosman has not only been her mentor; she has been her inspiration.

Scarring connected to tumors

Mesothelioma is cancer that develops in the mesothelium, a thin layer of tissue that covers the lungs and other organs. The vast majority of cases of mesothelioma are caused by asbestos exposure, according to the National Cancer Institute.

Mosman was in cancer research at UVM for over 30 years when a woman in that field was a rarity. In addition to her discoveries in cancer research, she paved the way and encouraged other women to go into an area of science many had felt intimidated by. Mosman was also named a UVM Distinguished Professor and is now retired as professor emeritus at the university.

It is in tribute to her legacy that four of the five Charlotte researchers are women. Janssen-Heininger continues that tradition by initiating gender-equality initiatives in the field.

At the UVM, a good number of women, like Charlotte, are using brand new technologies that give them a better look at how a tumor responds to treatments such as chemotherapy or drugs, Janssen-Heininger said.

She started her research years ago in chronic scarring, or fibrosis, in organs that was caused by environmental factors, most notably in the lung. Much of her research has been focused on fibrosis because once you develop a scar the chance of developing a tumor is much greater.

Other Charlotte medical stars

Another Charlotte in the Department of Pathology and Laboratory Medicine who helps with the analysis of tumor tissues is Seward.

In early November, Seward was also awarded almost $500,000 from the National Cancer Institute’s for his research into immunotherapy and lung cancer. He shares Janssen-Heininger’s enthusiasm for their Charlotte-centric group of colleagues.

“There are more unanswered questions than there are people and time, but we’ve got a really strong group,” Seward said. “We’ve been making progress on multiple fronts. We have a pretty diverse set of educational backgrounds, and we come at the problem from different sides.”

Seward is one of those who use the term “supertum” in talking about Janssen-Heininger and shares her optimism about what UVM researchers from Charlotte might accomplish in the fight against cancer.

With an expertise in molecular and genetic tumors, for 75 percent of his time, Seward works on interpreting the mutual profiles of cancer tumors and talking with oncologists about what therapies might be best. For the other 25 percent of his time, he is doing research and writing grants.

Butler is “a fantastic lung pathologist” who helps them analyze tumor tissues, Janssen-Heininger said.

“She is one of those from that are taken from patients either from biopsies or from surgery for pathologic diagnoses of the lung and gastrointestinal organs, he said. Butler: “I’m an physician who advises the physicians who are directly caring for the patient on what I see under the microscope, what the next step should be for the patient.”

As the medical director of the autopsy service at UVM, Mount has a big help in getting tumor tissues for Janssen-Heininger and her team to analyze.

Mount confirms the other Charlotters’ diagnosis of Janssen-Heininger’s spiritual status. When Mount was working on her master’s of public health, she went overseas to a course in need she pursued in public health at the University of Maastricht where she was amazed to see pictures of Janssen-Heininger.

“She’s famous in the Netherlands,” said Mount.

Janssen-Heininger’s excitement about her research is tempered by at least two sources of frustration. One is how long it takes to get from science and discovery to actually helping patients.

“Some of these drugs take 20 years to develop. And then some of them get shelved, and maybe they get shelved too soon,” she said. “I really would like to poke through some of these.”

Another source of concern is how much the research costs. Although getting almost $500 million in funds is wonderful, Janssen-Heininger said, it’s not enough. Not when a single experiment can cost $50,000.

“It takes a lot of funding and a lot of time to get these initiatives started. It takes a lot — and it takes a big team,” Janssen-Heininger said. Her current research project with the Lung Cancer Center at UVM has been in the works for over 10 years.

“We have new, very outstanding director at the UVM Cancer Center,” she said of Randall Holcombe, who has recently come on board as director. She’s optimistic that under his leadership the center may find ways to speed up the cancer research process. Holcombe is really interested in taking biochemical research results into phase one clinical trials to help more people sooner. And not just those with lung cancer, but other kinds of cancer, as well.

News from The Charlotte News

A community newspaper in more than name

Scooter MacMillan
Editor

The Charlotte News is truly a community newspaper.

Abraham Lincoln said we have a “government of the people, by the people, for the people,” and this nonprofit newspaper was established in that same spirit. The Charlotte News is news of Charlotte, by the people of Charlotte, for the people of Charlotte.

To achieve that goal, it is necessary that a large number of residents help to keep this newspaper a viable by contributing their writing and photographs of matters of interest to their fellow residents.

Our heartfelt thanks go out to each and every one of you who stepped up to the plate and took a swing at writing, submitting photos or volunteering your time to keep Charlotte’s sole nonprofit news source in the community news game.

Thank you for your efforts and time in helping to create the substance that gives this newspaper life.

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To engage and inform Charlotte and nearby communities by:

• Providing provocative, in-depth reporting on town affairs.
• Providing a home for stories from our neighbors and friends.
• Reporting on other towns initiatives that have addressed similar issues.

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 reporting is made independently of our mission and are independent of all sources of financial support.

Letters, Opinions and Obituaries
Letters may not exceed 300 words, obituaries 500 words. Letters are published according to space available. All submissions are subject to editing for clarity, factual accuracy, tone, length and consistency with our mission.

Efforts will be made to publish submissions in their entirety and to preserve the original intent and wording, but minor editing may be necessary for space. Letters must be submitted before publication. In the editor’s judgment, significant changes are required, or the submission is injudicious or obscene.

Letters to the editor, opinion pieces and obituaries are to be sent as attachments in doc, docx format and must contain the writer’s full name, address, email, for editing purposes only, contact phone number. Letters must be well written, obtain a minimum of 350 words and opinion pieces 750 words. A signed biographical sketch will include the writer’s career and terms of residence.

Before publication, all letters and friends. We will notify you properly verification of death.

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Support local nonprofit reporting.

Scan this QR code with your phone camera and donate today.
News from The Charlotte News

This newspaper continues because of your generosity
Charlotte got its first decent snowfall on Dec. 17 — nothing historic but a few good inches that looked promising for a white Christmas. However, much of that snow melted during the next week.

Then about 1 p.m., Friday, Dec. 23, the area was hit with what meteorologists called a bomb cyclone. Blowing in during the morning it grew into a blizzard-like wind that last a few hours but that didn’t leave a huge amount of snow.

What it did leave was damage, several hundred homes without power and a significant portion of residents facing the prospect of a dark Christmas, most because of trees and limbs that fell on power lines.

“The most recent severe windstorm produced the most damage of any widespread wind event since the Oct. 30, 2017, storm and will likely rank as a top-three overall storm in terms of statewide impact since 2008,” said Jay Shafer, the chief science officer at Disaster Tech, which provides storm forecasts to Vermont utilities. “The last two weeks have brought Vermont a rare one-two punch of severe widespread power-outage producing storms. The first ‘colder’ last week produced more outages at its peak than any other wet storm since 1980, and there has not been a combination of two severe outage-impacting storms within such a short time period at least going back over four decades.”

Green Mountain Power said that 558 Charlotte homes lost power from 14 different incidents on the eve of Christmas Eve. By late in the day on Christmas Eve most had power back.

One of those was Gretchen Williamson who lives off Converse Bay Road. She said her family was without power for over 24 hours. Without a generator, they heated by leaving the burners on their propane-fueled stove on — which is to say, not much heat. Besides being cold, they were without water, which meant filling up 5-gallon buckets at her sister-in-law’s house on Lake Road who still had power.

Williamson said it was about 45 degrees in their bedroom. The power came on early enough on Saturday for her to bake pie to eat on Christmas Eve.

Road commissioner Junior Lewis said this year’s Yule bomb cyclone was not nearly as much work for him and his crew as last year’s holiday ice storm.

“I preferred this one,” Lewis said, which is understandable because during last year’s pre-Christmas ice event, the garage where his road clearing equipment was housed burned down.

There was very little Lewis could do this year because most of the problems were trees on power lines and his crew can’t touch those trees. Green Mountain Power has to take care of those incidents.

Bruno Murphy, who lives on Ash Road off Spear Street about 2 miles south of Hinesburg Road, said they lost power in the morning of Dec. 23. Green Mountain Power got power restored later that morning, but it went out again in the afternoon when the hard wind came.

The electricity appeared to have been taken out near Bingham Brook Road just north of his home by a whole line of trees that was knocked down by the original cyclical and winding weather on the cusp of the holiday: “To come through, clear the trees, re-string the lines and get the power back on was pretty good.”

Charlotte deals with Nor’easter and holiday bomb cyclone

BROADBAND

**Continued from Page 2**

deployment and adoption of affordable, equitable, and reliable high-speed internet service throughout the state.

Where does Charlotte fall in all of this? The Vermont Broadband Department of Public Service Broadband Deployment map at tinyurl.com/5j2rzmfd shows that 59.8 percent of Charlotte homes has broadband service, with approximately 70 percent of customers are currently served by fiber, with approximately 745 addresses left to build and convert from copper to fiber.

Because of the higher amount of buried construction required, this project is coming in significantly higher than our original estimates,” said Gruendling. The cost of the remaining buildout is estimated at $3.2 million.

Gruendling said fiber is already available to a large portion of Charlotte. He listed the following areas as complete: most of Route 7 from Lime Kiln Road south, Dorset Street, Spear Street and Mt. Philo Road (south of Hinesburg Road), the majority of Lake Road (Town Beach south to Converse Bay Road), the Cedar Beach area and Wings Point.

“Higbee Road is being spiked now and fiber service will be available there shortly,” Gruendling said. The remainder of the buildout is in the final stages.

In the remaining days, check the accuracy of broadband information for your address on the broadband map.

“The best thing for people to do if they don’t have access, or can’t get service, is to make a note of that,” Yantachka said.
Where do we go from here — One year later

Peter Joslin
Contributor

This column first appeared in The Charlotte News one year ago. The focus has been on the opportunity to have people of Vermont serve the people of Vermont, and the extraordinary and unprecedented two years it has been.

I was sworn in as Vermont’s 82nd lieutenant governor on Jan. 7, 2021, a day after the January 6th insurrection with the lieutenant governor on Jan. 7, 2021, a day after the January 6th insurrection. I am a long-time resident of Jericho, since 1988, who wanted to add an apartment to his duplex for his mother, but zoning regulations required him to build a separate house. To understand how this came to be, I researched the history of zoning and use regulations. According to Seven Days’ reporter Derek DeSantis, this resulted in the town “drafted and adopted local zoning rules that outlawed mobile home communities and mandated large lot sizes that curtailed starter homes. Fewer- and bigger homes were built, commercial development in town slowed, property values rose, and resident incomes skewed higher.”

DeSantis also said, “Selectboard chair Catherine McMains, who has lived there for 31 years, describes her neighbors as artists, retirees and liberals — not ‘wealthy folks,’ like those who live in Charlotte, the richest town in Chittenden County.”

So we are into the first month of the new year, a good time to consider where we go from here. We have a lot going on in our small town: construction of a new town garage; onboarding a fire and rescue and police into a new headquarters; and a lack of affordable and moderate housing. These challenges are not unique to Charlotte. But we can take advantage of Community Heart and Soul in attempting to create an ambulance service and voters have mandated a reduction in the police budget. With significant growth expected over the next decade, Hinesburg has hired a consultant to review its public safety strategy. The town has also contemplated a merger with a neighboring town’s police department.

Kyra Miller and Bob Bloch, Charlotte planning commissioners, have proposed partnering with Community Heart and Soul to plan for all aspects of Charlotte’s future. Patricia Sears, community co-chair for Community Heart and Soul said, “Community Heart and Soul supports the ‘smart growth’ approach to community planning, reminding communities they have the power ‘to create livable places, healthy people and shared prosperity by working with elected officials at all levels, real estate developers, chambers of commerce, transportation ... and residents to improve everyday life for people.’”

The Vermont Institute for Government said, “Planning is the process of designing a community’s future.”

And, from the Vermont Planning Information website: “‘The most basic form, planning is the art of understanding how things are in our communities today, how we’d like things to be tomorrow, and then figuring out how to get there.’

But the planning commission can’t do this alone; they need help and support from the selectboard and most importantly, from you. Community participation and creative ideas make it possible.”

Community Heart and Soul can help us create a roadmap to the future.

Catherine McMains, who has lived there for 31 years, describes her neighbors as artists, retirees and liberals — not “wealthy folks,” like those who live in Charlotte, the richest town in Chittenden County.

I want to thank my fellow Vermonters for your faith in me. Thank you for welcoming me into your homes and businesses. Thank you for sharing your concerns and ideas for Vermont’s future. Thank you for your calls, letters and emails. Thank you for your feedback and for holding me, and the State, accountable. Thank you for making our democracy stronger, more inclusive and resilient. Serving you and our State remains the greatest honor of my life.

I look forward to seeing you in your community, continuing to learn from you, and the good work we will continue to do together.

(Molly Gray served as the 82nd lieutenant governor of Vermont. She was elected in 2020 and her term ended earlier this month. She ran unsuccessfully for Congress in 2022.)

Opinion

Lt. Gov. Gray: An unprecedented two years

Molly Gray

On the morning of Jan. 5, I gaveled into the Vermont Senate one last time. I’m grateful for the opportunity to have served the people of Vermont; what an extraordinary and unprecedented two years it has been.

It is with a heavy heart that I write these words, but I am confident that Vermont is on the right track to making progress on the issues that matter most to us as a state.

First, you should know that it was an honor to serve as lieutenant governor, and I will always hold Vermont dear to my heart.

Second, you should know that Vermonters care deeply about their communities, their families, and their future.

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Twelfth, you should know that Vermonters care deeply about their communities, their families, and their future.

Thirteenth, you should know that Vermonters care deeply about their communities, their families, and their future.

Fourteenth, you should know that Vermonters care deeply about their communities, their families, and their future.

Fifteenth, you should know that Vermonters care deeply about their communities, their families, and their future.

Sixteenth, you should know that Vermonters care deeply about their communities, their families, and their future.

Seventeenth, you should know that Vermonters care deeply about their communities, their families, and their future.

Eighteenth, you should know that Vermonters care deeply about their communities, their families, and their future.

Nineteenth, you should know that Vermonters care deeply about their communities, their families, and their future.

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Fourteen...
Condolences

Will Raap

Idealistic capitalist, steward of land and people.

Will Raap, community visionary and iconic entrepreneurial activist, loving husband, father and friend, died unexpectedly Dec. 12 at the age of 73. He accomplished so much, and set in motion so much still to be done.

How to describe Will? His intelligence, his humor, his practicality, his grace, his ease. His deep love of the natural world. His lack of emphasis on his “legacy,” his total lack of pretense. The adjectives pile up. But mostly his deep belief in and respect for the worth of every person, a belief in the power of an individual to make a difference, and for the power of the collective to change the world. Will lived this, as comfortable packing boxes and pulling weeds and sweeping up pigeon poop alongside his family and co-workers, as speaking at conferences and petitioning politicians to get on board and make something happen.

Will redefined and modeled what it was to be a leader in our society, or something happen. Yes, Will grew ideas and businesses, ranging from commercial greenhouse sales to wood products manufacturing. He collaborated with his kids to start Green State Gardener and Upstate Elevator Supply Company, and recently launched Steep Hill Labs, a leading Vermont cannabis testing facility. At the age of 72, he acquired the former Nordic Farm in Charlotte, embracing a dynamic ecosystem of agricultural start-ups, a living demonstration project for a re-envisioned future for specialty agriculture in Vermont and renaming it Earthkeep Farmcommon.

He and Lynette had ties to Costa Rica, and there Will replicated similar for-profit and non-profit initiatives to support ecological entrepreneurship. Yes, Will grew ideas and businesses, but he also grew people. Foremost are his creative and caring children Dylan, Keley and Addison, independent souls all, the true expression of the practicality, persistence and spirit of Will and Lynette.

Will was generous with his time, unassuming with his opinions, and modeled confidence without pretense, wrapped in modesty. He was a model of “servant leadership,” never asking of anyone something he would not do himself. Will had a “why not?” attitude to taking risks. The more you told Will “you can’t” the more determined he was to prove that “you can.” This did not always serve him best, he sometimes held onto ideas, businesses and even relationships too long. But out of every setback came learning, and a new path to a better outcome.

His family feels immeasurable gratitude for the profound love he showed them — and the love he taught them to cultivate as concern for the welfare of others and how to dedicate themselves to improving conditions for our shared home, Planet Earth.

In addition to his wife and children, Will is survived by two adoring sisters, Linda Kramer of Lafayette, California, and Sherrie Hampf of Malibu, California. A celebration of life will be planned for Earth Day, Will’s favorite holiday; details to follow.

In lieu of flowers or gifts and to further Will’s work, please make a contribution to the Raap Family Fund at the Vermont Community Foundation online at vermontcf.org/RaapFamilyFund. Checks can be mailed to 3 Court Street, Middlebury, Vermont 05456.

Pamela D. Volk
gentle into that good night she did not go.

Our mother, Pamela Dow Volk, left this world a little better on Dec. 22, 2022, after several years of declining health.

Pam was a daughter, sister, wife, grandmother, great grandmother and friend to many. She loved her life fiercely and independently, lovingly and generously. Her strength and courage were unmatched. She was direct and often outspoken. You always know where she stood.

Born April 21, 1928, in New York City to an artist father (John Dow) and an educator mother (Sarah Pickering Dow), she grew up first in Greenwich Village and then in Tarrytown, New York, following her parents’ divorce.

She graduated from Irvington High School and soon married the love of her life, Bobby (WW II Veteran Robert Dobson Volk). After four children and long before the advent of two-career households, she studied to be a licensed practical nurse (with a perfect score on her licensing examination) and began her chosen career. It’s likely that her experience caring for others led to her fierce advocacy for women’s reproductive rights. She was a regular on the Letters to the Editor page of the Tarrytown Daily News, pushing political leaders to legalize abortion in New York and then nationally.

Pam loved the water (the family vacationed on the Jersey Shore for many years) and with Bobby retired first to the shores of Lake Champlain in Vermont

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MEETINGS
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Meeting: Martin Luther King Day observed (Town Offices closed) Monday, Jan. 16
Planning Commission: Regular Meeting Thursday, Jan. 19, 7:30 p.m.
Selectboard: Monday, Jan. 23, 6:30 p.m.
Development Review Board: Regular Meeting Wednesday, Jan. 25, 7:30 p.m.
Emergency Planning Thursday, January 26, 6:30 p.m.

Food Self News
Gratitude for a generous community

The Polar Pickle Ball team had a food drive. They completely filled a car with food from family and friends and brought it to the Charlotte Food Shelf.

Photo by Lynn Cluff

Photo by Karen Doris

Charlotte Food Shelf is so grateful for the community generosity that has helped support multiple households, including 26 children, who are in need. Hundreds of people, including teachers, shoppers, bakers, the young and the elderly, contributed to our community’s safety net, one that has brought basic sustenance, as well as warmth and joy. Some of the most needed besides food that we’ve received included: toiletries for adults; blankets, scarves, clothes, and socks for children; and new snacks, toys, and books. The Charlotte Food Shelf is so grateful for the community generosity that has helped support multiple households, including 26 children, who are in need. Hundreds of people, including teachers, shoppers, bakers, the young and the elderly, contributed to our community’s safety net, one that has brought basic sustenance, as well as warmth and joy. Some of the most needed besides food that we’ve received included: toiletries for adults; blankets, scarves, clothes, and socks for children; and new snacks, toys, and books.

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Redhawks wrestling beefing up after COVID decline

Scooter MacMillan

The pandemic pinned the sport of wrestling for way longer than a three-count. Understandably, a sport where opponents are literally and quite unavoidably in each other’s faces was completely shut down. While other sports have begun to thrive again, wrestling has been slow getting up off the mat.

At Champlain Valley the sport went into a severe decline, just like it did at high schools statewide.

But last year wrestling began to bounce back, and coach Scott Bissonett thinks the Redhawks could bounce even higher this year. In 2019, the wrestling team had 22 kids, after the hiatus Bissonett has been building the team back up. Last year, the first year back after COVID, the team had eight wrestlers. This year the team has a dozen.

“Kids got away from the sport, and then they found other things to do,” Bissonett said. “It was a statewide issue.” But student athletes are starting to rediscover the sport.

And last year, for the first time ever, CVU hosted the state tournament. It had been planned to be there the year before, but was postponed because of COVID.

The coach is encouraged by how the season is going so far with the team. Notching significant wins as individual wrestlers and as a team. He’s particularly excited about how well the Redhawks are doing with two of his varsity wrestlers taking the mat for the first time.

On Saturday, Jan. 7, at Mt. Anthony Union High in Bennington, the Redhawks took seventh out of 16 teams, scoring 70 points in a tough field of competitors.

Camden Ayer wrestled to a third-place finish in the 120-pound weight class and Thomas Murphy also took third in the 182-pound weight class.

Bissonett was also pleased with the Redhawks’ performance in the Hubie Wagner Memorial Tournament in Middlebury, Dec. 28 and 29. The team finished sixth out of 21 teams from Vermont, New York and New Hampshire.

Murphy of Charlotte was the 182-pound champion of the tournament. The junior pinned all six of his opponents and didn’t give up a single point.

Ninth grader Ayer of Hinesburg was runner-up at 120 pounds, while Underhill, a junior from Williston, took third at 152 pounds.

Bissonette is encouraged by the team’s progress at this point in the season.

“We’ve got some kids with some talent. We just have to keep working on things we need to improve on,” he said. “We’ve got some high hopes come the state tournament.”

The state tournament will be in Vergennes this year at the end of February.

CVU’s Thomas Murphy lifts Isaac Whitney of Otter Valley Union before pinning him at the Hubie Wagner Memorial Tournament in Middlebury.

Congratulations

Whitney Williams of Charlotte celebrated the beginning of Vermont’s archery season in December by winning her division at the Bucky Classic Tournament in St. Albans, scoring 294 points out of a possible 300 points.

Williams was competing in the adult recurve female division although she is 15 years old. She became interested in archery when she was 7 after seeing the Disney movie “Brave,” which is about a Scottish princess who’s dealt with a bow and arrow.

Williams went to the United Kingdom and won the Junior Nationals Indoor Championships at 11.

She has won several national competitions and holds national records. She shoots at home, at Polkcy’s Archery in St. Albans and in Connecticut, where her coach Roxanne Reiman is based.

Williams hopes to compete in the Olympics — sooner rather than later.

Hi! Neighbor

Tom Scatchard: Molding young minds for four decades

Phyl Newbeck

Contributor

Tom Scatchard built his own house for just over $5,000 without an engineering or architectural background and designed two golf courses without having previously written a line of code.

Much like the starship Enterprise, he has a tendency to boldly go where he hasn’t gone before.

Teaching is where his heart and expertise lie. He spent almost four decades instructing and were then able to use some of that knowledge.

A year after he started teaching, Scatchard and his then-girlfriend, now wife, Ethel decided to build their own home, a process interesting enough to have been written about in a book called Green Lumber Building. Scatchard described the 1,100-square-foot, two-bedroom home as a log cabin made from 4x12 rough lumber pine beams, joking that his experience playing with Lincoln Logs as a child prepared him for the work.

The home’s foundation only cost $200 because it was built out of Sonotubes which are cardboard tubes into which concrete is poured. The $3,000 worth of lumber was the most expensive part of the $5,200 home.

Scatchard became a mentor for an eighth-grade student who is now at Champlain Central School.

Ebeth and Tom Scatchard on the deck of their homemade home. Tom is holding a mail box designed to look like golf clubs for one of the Memorial Day tournaments they hold on their homemade golf course.

The sharing part of that program never got off the ground, but Scatchard is still proud of the work he did with the kids.

Another connection to the school is Scatchard’s work condemning a weekly Charlotte Central School column created by the school secretary for publication right here in The Charlotte News. He also helps deliver the paper.

Scatchard became a mentor for an eighth-grade student who is now at Champlain Valley Union High School.

“We share our music with each other,” he said. “I’m learning about the 21st century and he’s learning about the 60s.”

He may be retired after years of teaching, but Tom Scatchard is still looking towards the future.

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**Tips for driveway salting for less environmental impact**

### Environment

**Charlotte Central School off to big start in new year**

Naomi Strada
(Condensed by Tom Scatchard)

Charlotte Central School has been on holiday break, but there have been a number of important activities happening at the school before and after the vacation.

In the last weeks of December: fifth grade student authors shared their narrative writing with classmates who wrote them post-card notes of positive feedback; second graders completed their poems and shared them with classmates; fourth grade students presented their Revolutionary War books; the fifth-eighth grade bands performed a variety of songs for a full house in the multipurpose room; and the fifth-eighth grade chorus pulled together some seasonal songs of snow that had an enthusiastic crowd up and dancing.

In addition to the creative student projects, the school family provided a teacher appreciation luncheon for the staff before vacation. The staff room was filled with soups, pastas dishes, salads and lovely sweets, which the teachers truly appreciated. Thank yous are extended to everyone who contributed to the luncheon.

January brings a unique point in the school year. With the first winter break behind, students returned this week and demonstrated year. With the first winter break behind, students returned this week and demonstrated how they have been building and practicing since September have solidified and become routine.

Although transitions back to school after a long break can come with challenges, it’s fair to say that students and staff found their rhythm as a community shortly after arriving on Tuesday, Jan. 3. As the front doors of the school opened for arrival; melodic tunes were spilling from the jazz band room; there was laughter in the hallways; colleagues were reconnecting after their time apart; and classrooms were bright. Soon thereafter, students and teachers alike were settled into their morning meetings and advisory circles.

Much appreciation is extended to the second-grade cohort for leading the Friday whole school assembly. Structured like a morning meeting, every member of the school community greeted each other and shared a favorite snowflake pattern. The assembled school listened to a story about Snowy Day by Ezra Jacks Keats, especially enjoying the heartbeat sound effects. The next activity stood every one up to do the Snowy Pokey dance. Whether in kindergarten or eighth grade, laughter and cheers showed the joy of this activity. Congratulations to the second graders for spreading joy throughout the school community.

**Spring theater and spelling club**

A theater production is something Charlotte Central School feels is important for students, but there was not the capacity as a school to do it alone. When the community was asked for support, a Champlain Valley School District parent came forward with a vision of making it happen. As a result, Charlotte Central School will be partnering with Full Circle Theater this spring to put on a spring performance. More information will be available as the process evolves.

A Charlotte Central School parent reached out asking about supporting a spelling club for kids using materials from the Scripps Spelling Bee. It may become possible for students in third through eighth grades to participate in a spelling club during their School year.

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Free course helps farmers explore grass-fed dairy

Sponsoring a free four-week online course this winter, it will focus on the unique aspects of this production system and practical considerations to explore before starting a transition. Registration is required at go.uvm.edu/ registergrassfeddairycourse. For more info: 800-639-2130 or susan.brouillette@uvm.edu. Classes each day will start at 10:30 a.m. and include two separate sessions. Dates and topics are as follows:

- Jan. 20 — Introduction to Grass-Fed Dairy and Land Base Assessment
- Jan. 27 — Soil Fertility and Dairy Nutrition and Agronomy
- Feb. 3 — Herd Management and Monitoring and Cost of Production
- Feb. 7 — Review of Key Points and a Grass-Fed Dairy Farming Panel

Course materials, including the newly published Grass-Fed Dairy Production Manual, recordings of the presentations, speaker bios and supplemental resources will be available through an online resource hub. Farmers without internet access will have a call-in option for the weekly classes and can request to receive course materials, included a printed copy of the manual, by mail.

As an optional bonus, participants will have the opportunity to meet in-person at the Vermont Organic Dairy Producers Conference, March 9 at Vermont Technical College in Randolph Center. (Susan Brouillette works for the University of Vermont Extension.)

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Animal personality diversity crucial to our forests’ future

Ethan Tapper
Chittenden County Forester

Each of Vermont’s tens of thousands of native species fills an ecological niche, influencing its environment and the species around it in different ways. While an important component of managing for healthy, biologically-diverse forests includes managing for species diversity (different species of wildlife, trees and plants), there are also differences in behavior between individuals of the same species.

The emergent study of intraspecific behavioral variation — also known as animal personality — has illuminated the behavioral diversity within individual species. Studies of animal personality focus largely on five traits: boldness/shyness, aggressiveness, activity, exploratory behavior and sociability.

Across a growing body of scientific literature, species from birds and grizzly bears to worms and salamanders exhibit a range of personalities which influence the way that they forage, reproduce, rear their young and more.

A recent study by researchers from the University of Maine, detailed in The New York Times, examined animal personality by looking at synzoochory, the dispersal of seeds by seed-caching animals. Synzoochory is thought to be a mutualistic (mutually beneficial) relationship between trees and the animals which cache their seeds. This study found that some deer mice and red-backed voles were more mutualistic — more likely to spread and cache viable acorns, while others were more antagonistic — more likely to consume acorns or to cache them in places where they would be unable to sprout.

Research into animal personality has given rise to another fascinating concept: the keystone individual. Many of us are aware of the idea of a keystone species: a species, like beaver, whose behavior supports a mosaic of habitats and natural processes. A keystone individual is a single animal whose behavior is disproportionately valuable to the ecosystem that it inhabits, to other species, or to groups of their own species. For instance, the mice and voles which were more likely to cache viable acorns could be called keystone individuals because that behavior supports an array of habitats and natural processes. A keystone individual is a single animal whose behavior is disproportionately valuable to

While some animal personality traits may seem to be “better” than others, it is suspected that a behavioral diversity exists because different personality traits are beneficial at different times and in different situations, and because there are trade-offs associated with different traits. For example, a bolder deer may be more successful at eating backyard apples — a highly-valuable food resource — but more likely to be killed by a hunter. A shyer deer may be better at avoiding predators but less successful at mating and foraging at times when boldness is necessary.

Biodiversity is key to forest resilience and adaptability, providing different pathways forward as ecosystems and species face both the harmful legacies of the past and an uncertain future. Researchers now suggest that behavioral diversity is important for the same reason: that a diversity of personalities affords a species more ways to respond to a changing world.

In our relatively young and simple forests, we have skewed animal personalities towards certain traits which are adaptive under these conditions. To encourage behavioral diversity, we need to invoke many of the same practices that we also use for a variety of other objectives: from providing habitat for declining songbirds to improving the climate resilience of our forests. Managing forests to be more diverse and complex, with different species of trees, different sizes and ages of trees, some big old trees and lots of dead wood on the forest floor will help encourage a diversity of animal personalities.

We also need to encourage landscape-level diversity: a landscape which is a mosaic of forests of different ages and in different stages of development and which are managed in different ways. Managing for habitats which may be underrepresented across our landscape — such as early successional forest — is important, as is encouraging some areas of unmanged forest.

Animal personality is yet another example of the many intricacies of forest communities and another testament to the importance of managing them thoughtfully. As is the case with so many things, diversity is crucial both for protecting what we have and for moving into the future.

(Chittenden County Forester Ethan Tapper is the Chittenden County Forester for the Vermont Department of Forests, Parks and Recreation. See what he’s been up to, check out his YouTube channel, sign up for his eNews and read articles he’s written at linktr.ee/chittendencountyforester.)
Gardening in a terrarium
Deborah J. Benoit
Contributor

Terrariums are miniature gardens in lidded, clear-glass containers. Their closed environment requires little care and only occasional maintenance. The container can be a jar, a glass globe or an unused aquarium. Whatever size container you choose, just be sure it’s been thoroughly cleaned. Select plants that either are naturally small and slow growing or that can be pruned to remain small. Plants not suited to growing inside the limited space of a terrarium will soon outgrow the container and overcrowd their companion plants. For best results, choose plants with similar light and humidity requirements. Plants to consider include miniature ferns, such as maidenhair fern (Adiantum microphyllum) and button fern (Pellaea rotundifolia), the palm-like little tree plant (Biophyllum sensitivum), polka dot plant (Hypoloxis phyllostachya) and miniature African viens (Saint paulia). Carnivorous plants, such as Venus flytrap (Dionaea muscipula) or sundew (Drosera), will appreciate the humidity a terrarium provides. In addition, mosses can be the star of a tiny terrarium or serve as ground cover in a large one.

To provide a good foundation for plants to grow, begin with a 1- to 2-inch layer of coarse gravel or small stones. Use the thicker layer for a larger container. This layer provides necessary drainage since the terrarium’s container has none. Next, add a thin layer of activated charcoal. The charcoal will help prevent odors and bacterial growth. The top layer in which plants will grow is made up of two to three inches of light potting soil that contains perlite and/or vermiculite. Plan the arrangement of plants using a plate or a piece of paper the size of the terrarium, carefully place inside the glass container. After laying out the arrangement of plants on a plate or a piece of paper the size of the container’s planting area, carefully place inside the glass container. For best results, choose plants with similar light and humidity requirements. Plants to consider include miniature ferns, such as maidenhair fern (Adiantum microphyllum) and button fern (Pellaea rotundifolia), the palm-like little tree plant (Biophyllum sensitivum), polka dot plant (Hypoloxis phyllostachya) and miniature African viens (Saint paulia). Carnivorous plants, such as Venus flytrap (Dionaea muscipula) or sundew (Drosera), will appreciate the humidity a terrarium provides. In addition, mosses can be the star of a tiny terrarium or serve as ground cover in a large one.

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Water sparingly by misting or adding spoonfuls of water. Soil can be covered with sand, gravel, colored aquarium stone or a living ground cover such as moss. Consider adding shells, miniature figurines and other decorative accents. Finally, secure the lid in place to create a closed environment that will need minimal maintenance.

If excess moisture accumulates on the inside of the glass, briefly open the lid. Conversely, if the seal is not tight, the terrarium may need to be watered periodically. If you have a lid with a good seal, you may not need to add water for months.

As plants grow, they may need to be groomed periodically with pruning to remove unhealthy or damaged growth or to maintain shape or size. Select a location for the terrarium with bright light but avoid placing in direct sunlight as the glass will magnify the sun’s rays and overheat the environment inside the terrarium, damaging the plants. You’d like a terrarium featuring cactus and succulents, which prefer far less humidity, you can accommodate them by making an open terrarium in this same manner. Omit the lid to allow air to circulate. Monitor and water as needed. Large or small, terrariums are a wonderful way to enjoy a tiny, private garden even in the middle of winter.

(Deborah J. Benoit is a University of Vermont Extension master gardener from North Adams, Mass., who is part of the Bennington County chapter.)

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Photo by Karolina Grabowska/Pexels
Plants that are either naturally small and slow growing or that can be pruned to stay small will work well in terrariums.

Photo by Karolina Grabowska/Pexels
After laying out the arrangement of plants on a plate or a piece of paper the size of the container’s planting area, carefully place inside the glass container.

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Calendar of Events

By Mary Landon

Be a family sledding event at Catamount
With the weather’s cooperation, there will be a family sledding event at Catamount on Saturday, Jan. 14, 2-5 p.m.

Outdoor Family Center in Williston. Bring your sleds, gather by the fire for s’mores, and follow a scavenger hunt. No registration required. Donations gladly accepted.

For more information, see tinyurl.com/2744azvw.

Online cooking class
Thursday, Jan. 12, 9:30-7 p.m.
Share in the annual South Indian Pongal celebration by learning about sweet and savory dishes, spices and cooking techniques. Pongal honors the fresh rice harvest. City offers this free livestream class with a Gordon Bleu graduate. Registration required at tinyurl.com/39mc2z7w.

Zen workshop
Saturday, Jan. 14, 9 a.m.-1:30 p.m.
Enjoy a practical and authentic introduction to the mind and body wellness of Zen Buddhism at Vermont Zen Center in Shelburne. To register and learn more, see tinyurl.com/6bxywstc.

Wool felting project
Saturday, Jan. 14, 10 a.m.-noon
Meet a sheep at Shelburne Farms and learn how they provide their wool. Participants will make a black ash berry basket, perfect in size to be worn around the neck when picking. Of a black ash berry basket, perfect in size to be worn around the neck when picking.

For more info and to register, see tinyurl.com/3j3tbpnyp.

Revolutionary War event
Saturday, Jan. 14, 10 a.m.-4 p.m.
Fort Ticonderoga was a key supply depot for the Northern Continental Army during the Revolutionary War. The soldiers in New York kept supplies moving north to troops fighting in Quebec during January, 1776. Learn about the lives of our soldiers, the oxen and sleds, loaded with provisions, making the journey north along the frozen lake. Experience the hardships of Fort life, including procuring scarce supplies and coping with the cold. Dress for unpredictable weather. Details and tickets for this living history event in Ticonderoga, N.Y., are at tinyurl.com/3x3bzw5w.

BIPOC Community Day
Saturday Jan. 14, 2-5 p.m.
Burlington Parks and Recreation presents a day of outdoor activities, food, fun, and more at Leddy Park in Burlington. Gear for cross-country skiing, snowshoeing, and snowboarding is provided at no cost. Complimentary food available on site. An event for all ages that is weather-dependent.

Questions may be directed to Amy 3d@cityofburlingtonvt.gov. More info at tinyurl.com/2744azvw.

Sledding party
Sunday, Jan. 15, noon-4 p.m.
With the weather forecast predicting snow, there will be a family sledding event at Catamount.

Learn about the traditional and useful skill of weaving while you learn to weave a basket materialize in front of you. Class is held at the Shelburne Craft School and requires registration. More info at tinyurl.com/7vhnj.

See the sea caves
Saturday & Sunday, Jan. 23-22, 10 a.m.-noon
Dress for the weather in this outing to the sea caves off of North Avenue in Burlington, near the empty Burlington High School. Short trek led by a nature educator from Petra's Climbing Center. For more info and to register, see tinyurl.com/3bprt4caf. Contact Petra's Cliffs at 802-657-3872 about weather cancellations and night hikes.

Be a wildlife detective
Saturday, Jan. 21, 10 a.m.-noon
Fingers crossed there will be adequate snow for a morning of animal tracking at Shelburne Farms. This program is best for children ages 6 and older. Participants will learn how to use tracking skills to identify tracks and other animal signs in the farm's forests and fields. More info and registration at tinyurl.com/2ka8hbb.

Crafts and cocktails
Saturday, Jan. 21, 5-7 p.m.
The Old School Art Studio in Richmond is offering a class in Japanese embroidery (sashiko) for ages 21 and over. The fee includes one drink, appetizers and all supplies. For more info and to register, see oldschoolartstudio.com/crafts-cocktails.

Americanas and blues
Saturday, Jan. 21, 6-8 p.m.
Shelburne Vineyard hosts Vermont native Reid Parsons in a loft performance. She’ll finger pick her special brand of folk/blue/band influences. The music is all in the loft on a first-come, first-serve basis. For more info on this free event, see tinyurl.com/3autl70w.

Sock knitting
Monday, noon-2 p.m., Jan. 23-Feb. 6
Join others at the Shelburne Craft School on this three-week class in knitting socks. Class will cover the necessary steps for this slightly complicated, but rewarding, project. For more info and to register, see tinyurl.com/3ynz63frp.

Music without borders
Tuesday, Jan. 24, 7 p.m.
A fusion of Venezuelan and Appalachian folk music on a variety of instruments, including harp, at Richmond Congregational Church. For tickets and more info, see valleystage.net/special-events.

Mite mitz for bees
Tuesday, Jan. 24, 7 p.m.
Learn from a panel of professional beekeepers about a new method for Varroa Mite control which has been approved for use in Vermont. The free workshop takes place at the Middlebury Rescue Squad Building near Porter Hospital and is appropriate for experienced beekeepers or those thinking of keeping bees. There will be an ask-me-anything-about-beekeeping session for all interested. Registration required. For more info, see Vermontbeekeepers.org.

Dead Ringer screening
Wednesday, Jan. 25, 7 p.m.
The movie “Dead Ringer,” starring rock legend and actor Meat Loaf, was made in 1986 and never released. It follows the story of a star who is about to start a world tour for his most recent album and how he is coping with his immense success. Enjoy a rare opportunity to see this unique film at the Cinemas in Essex. Director Allan Nichols will attend the screening and conduct a Q&A after the film. Tickets available at the door or purchase in advance at vtiff.org.

Long Trail road holler
Thursday, Jan. 26, 7-8 p.m.
Learn how novice backcountry skier Liz Derstine became the woman’s record holder for fastest known hiking time, unsupported, on Vermont’s Long Trail. Her journey to accomplish this goal is sometimes hilarious and sometimes heartbreaking. She'll be on the Sunshine Side in Brownsville. Contact Vermont Fish and Wildlife Department to register for her talk, see tinyurl.com/5hc32w7t.

Free (ice) fishing day
Saturday, Jan. 28, all day
Now is your chance to try fishing today in Vermont, for residents and nonresidents. This event may turn out to be simply free fishing day, due to lack of adequate ice. Vermont Fish and Wildlife Department staff will be on hand at State Lake State Park in Barnard to help participants get started with ice fishing 11 a.m.-3 p.m. Dress appropriately. Please email corey.hart@vermont.gov or call 802-505-5562 to confirm the Barnard event in case of poor weather. Register at vt.fish. Disconnect check the ice wherever you go.

Owl pellet exploration
Saturday, Jan. 28, 10-11:30 a.m.
Dissect an owl pellet to see what food the raptor might have digested. At Shelburne Farms, you’ll learn how to be a science detective helping you as you investigate the contents of the pellet to identify its prey. The owl pellets are from Owlets from Outdoors For Earth Stewardship will be visiting the class. Recommended for ages 5 and older. For more info and to register, see tinyurl.com/4583umq2.

Magic in the air
Saturday, Jan. 28, 7-8 p.m.
Alyx is a Vermont-based magician and promises an afternoon of humor and sleight of hand that will amaze the whole family. She performs at the Vergennes Opera House and can be found around the valley. For more info and tickets, see tinyurl.com/3y7fr3tw.

Try cross-country skiing
Sunday, Jan. 29, 10 a.m.-2 p.m.
The Catamount Trail Association partners with the Craftsbury Outdoor Center to offer a cross-country ski lessons for all ages. Participants may try cross-country ski gear and snowshoes for no charge. Today’s event happens at Winooski’s Gilbrook Nature Park in Barnard to help participants get started with ice fishing 11 a.m.-3 p.m. Dress appropriately. Please email corey.hart@vermont.gov or call 802-505-5562 to confirm the Barnard event in case of poor weather. Register at vt.fish. Disconnect check the ice wherever you go.

The whole hog
Tuesday, Jan. 31, 6-8 p.m.
By publication time, Philo Ridge Farm may still have a ticket or two available for their animal butchery workshop in Charlotte.

Learn how an entire hog gets broken down into familiar cuts. Ticket price includes racks, drinks and a family-style meal. For tickets and more info, see tinyurl.com/3bzyw2.

See more events on our website: charlottenewsvt.org/category/local-events

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Library welcomes program, book ideas for new year

Thank you to all who helped to make 2022 one of the best years at the Charlotte Library. We were delighted to open our doors completely and welcome everyone back. From the gardens to the bookshelves to the program room, community support and interest made things happen here. If you have a program idea or a book suggestion in this New Year, we would love to know about it so please be in touch. In the meantime, we hope to see you at one of the programs or book discussions at the library this month.

Resolved to do more reading this year? Start out with the Winter Reading Challenge. From Jan. 1-31, Vermonter are challenged to read and log at least 20 minutes per day. Register at vermont.beanstack.org.

Ages 2-4. No registration required.

New construction

Rain Elizabeth Healing Arts. Stillwater Meditation is an offering of Rain Elizabeth Healing Arts.

Book Chat

Wednesdays, 3 p.m., Jan. 11-25

Meet each week 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. No registration necessary.

Mystery book group:
The Verifiers

Monday, Jan. 16, 10 a.m.

Copies of the book by Jane Pek are available at the library circulation desk.

Short story selections

Wednesday, Jan. 18, 1 p.m.

Join Library Director, Margaret Woodruff, to share and discuss short stories old and new. The reading list will include a variety of authors and two to three stories will be featured each session. Copies of the stories are available at the library circulation desk or via email. Register here: http://bit.ly/3QmFrwy.

A Conversation about parenting young children

Wednesday, Jan. 18, 7 p.m.


Men’s book group:

Fun Home

Wednesday, Jan. 18, 7:30 p.m.

Copies of Alison Bechdel’s book are available at the library circulation desk. Discussion via Zoom.

Your electronic waste: Where does it go?

Wednesday, Jan. 25, 7 p.m.

Many Charlotters have left their electronic waste at the Charlotte Library recycle bin or brought it to Charlotte Central School on Green-Up Day. Come learn about the amazing journey of that waste from Charlotte to Good Point Recycling in Middlebury and beyond from Good Point’s owner, Robin Ingemorten. Register here for the Zoom discussion at bit.ly/3v6LITI.

Participants will explore questions such as: Where does it go? How is your waste recycled? How is it transported? What is the connection between Charlotte and Middlebury? Who are the people involved in this process? What is the cost of recycling?

New Construction

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Cello, crafting ... all kinds of cures for post-holiday blues

Feeling the post-holiday blues? How about joining a class at the senior center? There is a wide range of programs for all interests ranging from sewing and crafting, languages, art, music and exercise classes. Come for lunch, a cello performance or consider spending some time volunteering.

The senior center offers programming for adults 50 and older from Charlotte and surrounding communities. Interested in receiving a weekly reminder about what is happening? 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.

Community events
COVID-19 & flu vaccine walk-in clinics Wednesday, Jan. 25, 1-6 p.m.
Garnet Healthcare is offering COVID-19 vaccines, updated (bivalent) boosters and flu vaccine walk-in clinics at the Charlotte Senior Center. No appointments necessary. Flu vaccines are on hand while supplies last.

Cello performance
Thursday, Jan. 26, 1-1:45 p.m.
Join us for this solo cello performance at the senior center with Jonah Hutchin, a premier young adult performing cellist of Charlotte. Check out jonahhutchin.com.

Chat with Chea
Monday, Jan. 23, 1 p.m.
Bring your questions and concerns for a legislature meet-and-greet with Charlotte-5 representative. She is interested in hearing from you so she can bring forward your issues in Montpelier.

Art Exhibition
Wind Castles — and Beyond
A photography show by Rachel Doran, who has been exhibiting for about 25 years, includes many photographs of Vermont landscapes, as well as glimpses of New York State and Ontario, Canada. The exhibit will be on display through the end of January.

Upcoming programs
Kirtan
Sunday, Jan. 15, 3-5 p.m.
Join Charlie Nardozzi and Heidi Kvaknak for a Sunday afternoon Kirtan. Kirtan is an ancient Yoga gathering where musicians play traditional instruments and sing simple chants. Some charts are call and response and others are singalongs. All are welcome and no experience is necessary. Register by Friday, Jan. 13. Cost is free. Questions? Please contact Charlie Nardozzi at cnardozzi124@gmail.com.

Beginner Guitar II
Wednesday, 7-8 p.m., Jan. 18, 25, Feb. 1, 15, 22 & March 1
Interested in learning guitar? This class is for those who have a basic understanding of beginner guitar and is a continuation of the fall Beginner Guitar 6-week class. If you have questions about whether this class would be appropriate for your specific skill level, please reach out to John Creech at sonjohncreech@gmail.com. There will be no class on Feb. 8. Cost is $75. Register by Friday, Jan. 13.

Snowshoe expedition
Wednesday, Jan. 18, 10:30 a.m. - 12:30 p.m.
Let’s snowshoe! Weather permitting, the group will meet on the first and third Wednesdays of the winter months, starting on Jan. 18. The outings will be approximately two hours with locations to be determined on trails around Charlotte and neighboring towns. Bring your own equipment, snacks and water. The group is also looking for some trip leaders. The cost is free. Registration is required. To register or indicate your interest in leading a snowshoeing trip, contact Susan Hyde at susanfosterhyde@gmail.com.

Ukulele
Wednesday, 5:30-6:30 p.m., Jan. 18, 25, Feb. 1, 15, 22 & March 1
Join John Creech as you learn to play the ukulele in this fun and easy-going class. Ukuleles are easy to learn, even if you have no musical background. This group is for anyone who already plays and just wants to play in a group as well as beginners interested in learning. Bring a ukulele, along with an electronic clip-on tuner, and the curiosity for learning something new. There will be no class on February 8. Registration required by Friday, Jan. 13. Cost is $75.

Free eBooks and audiobooks on your Apple Device
Join us at the senior center as tech librarian Susanna Khan leads a hands-on class where you will learn how to borrow ebooks, audiobooks, videos and music with the Hoopla app and your library card to enjoy on your Apple device. Expand the possibilities of your iPad or iPhone with Hoopla! Please bring your library card and Apple ID and password (for downloading the app). Need a library card? Stop by the Charlotte Library and sign up. If you are not a Charlotte resident, make sure your library offers Hoopla. Cost is free. Registration required.

Sewing for beginners
Thursdays, 2-3 p.m., Jan. 19, 26 & Feb. 2
Have you always wanted to learn how to sew? Join us and learn how to use your machine by creating a patchwork quilt top pillow. The end result is a 14x14 inch finished pillow. Learn basic stitching and cutting. Supplies include a choice of fabric and pillow form. Please supply basic white thread, pins, scissors and your sewing machine. Registration required by Tuesday, Jan. 17. Cost: $45 (including supplies).

Italian for total beginners
Fridays, 10-11 a.m., Jan. 20, Feb. 3, 10, 17 & 24
You’ve never studied Italian? Do you dream of traveling to Italy and ordering a cappuccino in a sun-drenched piazza? Feeling tongue-tied? Then this class is for you. Join Nicole Librandi as you begin your study of Italian — and have fun along the way. Cost is $48 for the six-week session. Registration by Jan. 17.

Watercolor: Tips from British artists
Tuesday, Jan. 24, 9 a.m.-noon
Lynn Cummings will lead a discussion about several of her favorite contemporary British artists. Short video clips will be shown and discussed. Explore how these British artists work their magic and what techniques could be incorporated in your own personal paintings. Registration is required since class size is limited. Cost is free.

Watercolor in winter
Tuesdays, Jan. 31-March 7, 9 a.m.-noon.
In this six-session class with Lynn Cummings, a variety of topics will be explored ranging from “painting whites” and winter wildlife, to details that can be added to paintings, like insects, bubbles and water lets. Cost: $240. Registration and payment by Jan. 20.

Meals
Menus are posted on the website at 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 $3.

Weekly Age Well Grab & Go meals
Pick up on Thursdays 10-11 a.m. at the Charlotte Senior Center. Registration is required by Monday for the Thursday meal. To register, contact Kerrie Pughe at 802-425-6345 at kpughe@charlotteseniorcentervt.org.

From left, Cyndie White, Kate Mesaros, Susan McDonald, Susan Mills and Laura Cahners-Ford on a snowshoe expedition.

Senior center contact info
Lori York, director, loryk@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.
Write Ingredients

Enjoy Hot Tea and National Oatmeal month at senior center

Susan Ohanian
Contributor

Knowing that January is Hot Tea Month and National Oatmeal Month may not cause anyone to burst into song, but certainly January is the time to celebrate snow.

While you’re enjoying good meals at the Charlotte Senior Center, note that on Jan. 15, 1885, Jericho farmer Wilson “Snowflake” Bentley became the first person to photograph a snowflake, the first of over 5,000 photos.

The Natural History Museum in London has digitized a book of Bentley’s photos, allowing us to see for sure that no two snowflakes are alike at tinyurl.com/4b5bxvc.

Even better, visit the wonderful Bentley exhibit at the Old Red Mill in Jericho, maintained by the Jericho Historical Society. You’ll see the actual camera he used as well as lots of his photographs. Add to the delight by enjoying “Snowflake Bentley” by Jacqueline Briggs Martin, a children’s book beautifully illustrated by another Vermonter, Mary Azarian.

As you enjoy your lunch at the Charlotte Senior Center, contemplate that beans, an important part of every known cuisine for 10,000 years, are good nutrition. Beans are cholesterol-free and high in vitamins, minerals and soluble fiber.

That said, we can still appreciate humorist S. J. Perlman’s observation: “Any dietician will tell you that a running foot of apple strudel contains four times the vitamins of a bushel of beans.”

Strudel isn’t on the menu at the Charlotte Senior Center, but take note of that chocolate bread pudding.

Monday, Jan. 16
Monday Munch
Hot dogs, baked beans, brown bread, and chocolate bread pudding.

Thursday, Jan. 19, 10-11 a.m.
Grab & Go meal pickup
Oven fried chicken breast, diced potatoes with parsley, peas and onions, wheat roll with butter, date Craisin bar and milk. Meal provided by Age Well.

Don’t forget to register for the Thursday Grab & Go meal: 802-425-6345 or kpughe@charlotteseniorcentervt.org.

Monday, Jan. 23
Monday Munch
Menu to be announced. Check the website at charlotteseniorcentervt.org/lunch/meals.

Thursday Jan. 26, 10-11 a.m.
Grab & Go meal pickup
Barbecue pork rib, fried potatoes, carrots, southern biscuit with butter, fruit crisp with cream and milk. Registration required by the prior Monday.

Thursday Jan. 26, 11:30 a.m.-12:30 p.m.
Potluck lunch, music and art
Come enjoy a potluck lunch in the café, followed by a photography show and a cello performance in the great room. Please sign up at the host desk so we know how many are coming.

All month, enjoy “Let it Snow,” written by Sammy Cahn and Jule Styne in a 1945 July Hollywood heat wave, sung here by Frank Sinatra at youtube.com/watch?v=sE3uRRFVsmc.