

Your nonprofit community news source since 1958

The Charlotte News

Thursday, August 24, 2023 | Volume 66 Number 05



Race on the lake

Photo by Tim Etchells

Some blue sky, some dramatic clouds and very fluky winds greeted the racers in the Split Rock Race, on Aug. 13.

Read more on page 8

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Vol. 66, No.05



Photo by Dillenbeck

Maple trees shedding cooling shade at Steve Denton’s property on Spear Street.

Town looks to shine a light on shade

Mark Dillenbeck
Contributor

As our selectboard considers the draft Shade Tree Preservation Plan for Charlotte, a first logical question for many people might be: “What is a ‘shade tree’?”

The term appears in the original state legislation dating back to the 1920s that defined the role and responsibilities of town tree wardens. It refers to the role of trees as providers of shade on town greens and along town roads.

Before the advent of air conditioners, it was important for people, particularly in summer, to have places to gather where they would be protected from the heat and glare of the sun. In an era where much transportation was still powered by draft animals, having shaded roads was desirable because it helped alleviate sun fatigue for these creatures and their human drivers.

But what does shade tree mean in our modern era? The former and current state legislation addressing tree wardens stipulate that removal of shade trees on

town property and town rights of way requires permission of the tree warden.

Prior to the end of 2020 what constituted a shade tree, however, was left to the towns to figure out. Charlotte, like many other towns, interpreted the term to apply to all trees since all trees provide shade.

Some towns adopted a more limited definition of shade trees. The new legislation passed just under three years ago clarifies that shade trees include only

SEE **SHADE** PAGE 3

Charlotte is unusual – In a good way

Claudia Marshall
The Charlotte News
Fundraising Committee Chair

Let’s not kid ourselves. These are not great times for local newspapers. Which is why we are asking for your help today!

The Charlotte News has enjoyed tremendous support from our community for 65 years, making it among the longest-running nonprofit newspapers in Vermont. We are so grateful for your support.

But just the other day we learned that other small, Vermont newspapers aren’t faring as well. The County Courier — billed as Franklin County’s community weekly newspaper — has shuttered its print edition, as did the Waterbury Record and the Hardwick Gazette in 2020. Nationwide, we lost 2,511 local newspapers between 2004 and 2022.

So, what happens to a small town when its newspaper disappears? Is it less cohesive? Less informed? Fortunately, Charlotte doesn’t have to find out — because readers like you have stepped up again and again to ensure that this essential, public service reporting is here when you need it, building community and fostering understanding.

So, we need your help today.

Our traditional summer fundraising campaign is off to a slow start. Have you had a chance to do your part to keep The Charlotte News going strong? If not, this is a great time to step up.

When you make your tax-deductible donation, it only takes a couple of minutes, and it doesn’t have to break the bank. Your tax-deductible gift of \$10 a month or \$20 a month as a sustainer would go a long way to ensuring that your community newspaper

SEE **DONATE TODAY** PAGE 3

Petition submitted; voters will decide whether or not to switch to town manager

Scooter MacMillan
Editor

Town administrator or town manager? Residents will decide.

On Monday morning, the group that has been pushing for a vote on whether Charlotte will switch to a town manager instead of a town administrator submitted a petition requiring the proposal to be on the ballot at Town Meeting Day.

Lane Morrison and Charles Russell, both former selectboard members, submitted 181 signed petitions. With 3,327 registered Charlotte voters, only 166 signatures were needed (representing 5 percent of the voters) to require the town to schedule a vote.

Shortly after, town clerk Mary Mead certified the signatures and submitted the petition to town administrator Dean Bloch.

Morrison said the vote will be by Australian, or secret, ballot on March 5.

The group had collected enough signatures on an earlier petition calling for a vote on the town manager issue, but never submitted it to accede to the selectboard’s desire for more time to consider the issue. The group had also

hoped the selectboard would vote to put the issue before voters to decide, but that didn’t happen.

The selectboard did take a straw poll at its Aug. 14 meeting, and the four board members present (Kelly Devine was absent) said they did not support changing town government to a town manager.

Selectboard chair Jim Faulkner said the straw poll wasn’t the board approving or disapproving of holding a vote on switching to a town manager. The straw poll just means “that at this particular time the selectboard is not in favor of a town manager form of government.”

Shelburne has a town manager and Hinesburg switched to one a couple of years ago, and Faulkner said he wasn’t aware of anything positive or negative that’s happened to either of those towns because of having that type of government.

But Charlotte is unique because it has less municipal infrastructure. The town doesn’t have a municipal sewer or water system or, for the time being, fire and rescue service.

The earlier petition was also not submitted because Morrison and Russell’s group learned state statute mandates that



Courtesy photo

From left, Lane Morrison and Charles Russell submit a petition for a vote by residents on whether Charlotte will change from a town administrator to a town manager.

the town manager must assume the duties of an elected road commissioner. Road commissioner Junior Lewis is consistently the top vote-getter on ballots, and the group didn’t want to abolish his position.

By state statute, if the earlier petition had been submitted, it would have required the town to hold a vote on switching to a town manager in 30 days, but this petition will not be voted on until March because it also includes a charter change that would supersede state statute and retain

Charlotte’s elected road commissioner. A charter change needs to be voted on at a special town meeting or Town Meeting Day.

Deciding the issue on Town Meeting Day means there will be lots of time to consider the issue, Morrison said. The town is also required to hold two public hearings before the vote to discuss and share information about what changing to a town manager would mean.

Fire and rescue service decision on hold at least until after budget season

Scooter MacMillan
Editor

For quite a while, it looked like this year the Charlotte Volunteer Fire and Rescue Department would become a department of the Charlotte municipal government, instead of a separate nonprofit organization.

Now, it looks like this transition won't happen at least until next year — if it does happen.

When the fire and rescue department and the selectboard began substantive talks about the transition and the town hired Dan Lyons of Gallagher, Flynn & Company as a consultant to help with the change, the switch looked relatively imminent.

Late spring or summer of this year was mentioned as when the town would take over. Obviously, that's not happening.

Now, selectboard chair Jim Faulkner said in a conversation, he couldn't predict when the transition might happen.

If the transition does happen, it couldn't be until after the board has finished this year's town budget in January for voter approval at Town Meeting Day, Faulkner said. And the selectboard and the fire and rescue service might modify the memorandum of agreement that governs the two entities' responsibilities and authorities, so that it fixes the selectboard's concerns about the relationship. In which case, the town might not take over management of the fire and rescue service.

An update on Lyons' report on the fire and rescue situation was scheduled for the selectboard updates portion of the meeting on Aug. 14, the last thing on that night's agenda. After the board approved modifying the contract for the renovation of the tennis courts to change one of the courts into two pickleball courts, Faulkner tried to bring up fire and rescue.

But board member Lewis Mudge interjected that there was another item on the agenda before the fire and rescue update — approval of previous selectboard minutes. A terse exchange followed as Faulkner said Mudge had "jumped into" his comments, and Mudge insisted he was just advocating for following the agenda.

Faulkner yielded so the fire and rescue discussion didn't happen then, and it didn't happen at its appointed time, because the board members adjourned before getting to its updates. However, Lyons' report was part of the materials presented for the meeting and is on the town website at tinyurl.com/2nkc57u4.

In his report, Lyons says fire and rescue would prefer to report to a town manager rather than a town administrator, but in a conversation after the selectboard meeting, Faulkner said that the Charlotte Fire and Rescue Service wouldn't decide that issue for the town.

The subject of what the town's eventual relation with fire and rescue might be was "put on hold until we get some of these some of these issues that we're trying to get off our table right now," Faulkner said.

One of the biggest things on the selectboard's table right now is the budget, which absorbs a lot of its attention every year at this time.

Some in the audience appeared disturbed by the news that some of the electricity the town gets from installing solar panels on the town garage is planned to go to the fire and rescue building, just like it's hoped those panels will also help feed the energy needs of town buildings in West Charlotte. The objection is apparently because the fire and rescue building is not a town-owned building. It's owned by fire and rescue.

Selectboard members tried to make clear that the town is already paying the power bill

for the fire and rescue service, so it is a town benefit if money is saved on those bills.

"We want to make sure that we're trying to satisfy all electrical needs in town, including that, even though we haven't got that building," Faulkner said, because the town is paying for it anyway.

If the town does assume management of fire and rescue, somehow the town of Charlotte would need to assume ownership of the fire and rescue building, he said.

For several years, the selectboard has expressed concerns because the town approves a good portion of its budget to fire and rescue. The fire and rescue budget is created by that organization and it's itemized, but various selectboard members have objected that the town doesn't have any oversight of how the fire and rescue budget is actually spent.

The town cuts a monthly check for fire and rescue that's one twelfth of the approved fire and rescue budget. Unlike town departments, the selectboard has no say so over whether the money is spent as it is allocated in the approved fire and rescue budget. This has been a driving factor in the town's push to make fire and rescue a town department.

Faulkner said that instead of assuming control of fire and rescue, maybe the memorandum of agreement could be reworked so the town does have more input into how fire and rescue funds are spent.

But this year there's just not enough time with budget season just around the corner and fire and rescue will just have to develop its budget as in years past and submit it for selectboard approval, he said, which will then be submitted to voters for their approval at Town Meeting Day.

"We're not going to have the ability or the time to create their budget," Faulkner said.

Maybe next year.



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 the 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.

Code of Ethics

The Charlotte News has adopted the Society of Professional Journalists Code of Ethics as the touchstone to guide newsroom practices. The Society of Professional Journalists Code of Ethics is built on four principles:

- Seek truth and report it.
- Minimize harm.
- Act independently.
- Be accountable and transparent.

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Send submissions, questions, photos, etcetera to scooter@thecharlottenews.org

Editorial Staff

Editor: Scooter MacMillan (scooter@thecharlottenews.org)
Production Manager: Anna Cyr (anna@thecharlottenews.org)
Proofreaders: Mike & Janet Yantachka, Katherine Arthaud

Business Staff

Ad manager: Susie Therrien (ads@thecharlottenews.org)
Bookkeeper: Susan Jones (billing@thecharlottenews.org)

Board Members

President & Publisher: John Quinney (john@thecharlottenews.org)
Treasurer: Margery McCracken (treasurer@thecharlottenews.org)
Secretary: Meredith Moses
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A peck of picklers pack selectboard meeting

Scooter MacMillan
Editor

Around 50 people attended the Monday, Aug. 14, selectboard meeting and a large portion of them were pickleball players.

They had come to represent for their sport and to support the transition of one of the three tennis ball courts at the town beach into two pickleball courts.

The picklers (as aficionados of the sport are sometimes known) waited patiently until late in the selectboard proceedings before the paddle-sport portion of the agenda came to pass.

Initially, the picklers went to a recreation commission meeting where they asked to have one tennis court changed into four permanent pickleball courts, but when objections were raised by tennis players, the group compromised. At the suggestion of selectboard member Frank Tenney, who attended that meeting, they shifted their ask from four to three courts.

Three courts were what was approved by the recreation commission, and the issue was sent on to the selectboard for its approval of this modification of a work order for court renovation that had been already contracted out.

However, the pickleball proponents came to the selectboard meeting with their request reduced even more — to two permanent pickleball courts to replace one tennis court.

Steven Wisbaum, who has been at the forefront of the pickleball push, said the day after the rec commission meeting a group of players set up their temporary posts at the court. And they found that, what might have been a good compromise in theory, didn't look like such a good idea in reality.

"It wasn't going to be good for either the tennis players or the pickleball players just because the way it set up," Wisbaum told the selectboard.

Consequently, his group thought two courts would actually be better than three.



Photo by Steven Wisbaum

Chris Aurer (left) and Sherry Osborn are part of a group that regularly fill the tennis courts at the Charlotte Town Beach.

Pickleball would still be able to be played on the other two tennis courts at the town beach with temporary courts with nets the picklers bring, set up and take down when they're finished.

The group has said that there is something better about the playing experience on permanent pickleball courts, besides avoiding the chore of hauling equipment around.

"That's the proposal for now, which was basically what the tennis players were for initially. We've reached out to the players who had voiced opposition against four courts," Wisbaum said. "The players I'm aware of all said two courts is fine."

Recognizing that the change to the \$21,720 court resurfacing work for the

tennis courts the selectboard approved in June would increase the already allocated cost, the picklers decided to get out of that pickle by raising commitments for donations to cover the approximately \$4,000 cost overrun.

In just one day of seeking donations to pay for the added expense, Wisbaum said his group received commitments for \$6,000, more than enough to cover the extra cost.

Wisbaum said their urgency about the issue is because resurfacing and repainting of the courts is scheduled to begin later this month or in early September.

Although the pickleballers can play on all

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CONTINUED FROM PAGE 1

continues to grow.

And we are continuing to grow. We’ve recently overhauled our website so it’s easier to immediately find the stories that matter to you. That overhaul was not cheap. What’s it worth to you? A \$50 donation? \$200? Every contribution helps.

In a community as rural as ours, it pays to know about your neighbors. Plus, it’s fun! Whether you’re wondering what’s up at the waterfront, the selectboard, the school, the library, the Charlotte Senior Center or the Grange, we’ve got you covered — in the pages of the paper, in our weekly email updates and on our website.

Please pitch in and help us expand our coverage of the issues that matter to you. Giving is quick and easy at our secure website, charlottenewsvt.org, or send your check to P.O. Box 251, Charlotte VT 05445

PICKLE BALL
CONTINUED FROM PAGE 2

three tennis courts, the policy the players adhere to is, that when people show up to play tennis, the picklers finish their game and relinquish it to the tennis players. He said pickleball games are much shorter than tennis matches, lasting from 5-15 minutes, so they are off the courts quickly.

There were a number of tennis players who had opposed the change of one tennis court into four pickleball courts at the recreation commission meeting but none showed up for the selectboard meeting. Tenney was upset that tennis player opposition emails had not been included in the packet of information about the issue given to the selectboard.

Although selectboard members called out several times to tennis players or others who might be opposed to changing one tennis court into two pickleball courts, no

SHADE
CONTINUED FROM PAGE 1

trees on public property and public rights of way that are planted by the municipality. At the same time, the new legislation enables towns to expand these limited protections, which brings us to our proposed Shade Tree Preservation Plan.

The draft plan restores the traditional protections for all trees on town land and along town roads. It also clarifies rules for circumstances under which tree removals would be allowed. Beyond that, the Shade Tree Preservation Plan defines a citizen-driven program and process for the planting and maintenance of trees in public spaces and public ways.

We care about protecting our public trees for a variety of utilitarian, environmental and aesthetic reasons. Particularly after the recent catastrophic flooding in our state, we may appreciate the role of roadside trees in enhancing water infiltration and mitigating flood impacts.

This happens because leaf canopies can reduce erosion from rain and root systems can absorb water and help soil to better soak up runoff. Shaded dirt roads help retain moisture which makes it easier and less expensive for our road commissioner

If you’ve never made a donation to the newspaper, your gift will be doubled up to \$2,000.

— in the envelope we’ve included with this newspaper.

Regardless of the amount you give, The Charlotte News is donating a meal to a neighbor in need for each gift we receive this summer, thanks to our partnership with Age Well. We expect to donate more than 100 meals in the weeks ahead, so your contribution will have an even greater impact.

If you’ve given in the past, we are so grateful. If you’ve never made a donation to the newspaper, your gift will be doubled thanks to a generous challenge grant from The Lionheart Charitable Trust, up to a total of \$2,000.

So, get on board, and thank you. We can’t do it without you!

one spoke up to object, either in person or on Zoom.

Selectboard member Louise McCarren said that change is hard and she has been contemplating how the town will manage change, but it was “kind of silly that it’s pickleball versus tennis.”

“I’m a rabid tennis player. I really appreciate the compromise,” McCarren said. “I just think that together we have made a good step forward because we’re going to have to manage a lot more change than this.”

Ultimately, the board voted 3-0 to approve a change to the work order that will be paid for “by the pickleballer community.”

Tenney abstained from voting because he wanted more information. Kelly Devine was absent.

Shortly after the work order change was passed, the town hall emptied, leaving just the selectboard and town administrator Dean Bloch.

to maintain the non-paved portion of Charlotte’s thoroughfares.

If the understory is well vegetated, wooded roadsides can create windbreaks to prevent snow drift. Treed roadsides provide habitat and corridors for wildlife; they sequester carbon, improve air quality and moderate temperatures. Cooler roads are no longer needed to protect draft animals, but are appreciated by horse riders, joggers, hikers and bicyclists in the increasingly hot summers.

From late fall to early spring, deciduous trees obligingly shed their leaves to allow warming sun rays to penetrate to roadsides. Besides these practical benefits, trees make our town more beautiful.

In the near future, our selectboard will review and consider for approval the current draft Shade Tree Preservation Plan, but first there will be a public hearing to air views on the plan on Sept. 12, 7-8:30 p.m. All interested members of the Charlotte public are invited and encouraged to attend.

For more info, see the tree warden section of the town website at tinyurl.com/y53vee3m, see the plan at tinyurl.com/mpnj95vd or see an explanation of the plan at bit.ly/Charlotte_draft_STTP.

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Sept. 21
Copy Deadline: Friday, Sept. 15
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Loaded with generosity



Photos by Kevin Goldenbogen

The Charlotte Congregational Church held a Stuff the Truck event on Saturday, Aug. 19, and stuff the truck was what around 30 volunteers did. The truck from Habitat for Humanity was so stuffed they needed six extra vehicles. Two hours after the scheduled end of the event, a vehicle was leaving the church with donations for the ReStore in Williston. Rev. Kevin Goldenbogen estimated the goods will sell for more than \$2,500 to help with Habitat’s mission of providing affordable housing in Chittenden County.

Around Town

Congratulations

Maj. Chandler Hartmann Moser, a 2005 Champlain Valley Union High graduate, received his Ph.D. in nursing science from Johns Hopkins University this summer.

Brynn Hutchins of Charlotte, an anthropology major at the University of Vermont, was named to the dean’s list this spring.

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Food Shelf News

Food insecurity and hunger often hiding in plain sight

Maj Eisinger
Contributor

Sometimes, problems hide in plain sight. One of these problems is food insecurity, defined by the United States Department of Agriculture as having insufficient money or resources to have or acquire enough food to meet needs to live an active, healthy life. Ten percent of U.S. households suffered food insecurity, with the rate in Vermont at 7.9 percent, according to USDA statistics. Charlotte, known for its affluence, has a problem with food insecurity that often hides — in plain sight. The metrics of assistance provided by the Charlotte Food Shelf to Charlotte and North Ferrisburgh tell the tale: The food shelf serves 23-27 families per month, including up to 98 individuals. Donations and grants to the food shelf made the purchase of 4,103 pounds of food from the Vermont Food Bank possible last year. Further purchases of 318 gallons of milk and other necessities by food shelf volunteer shoppers at Costco and Hannaford supplemented the food bank order, as do Hannaford gift cards for perishable items families need to purchase between food shelf distribution times. Generous donations of over 300 pounds of deer and cow meat from local hunters and

farmers augmented the meat available from the Vermont Food Bank. Hunger is as real in this town as the efforts to assuage it. The metrics of assistance provided by the Charlotte Senior Center also tell the tale: With no income requirements, those 60 years of age and older can benefit from “Grab & Go” meals sponsored by Age Well for a \$5 optional donation. In summer, 60 people use this service weekly. In winter, the demand for these meals balloons to 120 weekly. The senior center is part of the Locally Yours grant, overseen by Age Well and serving 40-50 seniors each week with a community supported agriculture drop-off from the Full Moon Farm. The Charlotte Senior Center also provides 50-60 meals per week at its Monday Munch, with food prepared by volunteers, and costs covered by the Friends of the Charlotte Senior Center for a \$5 donation. Age Well also delivers Meals on Wheels to Charlotte residents. Sometimes the tale of food insecurity hiding in plain sight becomes clear with consideration of a mere box. The Charlotte Little Food Pantry is depleted daily, and is replenished promptly by the Charlotte Food Shelf, Charlotte Congregational Church members and other donors from our wonderful community.

So, the need is real and neighbors continue to step up in a way that gives hope that this community will remain vital. We are grateful for the donations of Nancy and John Barnes, the Proutt Family Fund of the Vermont Community Foundation, Susan and Hans Ohanian, Our Lady of Mount Carmel and the Hannaford Fight Hunger Bag Promotion. Hillary Maharam’s donation of flowers specifically grown for the food shelf, blueberries from Pelkey’s Farm and the magda squash from the garden of Arlene Marks and Steve Epstein, have been received with much appreciation. This month, families served by the food shelf are encouraged to provide current sizes for those children who will be outfitted by the annual fall and winter clothing drive led by Alicia Cooper of the Charlotte Grange. Clothing will be collected in September for distribution in October. If you can help with donations of produce, contact the food shelf at 802-425-3130. We thank those that grow, for planting an extra row. Those who wish to volunteer will be warmly welcomed. Please contact Peggy Sharpe at ckmj@comcast.net if you are interested in volunteering. For many years the Congregational Church has generously provided space to us in their basement. We are still actively

searching for a new home, hoping to find a first-floor space of about 600 square feet with room for parking and receipt of large food orders. Please contact Peggy Sharpe, food shelf secretary, at ckmj@comcast.net with any leads. The Charlotte Food Shelf remains committed to providing dignified access to healthy food as well as assistance to those in need. We remind the community that if you or someone you know in Charlotte or North Ferrisburgh is facing utility shut-off or an unexpected hardship, help is available. All requests and grants are kept private and are available by simply calling 802-425-3252 or by filling out a request form. Request forms are available during Food Shelf Open hours, or on our website charlotteucc.org/copy-of-charlotte-food-shelf-1. The food shelf is open for food distribution from 4-6 p.m. on the second and fourth Wednesday of each month. The address is 403 Church Hill Road, behind the Congregational Church in Charlotte. For emergency food, call John at 802-425-3130. If you cannot come to the food shelf due to COVID symptoms or seek information about the food shelf, call 802-425-3252. Monetary donations are appreciated, tax deductible and can be addressed to: Charlotte Food Shelf, Inc., P.O. Box 83, Charlotte VT 05445.

Community Roundup

Wake Robin chefs win ‘Best Bite’ at Vermont Fresh Network dinner

On Aug. 6, executive chef Bill Iliff and lead sous chef Ryan Meath battled with other area culinarians, winning “Best Bite” at the annual Forum Dinner from Vermont Fresh Network. Partnering with Breana Killeen of Killeen Farms, also in Shelburne, the chefs served shishito pepper stuffed with smoked tamari mushrooms, garnished with pickled radishes and habanero lemongrass honey. The fundraiser for Vermont Fresh Network took place at Shelburne Farms. Wake Robin’s chefs prepare meals daily for about 400 residents who call the community home. As important as making every bite the best bite, they work to ensure nutritional needs are met and that sustainability — a pillar of the community at large — is carefully considered. For example, this means that food waste is addressed by utilizing compost digesters, and that the food served is locally produced, often right on the community’s campus. The chefs were awarded the coveted Narin M Knife prize, handmade by Narin MacDonald of Monkton. Joining them in the winners’ circle was Mad River Distillers, which took the top honor for “Best Sip.”

Fall lectures to educate, enrich scheduled for S. Burlington church

Education and Enrichment for Everyone is a lifelong learning organization established in 1990. Eleven lectures are held on interesting and diverse topics every fall and spring on

Fridays from 2-3 p.m. live at Faith United Methodist Church, 899 Dorset St., South Burlington and on Zoom Webinar. To enroll in the Education and Enrichment for Everyone fall series, mail a check for \$55 per person payable to EEE, c/o Cathy Chamberlain, 2504 Brand Farm Road, South Burlington, VT 05403. Please include your mailing address, phone number and email. Memberships will also be accepted at the lectures. Walk-ins for individual live lectures are also welcome for fee of \$8 (check or cash) and payable at the door for non-members. For more information, visit eeevermont.org, email info@eeevermont.org or call 802-343-5177. The fall lectures are: • Friday, Sept. 8, “Public Health in Vermont,” Mark Levine, Vermont Commissioner of Health • Friday, Sept. 15, “What’s So Great About Beethoven’s Fifth?” Larry Hamberlin, retired professor of music, Middlebury College • Friday, Sept. 22, “A Deep Dive into the History of the Burlington Ravine,” Britta Tonn, architectural historian • Friday, Sept. 29, “Labor in the Food System,” Teresa Mares, associate professor of anthropology, director for the graduate program in food systems, University of Vermont • Friday, Oct. 6, “Let Me Ask You This,” Jane Lindholm, host and producer “But Why” and special projects, Vermont Public • Friday, Oct. 13, “State of the Economy: Vermont and Beyond,” Mike Picciak, Vermont state treasurer



Courtesy photo

From left, Breana Killeen of Killeen Crossroads Farm is all smiles after winning ‘Best Bite’ at the Vermont Fresh Network’s annual fundraiser at Shelburne Farms, alongside winning Wake Robin chefs Bill Iliff and Ryan Meath.

- Friday, Oct. 20, “Electrifying flight and building the work force of the future,” Tyler Seeholzer, team member, BETA Technologies
- Friday, Oct. 27, “Rebel Memory: Indigenous Movements and Oral History in Bolivia,” Benjamin Dangel, professor and journalist, UVM
- Friday, Nov. 3, “The 1960’s Fluxus Art Movement: Blurring Art and Life,” John Killacky, former Vermont representative and

- executive director, Flynn Center
- Friday, Nov. 10, “Enabling Renewable Energy Integration with Grid Flexibility,” Mads R. Almassalkhi, professor of electrical engineering, University of Vermont
- Friday, Nov. 17, “City Place: Burlington’s Long-awaited Project Is on the Move,” David C. Farrington Jr., president Farrington Construction, general manager of Cityplace Partners.



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Commentary

Town manager petition not threat, but tool to involve voters

Peter Joslin
Contributor

In his commentary in the Aug. 10 issue of The Charlotte News, Dennis Delaney opined about Robert Frost and images of “the goodness and simplicity of our small state decades ago.”

Well, yes, it was decades ago and life and living in Vermont, or anywhere else for that matter, is far more complex today. Delaney described the change to a town manager as “huge and unknown” and stated the discussions of such a change since March as “a clumsy argument — and sometimes a sly one — about that change and our path to a strong future.”

Delaney also claimed the selectboard was “threatened” with the petition and went on to say, “Countries across the world with democratic aspirations are welcoming the participation, the engagement of their citizens. More and more citizenry involved.”

The petition for a town manager is exactly that, getting the citizenry involved in moving Charlotte forward: better prepared to plan and engage change, rather than be driven by it.

It is hardly a threat, rather a tool, available under state statute to challenge and initiate change by the voters. The working group of which I am a part, provided a great deal of documentation to the selectboard, including pros and cons of such a change, state statute outlines of a town manager and administrator, and experiences of other towns.

Additionally, the selectboard contracted with Lee Krohn, former Shelburne town manager, to provide further information about the potential change. Krohn’s report included outlines of the administrator and manager positions, the pros and cons of a manager, a review of similar towns as

to whether they have administrators or managers (the majority have managers) and other options the town might consider.

Whether the proposed change to a town manager is a huge issue in Charlotte is unknown. Front Porch Forum, often a barometer of hot-button issues in town, has had no posts on the subject that I have seen, nor have there been any letters to the editor in The Charlotte News. Public participation at numerous selectboard meetings has been very light. It may follow the path of other issues put before the town for a vote — sometimes voters are engaged, sometimes not.

At the Aug. 14 selectboard meeting, after a brief recap of the ongoing discussions since March about a potential change from a town administrator to a town manager, chair Jim Faulkner requested a straw poll of the selectboard regarding the proposed change. The vote was unanimous: Jim Faulkner, Frank Tenney, Lewis Mudge and Louise McCarren (Kelly Devine was absent) were against the change.

McCarren asked, “What’s the problem we’re trying to solve?”

I suggest the “problem we’re trying to solve” is enabling the selectboard to focus on policy and the future rather than being hamstrung by day-to-day issues.

For example, Chapter One of the Charlotte Town Plan is titled “Charlotte Tomorrow” and concludes with an implementation table of approximately 54 actionable strategies to reach the stated goals of the chapter, which is all about the future. Of these, one is marked complete and 18 marked “ongoing.” The balance have completion dates that have come and gone.

Approximately 34 of these strategies (some large, some small) are the responsibility of the selectboard, or they share it with another entity (planning

commission, conservation committee, energy committee, etc.)

In addition to the above action items, there are significant challenges and decisions for the selectboard to consider:

- Lack of growth and vitality in the east and west villages
- Continued development of the rural areas
- Lack of housing, particularly for those of moderate and lower income
- Increasing budgetary challenges
- Town garage and the potential for a future highway department.
- Governance over the Charlotte Volunteer Fire and Rescue Department — yes or no
- Public safety — speeding challenges in numerous areas; increases of issues at the beach.
- Protecting areas of high public value, particularly farm land, as outlined in the town plan and land-use regulations.

A major upcoming planning project will address some of these issues and begins in September. Chittenden County Regional Planning Commission’s Unified Planning Work Program will work with the Charlotte Planning Commission, and the town at large, to develop a plan for the future of the village districts over the next two or more years. Significant outreach and engagement in the community as well as support and input from the selectboard; planning commission; development review board; and conservation, energy and recreation committees should result in amendments to the land-use regulations and town plan.

Prior to the recently enacted Act 47 (S100), amendments to the town plan and land-use regulations required a town vote. Act 47 now enables the selectboard, at their discretion, to vote on amendments or put them to the town for a vote. This empowers the selectboard with greater authority to enact change.



For example, the proposed amendments to the land-use regulations regarding cannabis cultivation, revised after public hearings held by the planning commission and selectboard, could have been voted on by the selectboard. They opted to put it to the town for a vote.

The items outlined above, changes in Act 47 providing the selectboard with greater decision-making power and the upcoming Unified Planning Work Program project, in my opinion, speak to the need for a town manager in order to provide the selectboard the bandwidth to address these major policy issues in a timely manner.

No one that I have spoken to who is in favor of changing to a town manager believes it is a silver bullet or will be without challenges and adjustments. But I do believe it will be an improved form of governance moving forward.

Dennis Delaney envisions five selectboard members on Mt. Philo talking policy, swatting mosquitoes. I envision them making decisions on policy and the future.

As of this reading, the petition, signed by approximately 200 Charlotters, will have been submitted Monday, Aug. 21. The petition requires a town vote on Town Meeting Day.

Voters have until then to contemplate whether they think an administrator or manager is best for Charlotte. I believe it to be the latter.

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Hi! Neighbor

For Amblo, fulfilling more important than wallet filling

Phyl Newbeck
Contributor

Jessy Amblo is a man of many talents. He is the founder and president of Sports Science Association, a global fitness and nutrition consulting firm, as well as the founder and current shidoshi (defined as “teacher of the way”) at the Bujinkan Kongoshin Dojo, but his skill set includes falconry, training working dogs, body building and boxing.

Amblo has travelled the world, but as a young boy, he looked forward to trips to Burlington from his family’s home in Charlotte. On one of those trips, he purchased the book “Ninjutsu: History and Tradition” by Masaaki Hatsumi at an Asian gift shop. That was the beginning of a lifelong journey in the martial arts, which culminated in a trip to Japan to study under Hatsumi himself.

Amblo practices a Japanese martial art called kobudo, which is over 800 years old. By contrast, he said that modern karate is only 100 years old. In 1989, Amblo founded the Bujinkan Kongoshin Dojo.

“I’ve been at this for 30 years,” he said, “and it’s evolved into an understanding of how seeing both sides of the coin could help me be a better person.”

Kobudo is so old that one cannot master the knowledge in a single lifetime, Amblo said. He has attained the level of 15th degree black belt, the highest achievable level in martial arts.

In 2000, Amblo founded Sports Science Association, a global fitness and consulting firm. Initially he worked with professional athletes and other high-performing individuals.

He was invited to Argentina to work with a group that included several police officers. They were so impressed with his training that he was invited back for seven straight years.

Recently, Amblo has changed the focus of Sports Science Institute to helping older people focus on longevity and quality of life.

“I’m 55 but I still maintain a very high level of fitness,” he said, “and I want to help others achieve the same thing.”

In addition to his work with humans, Amblo has expanded his horizons to animals. His mother raised German shepherds and working dogs have always been part of his life. Since his mother’s death last year, he has begun training dogs himself and his Rhodesian ridgeback, Reckless Ender, passed his tracking dog test when he was 6 months old. Amblo is also a licensed master falconer. He doesn’t currently have a bird, but he has owned several in the past.

Rather than refer to himself as a teacher, Amblo likes to say that he simply shares his expertise in Kobudo.

“I’m facilitating a class, but I’m still learning,” he said. “My teacher told me that when you think you’re done, that’s the end; you’ve missed the point.”



Photo by Andrea L. Brien
Amblo has recently begun training dogs and has found success with his Rhodesian ridgeback, Reckless Ender.

Amblo also doesn’t consider his dojo a business. He only charges \$75 per month and teaches three times a week.

Martial arts was Amblo’s entry into the world of bodybuilding and boxing. He quit boxing after one Golden Gloves tournament because he didn’t feel as though he had anything more to prove.

“I also didn’t like punching people in

the head for no reason,” he said. He credits martial arts for allowing him to compete in bodybuilding competitions without taking drugs.

Amblo sees fitness as a three-legged stool consisting of nutrition, training and recovery and he believes that many people do not give sufficient thought to the nutritional component.

“Without a proper understanding of nutrition, you’re spinning your wheels,” he said. “Exercise can be counterproductive without good nutrition.”

When clients sign up to work with Amblo, they fill out a form describing their current physical activity, and he creates a nutrition and exercise program which fits their schedule.

“The best program is no good if you can’t fit it into your life,” he said.

Amblo realizes he isn’t going to get rich from Sports Science Association, but the benefits are greater than monetary remuneration.

He recalls a client with autoimmune disease who was thrilled to be able to run the bases in a family softball game, and a man in his 80s who arrived with a walker, improved to using a cane and finally was able to walk his dog without either.

“Other jobs might provide more money but what I do allows me to pay the bills and buy my groceries,” he said, “and it’s much more fulfilling.”

Charlotte Central School getting ready for school year

Naomi Strada
Condensed by Tom Scatchard

As always, this summer has been very busy with projects preparing for the new school year. Spaces on both floors of the building are beginning to come together so furniture and teaching materials can be set up for the start of the year.

The STEM (science, technology, engineering, math) room feels a little bigger now that the extra storage closet has been removed to make room for additional hands-on tools for kids.

The front porch’s structural components will be replaced in steps this coming week.

Lines have been added to the bus parking lot lines to help provide more spaces for the buses used by Charlotte

Central School and the Shelburne Community School.

Contractors are still at work in the cafeteria, the library and outside of the building.

Students return to school on Aug. 30.

As Charlotte Central School embarks on this new year, the Champlain Valley School District has released an updated values, vision and mission. At the heart of it is a commitment to educating and empowering all students with the knowledge, understanding, skills and curiosity to contribute to and flourish in a complex world.

Messages from the Charlotte administrative team:

• Jen Roth, principal — I am thrilled to be joining Charlotte Central School for another year as the lead administrator.

Seeing students be curious, compassionate and working hard to accomplish their goals inspires me. I’ve been in public education as a teacher and school leader for over 25 years. I am the mother of four children ranging in age from 18-28, whom I can watch blossom and find their place in the world. When I find down time, being on the lake or spending time with family and friends fuels me. Please reach out if you’d like to share more about your hopes for the coming school year.

• Amanda Riggleman, assistant principal — I am very excited to be joining Charlotte Central School this school year as the assistant principal. I am from Virginia where I spent much of my career as a science educator before moving into administration. I have a deep love of science and learning about the natural world. I have enjoyed paddleboarding, hiking and spending time with my family this summer. I also am an equestrian outside of school and love spending time in the barn and riding. My family includes my husband, our rescue cat and two horses, as well as lots of nieces and nephews. I am looking forward to the start of school and meeting



File photo.

everyone in the Charlotte Central School community.

Beth Slater, director of student service — I am excited to start my seventh year at Charlotte Central School. I am the director of student services and the seventh-grade special educator. I have spent my summer playing pickleball, dodging rain to road and mountain bike and spending time with my family. I am excited to connect with students, staff and caregivers this upcoming school year.

Assignments for the 2023-2024 school year:

Kindergarten — Sarah Cota and Beth

Education

Broaden college experience and friendships with activities

Margo Bartsch
Contributor

“Finding my people” is a common phrase for college students in adjusting to their new home away from home. With back-to-school ahead, consider adding new activities to broaden your circle of experiences. Building a social and professional network reinforces the idea that people make the place. Colleges boast of their large list of activities, and even the chance to start a new club.

When applying to college, high school students complete a list of top 10 activities across various categories. The drop-down menu includes athletics, social interests and career-oriented internships. College also offers these three types of clubs for students to continue their established interests and expand into new pursuits. At the start of college, there are many activity fairs that focus on engaging in sports events, the campus community and professional networks.

Sports is a universal connection because it includes both active engagement and enthused spectators. Colleges have varsity and club sports to compete in, whose teams always need fans to cheer them on. Wearing school swag, walking to an event with friends and singing the fight song is a traditional rite of passage.

Attending a football rivalry or watching the band in a half-time show is a fun break in the routine and connection to campus culture. Since athletic games typically last a couple of hours, it is fine to arrive late after a tailgate party or leave early if homework is looming. The goal is to create memories together and meet new people.

Outdoor clubs have become some of

the largest organized activities on college campuses. The University of Vermont Ski and Snowboard Club is the largest ski and snowboard club in the U.S. and the biggest club on campus. There are organized activities for winter sports, discounted ski passes, free shuttles to the mountains and film premiers all centered around an active lifestyle.

To build community outside of Bowdoin’s College campus, joining the Bowdoin Outing Club offers more than 150 excursions and has over 400 members. There are leadership training programs, local walking trails and beach trips. Connecting with nature is integral to college experience, such as rafting down the Kennebec River and hiking Mount Katahdin. These are great ways to enjoy the outdoors and meet new friends.

Greek life is popular at college to build social circles across various ages and majors. This is a chance to join national chapters or campus-specific organizations. Undergraduates typically go through recruitment or rush events to meet current members. Both the participants and chapter members have a ranking system and selection process in determining whether to join the group.

The social pulse of college is typically how movies represent campus life. The movie, “Animal House” is celebrating its 45th anniversary in making fun of the fictitious Delta Tau Chi fraternity. Even Meghan Markle invited her Northwestern University Kappa Kappa Gamma sorority sisters to Wimbledon. Lifelong bonds are created through shared activities.

Other social groups on campus include affinity clubs with a shared interest or community service to support a dedicated



Adobe stock photo

cause. These organizations bring like-minded people together to create events on campus and volunteer in the local area around school.

College life includes thinking ahead for the future in joining professional organizations that can introduce students to careers and build their networks. George Washington University considers Washington, D.C., an extension of its campus. George Washington Women in Business is a club that is open to students of all majors. Members can apply to participate in a New York trip for alumni networking and visits to firms including HBO, Bloomberg and Google. The D.C. Trek includes visits to the International Monetary Fund and Edelman Public Relations. The spring conference encompasses 12 industry panels from fashion to finance.

For students interested in journalism and

civic awareness, Dartmouth College has the first collegiate newspaper in America. The Dartmouth newspaper supports independent student journalism and covers topics including politics, policy and campus events from athletic games to guest speakers.

Participating in clubs can foster teamwork and build leadership skills. Be sure to create a healthy balance with academics and clubs. The resume of activities is the springboard to the next chapter after graduation.

During the four years of college, students form friendships from experiences shared with others. Consider joining a range of activities since some might not be a fit, while others could be a surprise win.

(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.)

SCHOOL

CONTINUED FROM PAGE 6

Rowntree

First grade — Michelle Filardi, Monica Lubic

Second grade — Danielle Hall-Potvin, Shannon Spellman and Jane Redden

Third grade — Linda Poirier and Sophie Hatch

Fourth grade — Katie Fraser and Dana Hanf

Special educators kindergarten-fourth grade — Lizzy Kruger, Doug Pierson and speech-language pathologist Alyssa Jones

Fifth grade — Dave Baird (math and science) and Brian Loughlin (English language arts and social studies)

Special educator fifth grade — Angie Morin

Sixth grade — Chris Evans (math and science), Conor Emerson (English language arts and social studies)

Special educator sixth grade — Allison Carr

Seventh and eighth grade — Matt Lutz and Julia Beerworth (humanities), Sarah Pierson (world language)

Rachael Miller (math) and Andrew Lounsbury (science)

Special educator seventh grade — Beth Slater

Special educator eighth grade — Betsy Martin

Speech-language pathologist —

Caroline Homan

Essential arts specialists:

Science technology engineering and math — Steve Flint

Kindergarten-fourth grade physical education and wellness — Matt Kent

Fifth-eighth grade health, physical education and athletic director — Nick Elderton

Art — Erika Norris

Third-eighth grade general music and fifth-eighth grade music and instrumental — Andy Smith

Kindergarten-fourth grade general music and vocal — Chris Gribnau

Library and media specialist — Heidi Huestis

Champlain Valley School District student assistance program and third-eighth grade wellness — Amy Sayre

Math — Mary Tierney, Elisa Miller and Liz Kehr

Literacy — Deb Killkelley, Nan Boffa and Laurie Maichel

Behavior supports — Tim Holcomb and Meg Powell

Educational support — Kari Cuneo, Genevieve Trono, Simon Ateny, Zach Pichette, Donna Fraser-Leary and Kim Johansen

Part-time lunch and recess — Kate Ahrens, Robert Caldwell and Carol Blanshine.

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Sports

Barracudas take state swim title

The Burlington Tennis Club Barracudas spent the weekend of Aug. 5 and 6 competing in the Vermont State Swim Championships in White River Junction at the Upper Valley Aquatic Center.

The Barracudas won the state championship with 3,611 points, more than 1,000 points over the second-place St. Albans Sharks with 2,548 points. There were a lot of Charlotters swimming for the Burlington Tennis Club.



Photo by Sarah Wannop
From left, Avery Wannop (girls 9-10 25-yard butterfly fourth place, 25-yard freestyle and 25-yard backstroke) and Anna Andrino (girls 9-10 25-yard breast stroke seventh place) were among those from Charlotte who contributed to the winning effort.

Photo by Heather Herrington
From left, Iris Herrington (7 years old) and Zinnia Herrington (8 years old) of Charlotte were cool after swimming for the Burlington Tennis Club.



Photo by Elisa Miller
Sam Miller (boys 7-8 — 25-yard freestyle first place, 25-yard butterfly first place, 25-yard backstroke second place, 100-yard individual medley second place and 25-yard breaststroke fifth place) and Emil Feiker (boys 7-8 — 25-yard backstroke first place, 25-yard butterfly fourth place and 25-yard freestyle seventh place) celebrate their aquatic accomplishments.



Weekend of sailboat racing in Charlotte breaks records

Tim Etchells
Contributor

The 11th annual Diamond Island Regatta, sponsored by the Diamond Island Yacht Club and Point Bay Marina to benefit the Lake Champlain Maritime Museum, attracted 30 boats to Town Farm Bay on Saturday, Aug. 12, for a race in a light but consistent breeze.

The regatta took boats on a course of about 11 miles, from the start in Town Farm Bay and back.

The next day, 21 boats — a record turnout — sailed in the third annual Split Rock Race, in winds that varied from one minute to the next, and from one patch of water to the next.

When the course was shortened to about 5.5, finishing just off Basin Harbor Club in Ferrisburgh, all the boats wound up crossing the finish line within just a few minutes of each other.

Boats came from all over the lake for the weekend of racing.

Both races are part of the Lake Champlain Championship Series, a season-long competition that determines annual bragging rights in five classes: three spinnaker classes and two jib-and-main classes.

The races are scored so boats with different speed potentials can compete against each other. Each boat’s elapsed time for the course is turned into a “corrected” time to determine the winners in each class.

The first boat to finish in the Diamond Island Regatta on Saturday was Kjell Dahlen’s Odinn from Lake Champlain Yacht Club, in 1 hour, 39 minutes and 43 seconds. Dahlen also won the spinnaker A division on corrected time.

First place in the Spinnaker B class went to Sam Pratt of Malletts Bay Boat Club. Spinnaker C class was won again this year by Benedek Erdos of the host club.

Cameron Giezendanner of Lake

Champlain Yacht Club captured the jib-and-main A class classes. Stephen Unsworth, also of Lake Champlain Yacht Club, came out on top of the jib-and-main B class for the second straight year.

In Sunday’s Split Rock Race, the win in the spinnaker A class went to Jeff Hill of Lake Champlain Yacht Club. Pratt took the spinnaker B class.

Erdos won in the spinnaker C class. Fritz Martin, commodore of the host Diamond Island Yacht Club, won the jib and main A, and Julie Trottier of Malletts Bay Boat Club, prevailed in the jib and main B class.

Full results can be found at the Diamond Island Yacht Club website: diamondislandyc.org/diamond-island-regatta.

As is the case every year, perhaps the biggest winner was the Lake Champlain Maritime Museum. The money raised by the regular benefit events — the pre-race breakfast, the Lobster Fest dinner, T-shirt sales and a fundraising raffle — are still being tallied, but all were on track for records.

During this waterlogged summer, it was a triumph of sorts that both races and the Saturday evening Lobster Fest and awards dinner — a sellout, attended by about 100 people — saw only a few brief showers.

The post-race events on Saturday included live music by local artist Tom Van Sant and a talk about the history of vessels plying the waters of Lake Champlain by Chris Sabick of Lake Champlain Maritime Museum.

Dozens of Diamond Island Yacht Club volunteers worked, on and off the water, to make all the events possible. The Diamond Island Regatta was once again certified as a Clean Regatta by Sailors for the Sea. Initiatives taken included no single-use plastics, providing a drinking water refill station for competitors and spectators,

Sports

Three Champlain Valley Little League teams win division

Scooter MacMillan
Editor

To say that this summer was an amazing season for the three Champlain Valley Little League All-Star baseball teams is an understatement — try astonishing, unbelievable ... magical.

All three teams won the Division 1 tournament for their respective age brackets. This is a feat that has never been accomplished before in Vermont.

Two of the teams — the 9-11 year-old and the 11-12 year-old — came in second in the state title tilt.

8-10 year-old team Vermont District 1 champions

Eight of the 12 players on the Champlain Valley Little League team were first-year All-Stars. The team came into the four-team double elimination as the fourth seed, but defeated the top two seeded teams three times over the course of four days to claim the 8-10 year-old District Championship.



Courtesy photo

From left, (back) are Levi Upton, Theo Lyons Judge, Finn Wolff, Gage Golston, Lane Edelbaum, (middle) coach Eric Boyce, coach Jodi Casarico, Willem Flanagan, Felix Boyce, Griffin Daley, Emmett Trombley, manager Jonathan Wolff, (front) Jacob Casarico, Henry Wolff and Cole Knudsen.

9-11 year-old team Vermont District 1 champions, second place in state

The Champlain Valley Little League 9-11 All-Stars won the District 1 Championship and went on to force a deciding win-or-go-home championship game at the state tournament.

In the state tournament they lost 7-6 in eight innings. Little League games end at six innings unless the teams are tied. Overall, they went 8-2-1 during this all-star season, and each loss was by only one run. “They played with passion, integrity, and respect for the game and their community, all the while playing an amazing brand of baseball over what was just an incredible summer of baseball,” manager Jonathan Wolff said.

11-12 year-old team Vermont District 1 champions, second place in state

The Champlain Valley Little League 11-12 year-old team’s state title run was featured in the Aug. 10 issue of The Charlotte News. That story can be read at charlottenewsvt.rg/2023/08/10/being-awesome.



Courtesy photo

From left (back) are Will Powers, Cooper Tanis, Grayson DiGuglielmo, Oliver Miller, Oliver Siedlecki, Franco Caligiuri, Henry Flanagan, Charlie Bronner, Rufus D’Amore and (bottom) Camden Fox, Charlie Wolff and Grant Giangregorio.



Courtesy photo

From left (back) manager Mike Niebur, assistant coach Ken McAvey, Reid McAvey, Jaime Nassar, Izyk McGuire, Chase Rodliff, assistant coach Andy Strauss, (front) Max Strauss, Carl Giangregorio, Braden Cook, Ty Niebur, Isaac Russell, Evan Dore, Holden Rodliff and Pete Stephen.

RACE

CONTINUED FROM PAGE 8

composting and recycling.

In addition to the club and Point Bay Marina, other sponsors contributing to a successful two days of racing, socializing and fundraising for the museum included Amalgamated Culture Works, The Backyard Bistro, Basin Harbor Club & Marina, Bibens Ace Hardware, Burlington Harbor Marina, Dunkin’ Donuts, Fast Signs, Helly Hansen, Hinesburgh Public House; Lu-lu Farm-to-Spoon Ice Cream, Old Dock House & Marina, The Red Onion, Safe Harbor, Shelburne Vineyard; and West Marine.

TOP FINISHERS

Diamond Island Regatta, Aug. 12

* Finishes based on corrected time *

Spinnaker A

- 1. Odinn, J/111, Kjell Dahlen, Lake Champlain Yacht Club
- 2. Souvenir, C&C 115, Craig Meyerson, Mooney Bay
- 3. Stratos, J/105, Tom Moody & Tris Coffin, Lake Champlain Yacht Club

Spinnaker B

- 1. Lift Ticket, J/92S, Sam Pratt, Malletts Bay Boat Club
- 2. Rum Butter, C&C Redline 41, Ted Castle, Diamond Island Yacht Club
- 3. Enki, C&C 99, Cindy Turcotte, Lake Champlain Yacht Club

Spinnaker C

- 1. Lil’ Bot, Santana 2023R, Benedek Erdos, Diamond Island Yacht Club
- 2. Osprey, C&C 33 MKII, Thomas Porter, Diamond Island Yacht Club/Lake Champlain Yacht Club
- 3. Wingdam, Tartan 34C, David Hill, Diamond Island Yacht Club

Jib & Main A

- 1. Schuss, J/30, Cameron Giezendanner,

Malletts Bay Boat Club

- 2. Hot Chocolate, J/9, Jim Lampman, Diamond Island Yacht Club
- 3. Slingshot, J/30, Fritz Martin, Diamond Island Yacht Club

Jib & Main B

- 1. Morning Star ... Again, Catalina 320, Stephen Unsworth, Lake Champlain Yacht Club
- 2. Meridian, O’Day 28, Julie Trottier, Malletts Bay Boat Club
- 3. Bandolero, Nonsuch 26C, Pat Furr, Diamond Island Yacht Club

Split Rock Race, Aug. 13

Spinnaker A

- 1. Foxy Lady, J/105, Jeff Hill, Lake Champlain Yacht Club
- 2. Souvenir, C&C 115, Craig Meyerson, Mooney Bay
- 3. Stratos, J/105, Tom Moody & Tris Coffin, Lake Champlain Yacht Club

Spinnaker B

- 1. Lift Ticket, J/92S, Sam Pratt, Malletts Bay Boat Club
- 2. Rum Butter, C&C Redline 41, Ted Castle, Diamond Island Yacht Club
- 3. Chicken Dinner, J/70, John Beal, Diamond Island Yacht Club

Spinnaker C

- 1. Lil’ Bot, Santana 2023R, Benedek Erdos, Diamond Island Yacht Club
- 2. Osprey, C&C 33 MKII, Thomas Porter, Diamond Island Yacht Club/Lake Champlain Yacht Club
- 3. Wingdam, Tartan 34C, David Hill, Diamond Island Yacht Club

Jib & Main B

- 1. Meridian, O’Day 28, Julie Trottier, Malletts Bay Boat Club
- 2. Morning Star ... Again, Catalina 320, Stephen Unsworth, Lake Champlain Yacht Club
- 3. Wingdam, Tartan 34C, David Hill, Diamond Island Yacht Club.



Photo by Deb Hartshorn

The spinnaker fleet is off and running under a moody sky, just after the start of the Diamond Island Regatta on Aug. 12.

On Books

This summer seems like so many books, so little time

Katherine Arthaud
Contributor

So many books, so little time. And it seems this summer I have read a plethora of super good ones.

Let’s start with “Romantic Comedy.” It’s delightful. Author Curtis Sittenfeld, born Aug. 23, 1975, is the second of four children. Her mother is Catholic, her father is Jewish and she graduated from the same Massachusetts boarding school I went to back in the day.

Interestingly, I picked up her latest novel because my Groton roommate, Naomi, with whom I have remained friends for more than four decades (our first year at the school was the same year Sittenfeld was born), had just seen Sittenfeld read at a conference and was giving the book rave reviews.

The star and narrator of “Romantic Comedy” is Sally Milz, a sketch writer for a TV show called The Night Owls (TNO), which struck me as a lightly disguised SNL. Her heart had been trampled a few times and, no longer on the prowl for love, we find her, at the beginning of the novel, focused on her career, her widowed stepfather and the occasional rather uninspiring hook-up.

The first scene of the novel opens with Sally, in bed, early in the morning, reaching for her phone (a bad thing to do, she knows) and discovering that her co-worker Danny Horst and the curvy, red-haired, beautiful, sweet, charming, famous movie star,



Annabel Lily, have started dating.

“I was furious,” she writes. Furious not because she was in love with Danny or with Annabel Lily, and not even because “two more people in the world had found romantic bliss while (she) remained mostly single.”

“The reason I was furious,” she explains, “was that Annabel Lily was a gorgeous, talented, world-famous movie star and Danny was a schlub. He wasn’t a bad guy, and he, too, was talented. But for Christ’s sake, he was a TV writer, a comedy writer — he was a male version of-me.”

Danny was pasty-skinned and sleep-deprived, often high or tripping, socially anxious and a consumer of porn, not to mention going bald and a frequent smelly burper.

Danny “was like a little brother to me,” says Sally. “I adored him, and he stank and got on my nerves. But his foul and annoying ways had, apparently, not precluded Annabel Lily’s interest.”

Sally decides that this new dating development exemplifies what has become a trend: a romance between a beautiful, uber-talented, famous woman and a significantly less attractive, less successful male.

“And this, of course,” says Sally, “was the essence of my fury: that such couples would never exist with the genders switched, that a gorgeous male celebrity would never fall in love with an ordinary, dorky, unkempt woman. Never. No matter how clever she was.”

Sally then does what she often does, which is to channel her fury into comedy, as a way to cure herself. But then Noah Brewster, a stunning pop music idol with

a history of dating gorgeous young female models, signs on as host and musical guest of TNO and things get friendly, then cozy, then steamy, altogether violating and utterly discombobulating The Danny Horst Rule and everything Sally has learned and assumed about love and romance.

This book is very well written; snappy, funny, witty, with great characters, excellent dialogue and a lightness that is a departure, I would say, from the two other Sittenfeld novels I have read (“Prep” and “American Wife”). Also, it provides fun insights into the creation of late-night TV. Try it, I’m betting you will love it, as I did.

A very different read is “Jacket Weather,” published in 2021. Another love story, told in fragments. Mike, the narrator, and a woman named June, knew each other back in the 80s in New York City and find each other again three decades later.

As author Mike DeCapite said in a Cleveland Review of Books interview: “‘Jacket Weather’ covers 10 years, but it collapses them so that everything that happens in one of those 10 Septembers is in the September part of the book, and the same with October and so on. It seems true to my experience. You remember that something happened in a particular month or season but not necessarily what year.”

The epigraphs of this book are apropos and set the tone for what’s to come. From Tom Verlaine (American singer, guitarist, songwriter and close friend of Patti Smith):



“I saw the color that sent the geese south.”

And from George “Wydell” Jones Jr.: “I’ve got a girl named Rama Lama Lama Ding Dong.”

Though this novel is a work of prose, it often reads like poetry, with a vein of rock and roll running through it, creating an unusual and compelling mix; a work of art that is not only the love story of Mike and June, but a love story, I would say, of the city itself.

“R
O
S

E in red neon, a pair of sneakers hanging from the moon.”

At times, this novel almost reads like a scrapbook, a collection of fragments, thoughts, images, visual photographs. But it reads fast and, truly, I had a hard time putting it down.

“As we came in over Brooklyn I was at the window, trying to pick out her building across the river. Shadoobee.”

“One brown whirly pod on the balcony. Helicopters, I think we called them. Autumn in the clouds at dawn.”

I loved this book. Original, lyrical, evocative, deeply romantic and utterly unique. Can you call a work of fiction painterly? If so, it’s painterly. Highly recommend.

Lisa See is the bestselling author of a whole bunch of books, most of which take place in Asia. Have you heard of her, read her books? I am a huge See fan. Her latest, “Lady Tan’s Circle of Women” is a must read. A historical novel, it is based on the life of a woman physician who lived in the

SEE **BOOKS** PAGE 11

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BOOKS

CONTINUED FROM PAGE 10

Ming dynasty in 15th century China. The story begins in 1469, when the main character, Tan Yunxian, is 8 years old. This was a long, long time ago; more than two decades before Columbus discovered America, the author explains, when western medicine consisted mostly of alcohol, herbs and bloodletting with leeches. Early on in this novel, we read the words of the great physician Sun Simiao: “Women are 10 times more difficult to treat than a man.” This is not just because of yin and yang or of the outside world of men and the inner chambers where women are expected to reside, but because “women become pregnant, give birth and endure monthly loss of blood. They also suffer from having different temperaments and emotions than men.” Ru Luan, Tan’s celebrated and much-decorated cousin, writes, “My cousin has excelled at treating women because she has shared in the losses and joys of what it means to be a female on this earth.” Tan, as a child, ends up hanging out a lot with her grandmother, one of only a handful of female doctors in China at the time. From her grandmother Tan learns the fundamentals of Chinese medicine, as well as various methods of treating women’s illnesses, many of which are a result of childbearing. Early in the book and early in her life, Tan befriends a girl her own age who is a midwife-in-training, and the two girls’ friendship becomes a powerful force running through the novel. Footbinding, arranged marriage, multiple wives living in the same household, hierarchies, childbirth and life sequestered from the outside world are some of the challenges faced by women of the time, not to mention the attitude toward educated women, summed up by Confucius, who wrote, “An educated woman is a worthless woman.” This is a gripping, fascinating, captivating tale. I have never been disappointed by See’s novels, and this is one of her best. It transports the reader to a faraway place in a faraway time, but the chord it plays will resonate with most women living today. I had so many emotions while reading it. It contains so much strength, so much devotion, so much love, so much hardship, so much heartache, so much wisdom, so much courage and so much contortion on the part of females trying to live and thrive (and in Tan’s case, practice lifesaving medicine) in a patriarchal and often brutal society. Highly recommend. If you have read and enjoyed Lisa See’s novels, you will love this one. If you have never read a Lisa See novel, I recommend you give her a try. She is really a master. As I said, so many books, so little time. And my time is up, for now. Happy reading.



Counting bats, taking a bite out of mosquitoes

Elizabeth Bassett
Contributor

Got mosquitos? Just kidding, of course you do. Oodles of rain, saturated ground and acres of standing water all contribute to our summer swarms. Insect bounty is also an indication of declining bird and bat populations. A single little brown bat can devour more than 1,000 mosquito-sized insects in an hour. Recently I witnessed flying signs of hope in Hinesburg. Enveloped in bug netting and sprayed with picaridin, I ventured out at dusk to join a group of volunteers counting Indiana bats. This species has been listed as federally endangered since 1967. With climate change, these bats have been moving northward and are now found in the southern Champlain Valley. While Indiana bats winter in caves, summer roosting habitat is traditionally in dead or dying trees or live trees with loose bark, like shagbark hickories. Small mammal biologist Alyssa Bennett with the Vermont Fish and Wildlife Department said, “This colony of Indiana bats are forest bats that traditionally live and roost in the bark of shagbark hickories. They have adapted to living and reproducing in bat houses, unusual behavior.” We sat close enough to our assigned bat house to hear rustling, clicking and high-pitched chatter as the tiny mammals awakened from their daytime slumbers. As the light waned, the bats darted from the bottom of the house, at first every 20-30 seconds, then in clusters that made accurate counting nearly impossible. After about 45 minutes the exodus slowed and then stopped. My partner and I compared our counters. Our numbers were close; we had observed nearly 300 Indiana bats emerging and scattering into the darkness. Imagine, more than a quarter million insects per hour consumed all night long. This successful colony, where volunteers have counted more than 800 bats this season, is important. Several species of Vermont bats have suffered population decline of more than 90 percent since the fungal disease white-nose syndrome arrived in the region in 2008-09, netting a loss of more than 5.7 million bats in the northeastern United States since 2006. Locally, the preferred summer habitat of Indiana bats includes forest-field edges, wooded hills in the Champlain Valley and fresh water like the LaPlatte River and Otter Creek. Vermont Fish and Wildlife Department is working with volunteers and landowners to protect habitat and monitor populations. Consider installing a bat house on your property. Fish and Wildlife Department’s website includes information about attracting bats and building houses at tinyurl.com/hbxf53s7. Maybe, just maybe, your mosquitoes would vanish.

Birds

It’s not often that there is a deadline



Courtesy photo

Allaire Diamond and Elizabeth Bassett counting bats in the gathering darkness. They tallied about 300 of the endangered Indiana bats emerging and scattering into the darkness, enough to eat around 250,000 insects an hour.

to spend money at Charlotte Park and Wildlife Refuge. The Vermont Land Trust, in partnership with the park, recently won a \$25,000 grant from Cornell University’s Land Trust Small Grant Program to increase avian habitat. Funds must be spent within a year to create shrubland breeding habitat for golden-winged warblers. Charlotte donors have contributed an additional \$15,000 to supplement this grant. The project will also benefit from an in-kind contribution from the Fish and Wildlife Foundation. About a dozen Charlotters, plus a plethora of mosquitoes, joined a recent evening walk with Mark LaBarr of Audubon Vermont who outlined the work to be done. The grant will be used to clear 11-14 acres of invasives species, tree-sized bush honeysuckle and European buckthorn, and to replant with

native trees, shrubs and forbs. Removing these invasives will allow existing native trees and shrubs, including gray dogwood and nannyberry, to thrive along with goldenrod, Joe Pye weed, sedges and grasses. This parcel abuts acreage in the park already being managed and monitored for warblers. Similar work was done in 2020 on adjacent property at the former Nordic Farms, also funded by Cornell. Vermont Land Maintenance, a firm specializing in land restoration efforts, will remove the invasives using specialized equipment. Volunteers will follow with planting and management. The park hopes to have the work done by the end of this calendar year. We can hope the warblers also love mosquitoes.

Weed’s in the Garden

Ways to save summer’s bounty for winter’s scarcity

Joan Weed
Contributor

In trying to wrap my mind about a useful and interesting topic for this week’s column, I had a problem deciding on featuring the abundance of summer blooms showing off currently in the garden or featuring the abundance of offerings in our farmsteads and veggie plots. So, I’ll mix it up a bit.

I am so grateful to live where I can purchase locally grown and produced foods of all varieties. Fruits and vegetables of course, but also meats, cheeses and other dairy items.

It’s heartening to see so many young families working as farmers in our area. I think of the founders of Sweet Roots, Head Over Fields, The Last Resort Farmstead, Full Belly Farm, Adams Berry Farm, Fat Cow Farm, Misty Knoll Farms, Maple Wind Farm — all first-quality operations. Then there are the secondary producers of syrup, jams, cheeses, wines and spirits. I support these all and am fortunate to be able to.

One other part of this subject is the generosity of these (mostly young) farmers. They are either offering free produce to food banks, opening their fields to gleaners or sharing their farms with visitors and schoolchildren. The work is challenging, and I assume rewarding.

For my part, putting food by, as they say, has been on my schedule historically. There is something so satisfying about canning, freezing, dehydrating and fermenting the plethora of crops in order to have sustenance in the winter months.

It might seem old fashioned, but eating well has not gone out of style. And by well, I mean healthy and deliciously. On my list of yearly concoctions are jams, chutneys, frozen corn, peppers, berries, tomatoes (sauce and plain) and herbs chopped or in compound butters.

Completed dishes include soups of a variety of flavors, stuffed peppers, eggplant Parmesan, certain baked goods. I even have frozen with good results the plum torte that I make each fall.

Cooking for one brings its own challenges, and having an efficient system for freezing meals ahead becomes a blessing when you’re just too tired to cook. Plus, you have the advantage of it tasting the way you like and with only ingredients you use.

Here are a few suggestions for the freezer this time. I have covered some of my favorite canned preserves in the past (check the archives of The Citizen News).

Roasted tomato sauce came about when those cherry tomatoes started to crowd out my counter space. It’s a quick way to salvage them and then a joy to use later. This sauce has a whole new flavor from Grandma’s Sunday sauce.

Roasted tomato sauce

In a flat, large baking pan, spread some nice olive oil on the bottom. Add your washed cherry tomatoes or cut up larger ones. Individuality is key here, but I add garlic cloves, sprigs of thyme, rosemary, basil, savory or sage. Salt and pepper are added to taste. After roasting at 350-400 degrees for about 30 minutes, depending on the amount, I blitz the cooked tomatoes in a blender or processor. Include garlic and any herbs you like (no stems). Freeze in portions for cooking or pasta dishes. Add to soups or meat sauce.

Stuffed peppers

In a cast iron skillet sprinkled with about a teaspoon of kosher salt, crumble a pound of ground lamb. After browning, add one medium chopped onion and a chopped clove of garlic, if desired. Cook until onion is translucent, set aside.

In a separate saucepan cook some rice, barley or farro until tender. Amount will depend on how many peppers you are stuffing (1/2 cup, dry?). Trim four bell peppers by either cutting off tops and deseeding or cutting straight down the middle and clearing seeds and membranes, making two halves. Blanch peppers in boiling water for a minute or two and remove with tongs to foil squares for freezing or casserole dish if eating right away.

Mix the cooked, drained grain into the lamb adding some tomato product. Sometimes I make a slurry with tomato paste or add a can of diced tomatoes or even V-8 Juice. Fill the peppers with the meat and grain mixture and add more sauce or V-8 to bake.

If freezing, wrap individually in foil and store in freezer. This makes a quick dinner for one after baking (in foil) for about 30 minutes. I keep cans of V-8 on hand to use for moistening in reheating. Herbs or other favorite seasonings can be added during browning stage. To cook immediately, about 30 minutes at 350 degrees should finish the dish. Baste with juices or V-8.

Corn chowder with bacon

In a large pot or Dutch oven, sauté about four chopped bacon slices until they begin to crisp. Add a large onion or two medium leeks chopped (white parts only).

Peel and chop four potatoes such as Yukon gold and add to the pot. Mix in one quart water or chicken stock and finally add corn cut from four cobs.

Season with salt and pepper adding your herbs of choice. If fresh, use about a tablespoon, if dried one teaspoon.

Simmer until vegetables are tender. Leftover chicken or cooked shrimp can be added for more protein. If desired add 1 cup whole milk or cream at end of cooking. Do not boil.

This freezes well in individual portions.

Ratatouille

If ever there was a perfect late summer dish to take advantage of the best of the garden, it’s ratatouille. I once took an epicurean tour of Provence and in one of our cooking classes we observed the proper way to make ratatouille. The ingredients are all readily available at the moment — eggplant, zucchini, bell peppers, onions, garlic, basil and tomatoes. And cheese, of course.

Our chef demonstrated by sautéing each component separately in olive oil, seasoning with salt and pepper as he moved along. He partially peeled the eggplant in strips leaving lines of peel. Then cut into cubes. He cut zucchini into similar-sized pieces and sautéed next.

Onions can be sliced or diced, your choice, and sautéed along with diced bell peppers. Tomatoes are usually skinned and seeded but this is optional and wasteful.

Gather all your partially cooked vegetables into a flat casserole dish, mixing well. Tuck several whole garlic cloves into the vegetable mix. I’d suggest adding some diluted tomato paste if you feel you need more tomato emphasis. Cover and bake for 45 minutes at 350 degrees until bubbly. Place basil leaves into casserole at several spots.

Usually, the grated Parmesan or pecorino cheese goes on when serving as desired. Our chef removed the garlic cloves after dish was completed. This is a very forgiving dish. No need to measure. Use what you like and in quantities that you enjoy.

Again, I remind us of Julia Child’s remonstrance against a “slavish dependence on a recipe.” I realize my recipes are not in the standard form. I tend to cook so much from the top of my head, and in the order I use things.

Hope you all can enjoy these dishes. Save something good for the snowy months.

Calendar of Events

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

CHARLOTTE

Thompson’s Point meeting
Thursday, Aug. 24, 5 p.m.
Thompson’s Point campers are invited to meet on the clubhouse porch with Scooter MacMillan and John Quinney from The Charlotte News to talk about topics of interest and stories you’d like to see in the newspaper. Light refreshments will be served. If you’d like to attend, let Gay Regan know with a call to 802-318-5617 or an email to gayregan@usa.net. Last minute drop-ins also welcome.

Pop Up: Inflated Sculpture
Saturday, Aug. 26, 10 a.m.-1 p.m.
Join Pop Up: Inflated Sculpture with artist Claire Ashley to enter, explore and experience her inflated sculpture works on the Shelburne Museum grounds. Free with museum admission. Encounter sculpture like never before in this unique opportunity to go inside Ashley’s inflatables.

Vergennes Day
Saturday, Aug. 26, 10 a.m.-3 p.m.
Head to the Vergennes City Park for the 41st annual Vergennes Day on Saturday, Aug. 26. With over 60 vendor booths in city park, there is fun for all ages. Come check out live music on the bandstand, pancake breakfast and bubble pit at the fire station, horse and wagon rides, Little City Road Race, Lions Club chicken barbecue, merchant sales and more.

Green Up Recovery Clean Up
Saturday, Aug. 26
Green Up Vermont is ready to help with a Recovery Clean Up scheduled for Saturday, Aug. 26, helping rally volunteer teams, getting supplies distributed, dumpsters in place and covering the disposal costs of public space litter collected. This is not an event for flood damage and construction debris. The organization wants to help make towns beautiful, clean and healthy again and in time for fall tourists to enjoy as well. If you would like to volunteer, visit greenupvermont.org for full details.

CHARLOTTE

The Steph Pappas Experience
Sunday, Aug. 27, 1 p.m.
The Steph Pappas Experience will be performing on the lawn of the Charlotte Museum at 215 Museum Road at 1 p.m. on Sunday, Aug. 27. There will be refreshments and the museum will be open.



Photo by Jonathan Hart
Charlotte’s Jonathan Hart of Jonathan Hart Photography will exhibit his fine art photography at the Mad River Valley Craft Fair over Labor Day Weekend in Waitsfield.

CHARLOTTE

Black Artist Showcase
Sunday, Aug 27, 6-7:30 p.m.
Free poetry, music, storytelling at Clemmons Farm for the Black Artist Showcase, which features six spoken-word artists of African descent, honoring the ancestors and sharing the triumphs, joys, heartbreaks and struggles of the Black experience. The event is at the Barn House, 2122 Greenbush Road with parking on the lawns at 2213 Greenbush. This is an indoor event with a maximum of 35 people and registration is required at tinyurl.com/cffblackartistsshowcase.

Student Saturdays
Saturday, Sept. 2
Shelburne Museum extends a warm welcome to college students as they return to school with free admission on Saturdays throughout the month of September. Student Saturdays begin on Labor Day weekend and continue through the month. The museum offers an opportunity for students to engage with art, culture and community while learning about the museum’s collections. Present a valid college ID at the entrance to explore the museum’s 45-acre campus, 39 buildings, 22 manicured gardens and collection of more than 100,000 objects.

Mad River Valley Craft Fair
Saturday & Sunday, Sept. 2 & 3, 10 a.m.-5 p.m.
The 52nd annual Mad River Valley Craft Fair will be held at Kenyon’s Field, 3337 Main Street in Waitsfield over Labor Day Weekend, Sept. 2 & 3. More than 80 artists from all over Vermont and New

England will offer their work for sale, along with live music, a food court, kids’ activities such as free face painting and lawn games, and door prizes. There is a \$5 entry fee for adults and teens; kids 12 and under free. All proceeds support the Valley Players, a community theater group in Waitsfield. Among the artists will be Jonathan Hart of Jonathan Hart Photography in Charlotte with his fine art photography which captures images of water and its various forms, colors, beauty and impacts on natural environments.


Book launch
Thursday, Sept. 7, 6:30 p.m.
A public book launch for “Attic of Dreams: A Memoir” by Marilyn Webb Neagley will be held Thursday, Sept. 7, at 6:30 p.m. at the Pierson Library in Shelburne, with books for sale by The Flying Pig Bookstore. Neagley, one of the formative leaders of Shelburne Farms, is the author of two previous books and co-editor of another. She has been a Vermont Public Radio commentator and lives with her husband in Shelburne.

Benefit piano concert
Friday, Sept. 8, 7:30 p.m.
The Capital City Concerts in Montpelier opens its season with pianist Jeffrey Chappell on Friday, Sept. 8, 7:30 p.m. at the Barre Opera House. The concert will include Mozart’s Fantasy and Fugue in C Major, Beethoven’s Opus 109 Sonata, Chopin’s Andante Spianato and Grande Polonaise Brillante, and Samuel Barber’s Piano Sonata. A veteran of the concert stage, Chappell has performed in Europe, Latin America, Asia and throughout the United States. All ticket proceeds will go to Montpelier Alive and Capstone Community Action to help

families, individuals and businesses affected by the flooding. Tickets start at \$5. Go to capitalcityconcerts.org to reserve seats and learn more.

Tour de Farms
Sunday, Sept. 17, 8:30 a.m.
Registration is open for the Tour de Farms, one of Vermont’s oldest cycling farm tours, returning to Shoreham for its 15th year of celebrating local food. The revenue raised supports Addison County Relocalization Network’s new food hub that facilitates the distribution of locally produced foods. The day of tasting products finishes at 4:30 p.m. at the Shoreham Apple Fest. The tour features a 30-mile route, as well as a family-friendly 10-mile route. Riders start at Shoreham Green 42 miles south of Burlington, off Route 22A. The terrain includes rolling hills with a mix of paved and dirt roads, so a mountain bike or road bike with wide tires is recommended. Register at tinyurl.com/2ytecchz.

Heritage, Harvest & Horse Festival
Saturday, Sept. 30, 10 a.m.-5 p.m.
Bring the family to the Heritage, Harvest & Horse Festival at Fort Ticonderoga for a day of autumn fun in the midst of the King’s Garden heirloom apple trees and the beautiful Adirondack landscape. Discover the importance of horses and other working animals throughout history during demonstrations. Meet farm animals, stroll through our farmers market featuring local food, beverages and crafts; participate in family fun activities; and tackle the 6-acre corn maze.



Town of Charlotte

MEETINGS

Visit charlottetvt.org for more information.

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

Labor Day
Monday, Sept. 4
Town Office closed

Trails Committee Monthly Meeting
Tuesday, Sept. 5, 6:30-8 p.m.

Planning Commission:
Regular meeting.
Thursday, Sept. 7, 7-9 p.m.

Library News

September reminder: All should have a library card

Margaret Woodruff
Director

Since 1987, Library Card Sign-up Month has been held each September to mark the beginning of the school year. During the month, the American Library Association and libraries unite in a national effort to ensure every child signs up for their own library card.

Throughout the school year, public librarians and library staff will assist parents and caregivers with saving hundreds of dollars on educational resources and services for students. From free access to STEAM (science, technology, engineering, arts and mathematics) activities, educational apps, in-person and virtual homework help, technology workshops to the expertise of librarians, a library card is one of the most cost-effective back-to-school supplies available.

If you didn't yet get a chance to sign yourself or family members up for library cards, stop in and the library staff can get you registered.

Note: The Library will be closed Saturday, Sept. 2, and Monday, Sept. 4, for the Labor Day holiday.

Children's programs

Preschool story time Tuesdays in August, 10 a.m.

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

Preschool play time Wednesdays in August, 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. Exploring the sensory table, sorting, playing with blocks or Play-Doh — these are a few of the open-ended projects planned for Wednesday morning play-based learning at the Charlotte Library. Stay tuned for details about upcoming fall programs.

Programs for adults

"Sweet Tooth Dilemma" book talk Tuesday, Sept. 12, 7 p.m.

Join Andrea Grayson for a discussion of her new book "The Sweet Tooth Dilemma," which describes the why, what and how of quitting sugar. Grayson is a behavior change communications consultant who teaches about public health communications and behavior change in the master of public health program in the Larner College of Medicine at the University of Vermont. Her life changed in 2016 when she suddenly realized that she had been concealing a lifelong dependence on sugar and carbs

beneath a web of denial ("It's just a sweet tooth") and rationalization ("I've been good so deserve a treat"). Copies of the book will be available for purchase through the Flying Pig Bookstore.

Better Together Book Club "The Push" Wednesday, Sept. 13, 7 p.m.

Join this open group that discusses books related to parenthood to talk about "The Push" by Ashley Audrain. "This is a clever concept novel that manipulates and exploits the fears and insecurities almost every mother has, however happy her own childhood: the fear of otherness, and the illusion of motherhood as a great, beaming, muffin-baking club from which one is excluded. It shows the way the birth of a child can break down the bonds of love between adults as well as strengthen them; how the memories of childhood, forgotten or buried, return at the moment of one's own maternal crisis." said the Los Angeles Times. Copies are available at the library circulation desk. Registration is appreciated by emailing susanna@charlottepubliclibrary.org.

Book discussion "Finding the Mother Tree" Monday, Sept. 18, 7 p.m.

A hybrid discussion of "Finding the Mother Tree: Discovering the Wisdom of the Forest" with in-person registration at bit.ly/45zrf9P and online registration at tinyurl.com/4aza4xnv. In addition to writing about the fascinating life of trees, Suzanne Simard writes of her own life, growing up in the rainforests of British Columbia and how she came to love and respect the trees. She helps us understand how deeply human scientific inquiry exists beyond data and technology, that it is about understanding who we are and our place in the world.

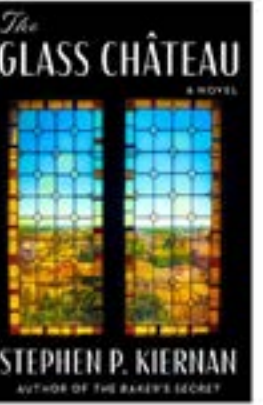
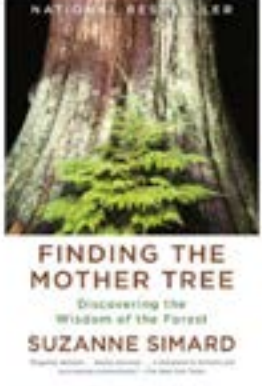
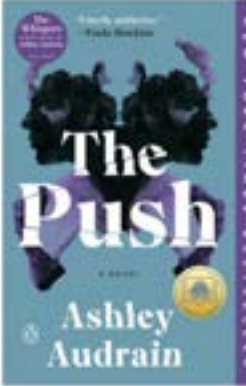
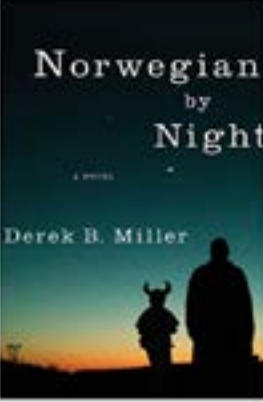
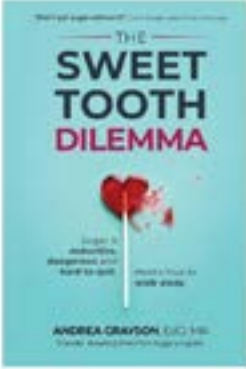
Comics workshop Wednesday, Sept. 20, 7 p.m.

Join award-winning cartoonist and educator Marek Bennett for a closer look at the Vermont Reads 2022 book, "The Most Costly Journey" (copies available at the library). Marek presents some of the many comics documenting human migrations and struggles throughout the ages, and leads a hands-on demo to show how YOU can cartoon the stories of your own family, neighborhood and wider world. (No prior art experience needed — everybody can create comics.) For more about Marek's work, see marekbennett.com. For all ages. Contact rachel@carpentercarse.org to sign up or to attend via Zoom. This program will take place at Carpenter-Carse Library in Hinesburg.

Stephen Kiernan book talk Sunday, Sept. 24, 4:30 p.m.

Join us for an informal discussion of and reading from "The Glass Chateau," the newest work from Stephen Kiernan of Charlotte. Copies available to purchase

September books



through the Flying Pig Bookstore.

Weather forecasting Tuesday, Sept. 26, 5:30 p.m.

Ever wonder what it's like to be a weather forecaster? Join the weather-curious for a presentation by the National Weather Service of Burlington to learn about what these meteorologists do every day to keep you safe. A family program for kids, parents and anyone interested in weather.

"The Most Costly Journey" Wednesday, Sept. 27, 7 p.m.

Much of the work on Vermont dairy farms is done by people from Latin America. Over a thousand migrant laborers milk cows, fix tractors, shovel manure and take care of calves in our state. Julia Grand Doucet from the Open Door Clinic will also discuss "The Most Costly Journey," providing insight into the lives and experiences of the workers whose labor supports the continued viability of dairy farming in Vermont, as well as an overview of the goals of the El Viaje Más Caro Project and its approach. This discussion will take place at the Charlotte Library.

Recurring programs

Don't miss these fun events that appear regularly on our calendar.

Book chat Wednesdays, 3 p.m.

Meet each week to discuss new books, old books and books we might have missed. Each week, Margaret Woodruff selects a theme and highlights related titles from the

library collection. No registration necessary.

Garden Circle Wednesdays, 4:30-6 p.m.

Join the Garden Circle of volunteers who will tend the educational gardens around the library. Contact garden stewards Karen Tuininga and Linda Hamilton at seed@charlottepubliclibrary.org to join the merry work sessions.

Crochet & Knit Night Wednesdays, 5:30-7 p.m.

Claudia Marshall is your host for a casual weekly session of crocheting and chatting, knitting and catching up. Bring your project or start a new one with yarn and needles available at the library, along with plenty of books to instruct and inspire. For teens and adults.

Mystery book group Monday, Sept. 18, 10 a.m.

Join the discussion of the holiday-themed country-house mystery "Tied Up in Tinsel" by Ngaio Marsh featuring intrepid detective Roderick Allyn. Copies available at the library circulation desk.

Men's book group Wednesday, Sept. 20, 7:30 p.m.

"Norwegian By Night" is an extraordinary debut, featuring a memorable hero. It's the story of the last adventure of a man still trying to come to terms with the tragedies of his life. Compelling and sophisticated, it is both a chase-through-the-woods thriller and an emotionally haunting novel about aging and regret. This is a hybrid event. Join us at the library or on Zoom at tinyurl.com/45z6vfhu.

Library book discussion series Thursday, Sept. 21, 7:30 p.m.

The regular book group is back. Join each month to discuss celebrated titles both old and new. Check the library website for title information. Copies available at the library circulation desk.

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 regularly on the first Thursday of the month. The next meeting takes place on Thursday, Sept. 7, at 6 p.m. online and in person. Contact the library or visit the library website (charlottepubliclibrary.org) for more information.

Senior Center News

Free hearing tests at hearing loss presentation

Lori York
Director

There is a book discussion with Marilyn Webb Neagley, a hearing loss presentation with complimentary hearing tests and hearing aid cleanings, the Alzheimer’s Caregivers Support Group and the Senior Art Show all scheduled in September.

If you haven’t been to the senior center, please stop by and visit. The senior center offers programs for adults 50 and older from Charlotte and surrounding communities.

Priority is given to seniors, but programs are open to adults of all ages.

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 programs for the upcoming week.

Community programs

Free local produce and fruit Thursdays, 10-11 a.m.

The senior center is participating in the Locally Yours community supported agriculture program, and produce from Full Moon Farm in Hinesburg is dropped at the senior center weekly free for participants 60 and over. It’s first-come, first-served with the intention that one or two people won’t take all the produce, instead taking only what they will use. No registration required.

Alzheimer’s Caregivers Support Group Thursday, Sept. 14, 5-6 p.m.

Are you caring for someone with Alzheimer’s? Do you know someone who is? Please join us for the monthly Caregiver Support Group on the second Thursday of each month from 5-6 p.m. The meetings provide a safe place for caregivers, family and friends of persons with dementia to meet and develop a mutual support system. For additional information or questions please contact Susan Cartwright: scartwrightsg@gmail.com.

Hearing loss talk with complimentary hearing test & hearing aid cleaning Tuesday, Sept. 20, 1 p.m.

Join Julie Bier, audiologist at Better Living Audiology, for a short presentation about the first signs of hearing loss and dealing with tinnitus and balance issues to help prevent falls. One in three people over age 60 have hearing loss and only about 13 percent of physicians routinely screen for hearing loss during a physical, so it can go untreated. The presentation will last about 15 minutes and be followed by a complimentary hearing screening with free cleanings of hearing aids. Registration required.

Art show reception Thursday, Sept. 28, 1 p.m.

The September senior art show includes a wide range of artwork produced by local artists of all skill levels, ages 50 and older. An artist reception will be held on Thursday, Sept. 28, at 1 p.m.

Marilyn Webb Neagley Thursday, Sept. 28, 7 p.m.

Join local non-fiction author Marilyn Webb Neagley for a discussion about her newest book, “Attic of Dreams: A Memoir.” Neagley has spent most of her life in Shelburne. Her book “Walking through the Seasons” earned an award as best northeastern non-fiction. Starting her career as an architectural interior designer, Neagley veered toward environmental stewardship and became president of Shelburne Farms. She has been a commentator for Vermont Public Radio. Free but registration recommended.

Activities

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

RSVP Bone Builders, a program of United

Way of Northwest Vermont, 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 cooldown with stretching. There is paperwork to complete for the RSVP Bone Builders program, but it’s free.

Shanghai mahjong Tuesdays, 12:45-3:45 p.m.

New to or experienced in the Shanghai style of mahjong? All are welcome to join this informal get-together. For questions email Nan Mason at anne.mason@uvm.edu.

Backgammon League Tuesdays, 6-8:30 p.m.

Backgammon is a tactical table game with a 5,000-year history. Open to all adults, not just seniors. If you are interested in joining the Tuesday evening Backgammon League, contact Hart at jonathanhart1@gmail.com. No registration required. Cost: \$3.

Yoga strength building practice Wednesdays, 11 a.m.-noon.

Heidi Kvasnak leads an integrative practice that builds strength and stability, while maintaining a sense of ease and spaciousness in both body and mind. The group will practice longer-held postures that strengthen muscles, bones and core, as well as breath-led flowing movement, including sun salutations. Prerequisite: Must be able to easily get down to and up from the floor with or without props. No registration required. Cost: \$10 a class.

Italian for Beginners, Part 2 Fridays, Sept. 1-Oct. 6, 10-11 a.m.

Are you interested in continuing your beginner-level study of Italian? Join Nicole Librandi and explore the beauty of the Italian language and culture. Registration required by Aug. 25. Cost: \$60.

Birding expedition Wednesday, Sept. 13, 9 a.m.

There is a wide range of birding habitats in Chittenden County. Join avid bird watcher, Hank Kaestner and learn to identify the various bird species and habitats right here. Group limited to 20 participants. Registration required but free.

Glorious fall watercolor Tuesdays, Sept. 26, Oct. 3, 10 & 17 9 a.m.-noon

This four-week session with Lynn Cummings will explore color mixing and color choices for fall paintings, creating texture, getting more light into paintings and painting fall-themed still life and landscapes. Join a fun and supportive atmosphere. Some experience with watercolor is helpful. Supply list will be emailed to you a week before class begins. If you miss a class, there will be a free “open studio” in December where you can bring in a painting and work on it. Questions? Email: lynn.cummings@uvm.edu. Registration and payment required to reserve a space. Cost: \$165.

Meals

Menus are posted on the website: charlotteseniorcentervt.org.

Monday Lunches

Lunch is served weekly 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 Thursdays, 10-11 a.m.

Pick up on Thursdays, 10-11 a.m., at the Charlotte Senior Center. Registration is required by Monday for the Thursday meal. \$5 suggested meal donation but not required. To register, call 802-425-6345 or email meals@charlotteseniorcentervt.org.



Photo by Lori York
Alice Trageser (left) and Judy Tuttle coordinate and change over the art exhibits at the Charlotte Senior Center.



Photo by Lynn Cummings
Cynthia Knauf is one of those exploring color mixing and choices in watercolor at the senior center..

Senior center contact info
Lori York, director, lyork@charlotteseniorcentervt.org
212 Ferry Road, Charlotte

802-425-6345
charlotteseniorcentervt.org
Follow the senior center on Facebook or Instagram at [charlotteseniorcentervt](https://www.facebook.com/charlotteseniorcentervt).

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Write Ingredients

Lick-the-plate-delicious meals at senior center

Susan Ohanian
Contributor

Jay Rayner, restaurant critic for The Guardian, begins his column: “Good things don’t always come easy.”

He warns that prices are sky high at the Payvllon, a new restaurant at the Four Seasons Hotel in London, and then describes how very difficult it is to book a table there (roughly 10 phone calls plus numerous e-mails).

Once Rayner finally made it to the restaurant, he found singular offerings: chocolate salad dressing, smoked salmon filled with salmon mousse topped with blinis the size of shirt buttons, a horseradish cream and beetroot, deep-fried oysters dotted with trout roe, langoustine tart, a roasted apricot set into caramelized puff pastry with a scoop of lavender ice-cream with spirals of honey.

Rayner pronounces his food, coming from a chef who holds 15 Michelin stars, “lick-the-plate delicious.” He also describes how his lunch came with a side dish of drama. “At 2 p.m. the fire alarm sounds. We are told cheerily that it’s a test. Why a five-star hotel like the Four Seasons would plan its test for the middle of lunch instead of, say, 4 p.m., God only knows. But it gets better. The moment finishes with an announcement that the test is over. If the alarm goes again, we should follow advice. Ten seconds later it does indeed go off again. It continues for many minutes. In between there are calm recorded announcements telling us to leave the building. Nobody moves. The staff grins. The Klaxon honks. And honks. And honks. The lady’s voice politely tells us to save ourselves.”

Eventually, the siren stopped, and. Rayner asks for the bill “which, with two glasses of house champagne at £31 each, should be around £285. We are told there is no bill. I insist. We pay for every meal we review. ‘No, sir,’ the manager says. ‘You don’t understand. Because of the fire alarm we have comped the entire restaurant.’”

Rayner’s recommends this restaurant, with this advice: “Pray for a faulty fire alarm, or just sell a kidney.”

No chocolate salad dressing, oysters or champagne on the menu for Monday Munch at the Charlotte Senior Center, but the very American menu there is inviting.

Monday Munch, Aug. 28, 11:30 a.m.-12:30 p.m.

Pulled chicken sliders, baked beans, coleslaw and ice cream.

There are two slider origin stories and both

come from the White Castle restaurant chain. One indicates that a slider was a small burger that slides down the throat. The other tale features smiling cooks putting a burger on a porcelain plate and sliding it down the counter to the customer.

At the Charlotte Senior Center, you slide your tray down the counter, where smiling volunteer cooks will hand you sandwiches, baked beans and coleslaw on porcelain dishware. All the dishes are washed and put away by volunteer dishwashers who seem to laugh a lot.

Rest assured: It’s a pretty safe bet that the ice cream on the menu at the Charlotte Senior Center won’t be lavender. Or the other iced choice on that Payvllon menu — coconut and dill sorbet.

There’s considerable ice cream lore associated with U.S. presidents. George Washington was so fond of ice cream that he spent \$200 on it the summer of 1790.

Thomas Jefferson arranged for the installation of an ice house at the President’s House so people could enjoy the treat year-round.

Currently, with a nod to her family’s longtime work as peanut farmers, Rosalynn Carter had peanut butter ice cream at her 96th birthday celebration.

When a child asked President Joe Biden to name his favorite flavor, he replied, “chocolate chip.”

Time Magazine reported Donald Trump got two scoops of ice cream with his piece of chocolate cream pie while others at the table got one.

As a former volunteer cook at the Charlotte Senior Center, I can attest that if the fire alarm goes off in the kitchen, the Charlotte Volunteer Fire and Rescue people will come.

One morning we weren’t quite satisfied with the taste of the roasted tomato and red pepper soup, simmering in a big pot on the stove. A team member assured us she knew how to cool down the acidic taste and dumped in some baking soda. That huge pot of soup exploded, spilling liquid over the stove and setting off the automatic fire alarm.

We quickly got the soup under control and phoned the Charlotte Volunteer Fire and Rescue people, telling them there was no need to come. But they were already on their way, with all their equipment, reassuring us, “When the fire alarm goes off, we come.”

Yes, dear reader, baking soda is a good cure for acidic tomato soup. Just a very little at a time.

There are two points here:

- No reservations are needed for a lick-the-plate Monday Munch at the Charlotte Senior Center, where a tasty meal is offered at no charge (but a \$5 donation is suggested).
- When summoned, the Charlotte Volunteer Fire and Rescue will be there.

Monday Munch Sept. 4, 11:30 a.m.-12:30 p.m.

The cooks are still planning. Check the Charlotte Senior Center website for menu updates.

Warning: If your child is the lucky one who finds “Going Ape: Jokes from the Jungle” at the Little Free Library at The Grange, it is likely you’ll be hearing this sort of thing:

Vulture #1: Let’s go eat up the road.

Vulture #2: No thanks. I don’t like the taste of asphalt.

This library is supported by the Friends of the Charlotte Senior Center, who recognize the importance of food for children’s minds. And know this: as a longtime reading teacher, I assure you that riddle and joke books are a great vehicle for developing kids’ vocabulary, while showing them books can offer lots of fun. Combine this with the fact that whether people go up the road, down the road or across the road, they’re in for a tasty treat at the Charlotte Senior Center.

Let’s close out August with “The 13 best songs about ice cream” — hellomusictheory.com/learn/songs-about-ice-cream.

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