

The Charlotte News

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Your nonprofit community news source since 1958

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Courtesy photo

On July 31, Billy Hafferty of Charlotte set the record for the fastest marathon at the North Pole to go with his record for the fastest marathon on the Antarctic.

Charlotte's Hafferty holds marathon records for both poles

Scooter MacMillan
Editor

Amidst the plethora of records being set daily by athletes from all around the world in Paris at the Olympics, let's pause to recognize a record set recently by a Charlotte athlete at the North Pole.

On July 31, Billy Hafferty set the record for the fastest marathon ever

run at the North Pole. Competing in the North Pole Marathon, Hafferty set a new record of 3 hours, 14 minutes, shaving 20 minutes off the time he ran when he set the record for the Antarctic in December 2019 with a time 3:34:10 in the Antarctic Ice Marathon.

In addition to being a running coach to a group in Massachusetts, he ran the Boston Marathon this

past year. Over the years, he's run more than 50 similar, normal marathons, like Chicago or London, but none so extreme or "super, super crazy" like his two polar exploits.

"I feel it's like a lifestyle at this point," Hafferty said of the run-of-the-mill runs.

He and his partner moved to Charlotte about a year and half

ago. Besides being a great place to live, it's a great location to live for them. Their home is about equally located from his partner's work at Collins Aerospace in Vergennes and his Burlington massage therapy practice, Green Mountain Massage and Bodywork, on College Street.

Although they are both runners,

SEE **MARATHON** PAGE 2

Progress on fiber-optic cable steady but slow

Scooter MacMillan
Editor

In January 2022 the Charlotte Selectboard voted to appropriate around \$44,000 to ensure that the town was a priority among towns in getting fiber-optic broadband cable to its underserved areas.

The funds came from the American Rescue Plan Act and were just 3.5 percent of the town's total allocation from the fund.

At the time, selectboard members, in particular Lewis Mudge, argued for the allocation so that Charlotte would be at the head of the line when it came to the fiber-optic buildout.

Two and a half years later, some people thought it would be installed sooner and are wondering in conversations, emails and on social media when they are going to get high-speed internet service.

"Does anyone know what is going on with the buildout for fiber broadband for East Charlotte?" Anthony Cowart posted. "Over a year ago someone from Waitsfield Telecom stopped by my house to see where to dig for the fiber line that will run to the house from the telephone pole in our yard. I haven't heard anything since."

At times the limited bandwidth has been tough, particularly during the pandemic, having enough bandwidth for everyone in his family with two sons in high school and his wife working from home.

He went on to say that his 21-year-old son decided to get his own internet provider and went with T-Mobile Home Internet, which is much faster than their current internet without fiber-optic cable, and was \$50 a month.

Elizabeth Bassett, who lives in East Charlotte, said she had tried to find out when fiber-optic cable would reach her, but all she got in a phone call was "pabulum speak."

"It was a lot of words, and it was going nowhere," Bassett said.

Charlotte has a lot of long driveways, said Kurt Gruendling,

SEE **CABLE** PAGE 2

It's time to nurture our garden — together

John Quinney
Board of Directors

Charlotte is a town of gardens. Some are public — the gardens near the Old Brick Store, around the library and next to the Quinlan covered bridge. Others are private, glimpsed on drives around town or explored during visits with friends and neighbors.

In order to thrive, through this growing season and beyond, gardens need tending and nourishment. So does The Charlotte News. Like a garden, it is a source of perennial enjoyment. Now is your opportunity to help it grow.

For 66 years, your local,

nonprofit community newspaper has been tended by hundreds of donors and volunteers. Every year, we produce 25 newspapers and 50 emailed newsletters, brought to life by staff and volunteers, and nourished by our donors and advertisers, people just like you. Now, we need your support in the form of a voluntary donation.

Our Annual Fund campaign is underway and runs through August. Our goal is to raise \$25,000 in gifts to keep the presses rolling and the website rockin' through year's end. Generous donations from our readers make up the majority of our annual budget.

All first-time gifts are matched dollar-for-dollar by a grant from the Lionheart Charitable Trust. A \$30 gift becomes \$60; or when you give \$100, we receive \$200.

Gardening has its own special rewards — the spectacular spring peony show, July's daylily kaleidoscope, bountiful crops of tomatoes and basil and October's spectacular foliage.

For those who water and weed The Charlotte News — and especially those of us who provide financial support — the rewards are less tangible but hold special meaning. Every time the newspaper arrives in our mailboxes, we know

we pitched in.

Now, on behalf of the board and staff, I'm asking you to pitch in, too.

Show that you value your local, nonprofit community newspaper with a gift in any amount — online at charlottenewsvt.org or with a check in the envelope enclosed with this newspaper.

For those readers who have already made a donation this year, thank you for your support. You are making a difference.

(John Quinney is a member of the board of directors of The Charlotte News and chair of the fundraising committee.)

MARATHON

CONTINUED FROM PAGE 1

she did not run with him in the Artic, nor go on the trip.

Hafferty ran the 26.2 miles in the Boston Marathon this year in just over three hours. It wasn’t his fastest time, but it wasn’t his slowest.

Besides his full-time massage therapy, he coaches his Massachusetts club about 10-15 hours a week. Much of his coaching happens by Zoom, although he goes down to the Bay State about once a month to do personal training. His athletic protégés cover the gamut — runners of all different abilities and triathletes and cyclists.

Just getting to the polar marathons was an ordeal both times.

In 2019, he was one of 60 runners from around the world who met in Chile, then flew into Antarctica on a 50-year-old, Russian plane.

“Landing on this ice runway, there’s no brakes because you’re just skidding across the ice. The second you touch down, they thrust in reverse, and you’re like, ‘Oh here we go,’” Hafferty told Boston25 TV at the time.

Antarctic Ice Marathon introduced Hafferty to the challenge of running on ice and in snowdrifts, but he persevered and bettered the course record, coming in at 3:34:12, which was 35 seconds before his nearest competitor.

Hafferty said the experience was otherworldly, “like running on a Game of Thrones stage.”

Afterward, he didn’t think about it more than other runs he had done, until he was

contacted The Guinness Book of World Records. He ended up with his picture in the book.

“I didn’t really think it was a huge deal,” Hafferty said.

Getting to this July’s Artic run was also an experience. They traveled on an icebreaker searching for ice thick enough to support the marathon run.

“The ship’s navigation crew uses an ice radar to identify a place where the ice is thick enough to set up a track to run on,” Hafferty said.

When a good place for a marathon run is found, the crew pulls the ship up and places flags along the course. The course was 352 meters, which meant the runners had to do 120 laps around a piece of ice.

However, it was a gorgeous day, he said. A rainbow came out.

Hafferty thinks they started running around 8 a.m., but it’s hard to be sure because the sun never sets at this time of year in the Artic. And his biological clock was set to two time zones. The ship’s clock may have read 8 a.m., but a portion of his circadian watch was set to the eastern standard time zone of 2 a.m. he left only days before

“There’s no time up here,” he said, talking from the icebreaker this past Saturday, Aug 3. It was just past 11 a.m. in Vermont during the interview. Who knows what time of day it was there?

The run was hard because the footing was super icy and deep, so it was like running through a thick slush, so it was hard on the ankles, Hafferty said. To top it off, much of the running was on jagged chunks of ice.

Of all the races he’s run, he said the North

Pole Marathon is the hardest, and he’s going to take a break. He’s been training hard, looking forward to the run. Now, he’s ready for a breather.

“I’m happy to get the job done and just kind of relax,” Hafferty said. While he is chilling from his chilling run, he plans to focus on his massage business.

Although sometimes he came close to falling during the run, he thinks what may have saved him was his experience running on Vermont trails.

“It was a lot like running in Vermont, because the trails are so technical,” Hafferty said. “I think the trail running in Vermont definitely helped a lot.”

He set an early lead in the run and kept it. The second-place runner was about four minutes behind him at the end.

The boat trip from Svalbard, Norway, an island north of Norway, halfway to the North Pole, was difficult. His biological clock was confused and the boat did not lend itself to refreshing sleep.

“When the ship’s breaking through the ice, you can feel it, the whole thing shakes,” Hafferty said. “It’s really, really hard to sleep. My whole room is rumbling.”

Even with his experiences from years before, working on research vessels or oil tankers in the Merchant Marine didn’t prepare him for the sound and the feeling of the boat slamming into thick ice.

“It’s like nothing I’ve ever experienced before,” he said.

Which is saying something, coming from a guy who’s set marathon records running on opposite ends of the globe.

CABLE

CONTINUED FROM PAGE1

vice president of marketing and business development for Waitsfield and Champlain

Valley Telecom. Those long driveways make getting cable to everyone a labor-intensive, lengthy and costly process.

If a customer has a long driveway, they usually have underground cable. Generally, Waitsfield and Champlain Valley Telecom matches the way utilities are already being delivered, so most of Charlotte’s homes require long underground fiber-optic installations.

“Charlotte has a higher percentage of buried customer drops (and longer drops) than many other towns we serve, which means things just take longer and are more expensive to complete,” Gruendling said.

The \$44,000 in ARPA funds the town kicked in for the effort was quickly spent. For example, Gruendling said, a home on Greenbush they recently hooked up with a 4,200-foot driveway took four days for a four-person crew to run underground cables from the mainline to that home. Connecting this home cost more than \$30,000.

Waitsfield and Champlain Valley Telecom pays for getting the fiber-optic connection run from its mainline to your house.

According to Gruendling, most people in East Charlotte should find themselves with the option of connecting to fiber-optic cable relatively soon, but he didn’t know exactly how long that meant. Getting fiber-optic to every area of Charlotte is a large capital construction project in a town where many lots are multiple acres and homes are widely spread apart.

To follow the progress of the fiber-optic project: getfiber.wcvt.com/front_end/zones.

Gruendling knows firsthand the frustration of waiting and wondering when fiber optic will finally get to your home. He lives just over the line in Shelburne, which is served by another company which predicts he should have fiber optic by 2027.

His next-door neighbor, just across the Charlotte line, has fiber optic now.

Around Town

Congratulations

Ezra Miller of Charlotte graduated from Roger Williams University with a bachelor of science in mathematics in May.

Amelia Hawkins of Charlotte graduated cum laude from Bates College with a major in art and visual culture and a minor in history.

Kate Fuller and **Wesley Simard** of Charlotte were named to the Vermont State University president’s list for the spring semester.

James Anair of Charlotte was named to the Vermont State University dean’s list for the spring.

Madeline Haydock and **Sage Kehr** of Charlotte were named to the dean’s list at St. Lawrence University for the spring semester.

Hailey Palmer of Charlotte was named to the University of Delaware dean’s list for the spring semester.



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.

Disclaimer

Individuals associated with The Charlotte News may engage in public discussion on issues in Charlotte, including at selectboard and other Town meetings, and on Front Porch Forum. They may also work or volunteer for organizations in Charlotte, including private businesses, the Town government, and nonprofits. When engaging in public discussions, they are expressing personal or organizational views and not necessarily the views of The Charlotte News, its staff, board of directors, or volunteers. Individuals who write opinion pieces for the paper will have their role at The Charlotte News identified, and the piece will be clearly labeled as their personal commentary.

Letters, Opinions and Obituaries

Consistent with our mission, The Charlotte News publishes letters to the editor, opinion pieces and obituaries submitted by our readers. All such materials are subject to review and approval by the editor in accordance with the standards and requirements listed on our website at charlottenewsvt.org/about.

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

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Don't forget that this Tuesday, Aug. 13, is the Vermont Primary Election.

If you vote a Democratic Party Ballot, you will be able to vote on the following choices:

U.S. Senator

- Bernie Sanders

Representative to Congress

- Becca Balint

Governor

- Esther Charlestin
- Peter K. Duval

Lieutenant Governor

- Thomas Renner
- David Zuckerman

State Treasurer

- Mike Pieciak

Secretary of State

- Sarah Copeland Hanzas

Auditor of Accounts

- Doug Hoffer

Attorney General

- Charity R. Clark

State Senator

- Thomas Chittenden
- Kesha Ram Hinsdale
- Virginia “Ginny” Lyons
- Louis Meyers

State Representative

- Chea Waters Evans.

If you vote a Progressive Party Ballot, you will be able to vote on the following choices:

Governor

- Marielle Blais

Lieutenant Governor

- Zoraya Hightower

State Treasurer

- Tim Maciel

Auditor of Accounts

- Linda Gravell

Attorney General

- Elijah Bergman.

If you vote a Republican Party Ballot, you will be able to vote on the following choices:

U.S. Senator

- Gerald Malloy

Representative to Congress

- Mark Coester

Governor

- Phil Scott

Lieutenant Governor

- John S. Rodgers
- Gregory M. Thayer

State Treasurer

- Joshua Bechhoefer

Secretary of State

- H. Brooke Paige

Auditor of Accounts

- H. Brooke Paige

Attorney General

- H. Brooke Paige

State Senator

- Bruce Roy.

You will also have the option of writing in candidates on all three ballots. The Charlotte Town Hall will be open for in-person voting 7 a.m.-7 p.m. You can also drop off ballots before Tuesday at the town hall.

The town clerk's office is open 8 a.m.-4 p.m., Monday-Friday.

You can get a ballot before this Tuesday at the town clerk's office or at mvp.vermont.gov.

Flood insurance?



Photo by Claudia Pfaff

A beautiful rainbow over a beautiful farm in Charlotte beaming with hope.



NEXT PUBLICATION DATES

AUG. 22

Copy Deadline: Aug. 16
Ad Deadline: Aug. 16

SEPT. 5

Copy Deadline: Aug. 30
Ad Deadline: Aug. 30

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Tree warden important in Vermont towns, like Charlotte

Scooter MacMillan
Editor

When the town of Charlotte lost its tree warden, the selectboard’s concern about filling the position posthaste may have seemed rushed.

In April, when tree warden Mark Dillenbeck and deputy tree wardens Alexa Lewis and Susan Smith resigned, casual observers of selectboard meetings might not have realized how critical filling the tree warden position is for a town in Vermont.

Former selectboard chair Matt Krasnow stepped into the tree warden position. Shortly after accepting the position, Krasnow found himself embroiled in a controversy about a large, old red oak on Thompson’s Point.

The selectboard’s concern about getting someone quickly proved to be well-founded.

The large tree, called Big Red by some, is on the leased property of Lex and Allison Birney around 20 feet from their camp home. They worried that the old tree was largely rotten, and it might fall on their home.

Neighbor JC Biebuyck objected to the tree being cut down, estimating it to be 200-240 years old and that it sequesters 1-2 tons of carbon annually.

The debate is moot now. On Monday, July 29, Krasnow issued his decision. On Tuesday, Big Red was cut down.

Biebuyck alleged that Lex Birney planned to cut the tree down without getting approval from the tree warden. But, Krasnow said Birney had contacted him as the tree warden before cutting it down.

Krasnow said that two licensed and experienced tree arborists had inspected the tree, and that he himself had assessed it. All three came to the same conclusion — that the tree should come down.

In his decision, Krasnow said he had determined the red oak is a hazard to the Birneys’ Thompson’s Point home. He authorized the tree being removed at their earliest convenience.

Charlotte and parts of Vermont have seen a large number of flood issues over the last few weeks, with serious damage around town on July 10, flood damage in the Northeast Kingdom this Tuesday, July 30, and flood warnings again on Wednesday. Besides the increasing number of extreme rainfall events, high-wind events need to be considered, and Big Red lived on the shoreline unprotected from weather coming across the lake, Krasnow said.

The tree was a liability to the town, he said. All the trees on the Thompson’s Point leased lots, the majority of the property on the point, belong to the town. So, cutting trees on Thompson’s Point without town permission is prohibited. The tree warden is the person who decides.

Lex Birney said cutting the tree down was not what they wanted. He scheduled the first arborist to see about having some branches cut, but when the arborist climbed up, he said, “This tree is dead.”

The arborist found a 3-foot by 18-inch rotten hole in the trunk up high in the tree, Krasnow said. After Big Red was felled, Birney said they found a huge amount of root rot below the ground.

“It was just a matter of time,” Krasnow said.

Although Biebuyck suggested cabling the tree to hold it up, Krasnow said that would not make the tree healthier. It was the tree’s time to go, it was just a question of when.

Krasnow said he is busier now as a tree warden than he was as a selectboard member.

“I’m not kidding,” he said. “It’s funny, but I’m not kidding.”



Photo by JC Biebuyck
A drone shot of a worker cutting sections of Big Red as the tree is taken down.

Letters to the Editor

Please give to The Charlotte News annual fund campaign

To the Editor:

Please join me in contributing to The Charlotte News’ 2024 Annual Fund Campaign which runs through August.

We are so fortunate to have this staple of our town life, a symbol of our civic pride and the strength of our small but mighty community. So many towns — many much bigger than our own — have lost theirs. But of course, it’s not luck. It’s thanks to the hard work and generosity of neighbors who volunteer, contribute stories and photos, and deliver papers to my mailbox.

And perhaps most important, I’m grateful to all those who make donations to fund this nonprofit’s daily operations. Most of the paper’s budget comes from charitable gifts.

Reading The Charlotte News has become a special moment in my week when I happily step out of the hectic swirl of daily life for a brief respite to savor some time spent with our community. I soak up the news of the faces and the places that make up our

special corner of the world. I silently join in celebrating our children’s accomplishments, and I reflect on those who have passed but are remembered by many, thanks to the paper.

I also take advantage of the handy links in the email newsletter and website to sign up for upcoming programs and adventures to take with my family. The Charlotte News adds so much to my daily life — yours too, I hope.

Donating to support this important cornerstone of our community is easy — you can use the enclosed envelope or give online at charlottenewsvt.org. Every gift makes a difference in ensuring the paper’s vitality as a treasured community outlet. Thank you.

Susan McCullough
Charlotte

Keep community asset going, donate to The Charlotte News

To the Editor:

The Charlotte News is a staple of my weekly reading activities, including both the biweekly paper copies as well as the weekly

emails. I appreciate the wide variety of coverage that The Charlotte News provides our town, such as the comprehensive (and often humorous) reports of the various town meetings. These do a great job of synthesizing the long hours of discussion that our elected officials spend on deciding important town issues.

Additionally, I appreciate the space The Charlotte News gives our town events at the library, Grange, senior center and town hall, as well as recreation programs and committee activities. It’s an easy way to stay informed in our wonderful, small community.

As a long-term resident of Charlotte, and past board member of the newspaper, I understand the work required to keep it going. The struggles to keep a small-town paper vibrant, interesting and accessible to readers are well known. Thanks to the regular updates to their strategic plans, The Charlotte News has been able to keep up with the constant evolution in modern communications, from mimeograph printing machines in the late 1950s to electronic deliveries in the 2020s.

For this newspaper to continue succeeding in its goals, it requires revenue, in the form of advertising, grants and — most important — donations from the readers who value its content. I have given to the The Charlotte News for decades and will continue to do so. Fellow readers, please consider donating yourselves to keep this consequential community asset going strong.

Please forward your donation to The Charlotte News in the envelope included in the recent fundraising letter and in the latest edition of the newspaper. Donations may also be made online at charlottenewsvt.org.

Lane Morrison
Charlotte

Where else but The Charlotte News?

To the Editor:

Where else?

Where else would you get a thorough account of what’s happening in Charlotte



Photos by Dave Speidel

Dave Speidel's home was built in the 1790s, and this is how the LaPlatte looks most of the time.

LETTERS

CONTINUED FROM PAGE 4

and nearby communities? Where else in one publication would you gain perspective on gardening, legal issues, recent books (including Charlotte resident authors), thoughts on health care and tempting recipes?

Where else would you learn about our youth and their achievements, whether academic, athletic, social, environmental, civic or entrepreneurial? Where else would you see photos of our beautiful, always-changing landscape as well as Charlotte folks on the move, whether at the Charlotte Town Party, music on the town green or at the town beach? Where else would you discover the extensive and enticing range of activities offered by our library and our senior center? Where else would you find out about our increasing tax rate ... (oh, maybe I should leave this one out)? Where else would you be able to scan local businesses when in need?

As a community we are lucky to have The Charlotte News; we all may not read cover to cover yet there is plenty in each issue to enrich our lives. As someone who has valued The Charlotte News as a community resource since arriving here in 1991, I have contributed to the annual campaign and encourage you to consider doing the same.

Gifts can be made online at charlottenewsvt.org or with a check in the envelope included with this issue of the newspaper.

Thank you!

Jonathan Silverman
Charlotte

Worried Hinesburg project could increase flood threat

To the Editor:

I've been reading with much interest what's going on with our neighbors upstream sending their water down to those of us that live in the river zones of the LaPlatte River and Lewis Creek.

As Hinesburg looks to grow their tax base with potentially 300 units of housing clustered in or near the town center, it seemed like a good plan — at least in normal times. But most of the planned growth would happen in between the LaPlatte and Patrick Brook, and some homes would be built in the flood hazard area.

With Vermont's evidence of more frequent and more severe rainstorms, we must avoid the replacement of valuable water retention areas with new impermeable roofs, roads, parking areas and lawns.

The most recent Hinesburg Center II project was denied by the Agency of Natural Resources Vermont in their Act 250 review. The developer is appealing the decision based on "an effort to protect our rights," stating they would add fill to raise the new homes above the level of any flooding. But filling in the flood plain reduces the opportunity for small waterways to naturally overflow, and without that water retention, other structures downstream will be in even more danger.

It's great that the new development would not be in danger of flooding, but if they fill in their floodplains with impermeable roofs and roads, I am concerned that Charlotte will be the recipient of worse flooding than we had this summer. It seems like the folks in Charlotte may be interested in what's coming downstream as it can affect our homes, roads and the water quality of our town beach and lake.

Of course, my personal interest is that we live in one of the oldest structures in Charlotte — originally built in the 1790s as an office to a sawmill on the banks of the LaPlatte River. It has never flooded in 200 years, and we have never seen anything like this in our 40 years next to the usually quiet creek.

The current bridge over the river was not built to allow for more than 7-inch downpours in Hinesburg. It held in place this time, but the culverts for its feeder stream, Mud Hollow Brook, didn't fare as well.

Spear Street will be closed for a while for repairs, and our neighbors just south of us had damage to their property as a foot or more of swift-moving water overflowed on the road, washing out their driveway and flooding an outbuilding.

After Irene, FEMA remapped our river and concluded our house is vulnerable if the water backs up at the bridge. I contacted the Vermont Agency of Transportation a few years back to see if they could fix the problem they created 75 years ago by building a bridge of insufficient capacity for the unknown concept of climate change — with no luck.

Anyway, I will keep trying to give my 2 cents' worth to anyone that will listen. We love our home as most people do, and I encourage Charlotters to be aware of the complicated issues around development, even when it appears to be "smart growth" in our neighbors' town center. I'm no expert on flood mitigation or how to deal with overwhelming problems of climate change, but I'll keep up my personal efforts to help lessen the effects on our shared environment by lowering our family's carbon footprint, supporting organizations like the Lewis Creek Association and voting for leaders that



Dave Speidel believes the July 10-11 flood this summer is the highest the LaPlatte has been in the 230 years his home has stood on its banks. It's certainly the highest he has seen it in the 40 years his family has lived there.

value the environment for our children, their children and future generations.

Dave Speidel
Charlotte

(Dave Speidel is a member of The Charlotte News board of directors. The opinions expressed here are his own and not necessarily those of the board.)

Don't manage senior center as a 'big revenue' source

To the Editor:

Recently I read: "For fiscal year 2024, the town fared better with revenues, which totaled more than \$60,000, over last year.

The big revenue "winners," town clerk Mary Mead said, were the senior center, recreation programs, interest income, and an unanticipated ... grant for town garage."

I suppose the Irishes, who in large part funded the founding of the Charlotte Senior Center, would be very disappointed to hear such a statement. Why is the town turning the senior center into a cash cow? Three dollars to play bridge? We shouldn't charge for that. Not all seniors can pay recurring fees for the activities. Of course, classes taught by a paid instructor fall into a different category.

SEE **LETTERS** PAGE 6

PÊCHE

MEDICAL + WELLNESS

Feel radiant
and confident

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Calm after the storm



Photo by Louise Fairbank

The view from Thompson's Point with the sun rising over Town Farm Bay on July 13.

LETTERS

CONTINUED FROM PAGE 5

I'd like to see the town manage the senior center as a standalone entity, not a source of "big revenue" for the town.

Hank Kaestner
Shelburne

(Hank Kaestner is a former board member of the Chalotte Senior Center.)

Youth platform for a livable future

To the Editor:

We demand a livable future.

We will no longer allow the conversations about our futures to be distracted by partisan politics, when our generation is in reality united in what we need for futures that are livable. This past week, we all witnessed the historic transition of the Democratic nominee for the President of the United States, from President Joe Biden to Vice President Kamala Harris, and it has created an uproar of conversations around what we want for the future of our country. With this, young people today across the world are considering what comes next in our own lives, and what our futures may hold.

We only want what everyone else wants.

We want to be safe. We want to have the resources we need to live. We want to have communities support us and that we can support. We want to be loved and be able to take care of the people we love. We want to be able to call somewhere home. We want to be treated with respect. We want to be able to dream, and more importantly, we want to be able to plan. We want to be okay today, and be able to know that tomorrow is possible. We need a government that will support us in this.

These things are not controversial; whether we're Republican, Democrat, Independent or somewhere in between, we all want to live. We just disagree on how to get there, but we can't let that stop us from creating solutions. Let this be the call for us — youth — to join forces and discuss rather than divide.

We cannot help but understand the things we want and need for our own futures in the context of our collective future. We cannot

help but know that our futures are deeply and fundamentally linked to the futures of the people in our generation globally. And we cannot help but see with increasing clarity the many ways that the futures we want are threatened.

We cannot go on pretending that a livable future, in all that that means for our generation, is guaranteed, because it is not.

We call on our government and those with power to stand with us, listen to us and support us in building the livable future we want to see. If those with power want our support, we demand that they support us in achieving the livable future we deserve. And more than that, we ask to be co-pilots, not just passengers, on this plane driving towards our future.

Our generation is not a monolith. We are diverse, with differing needs and desires. Our diversity is part of what makes us so powerful, but we are all just trying to get by in this world. We are all trying to build lives for ourselves. There are imminent and interconnected forces that threaten our ability to do that. Therefore there are broad policy goals that support all of our individual abilities to thrive which we can all support by sharing what we want for our own futures and the ways that these policies support our ability to create that for ourselves.

We ask that young people will share what they want from their future and the ways that government policies for a livable future will allow them to do that using #Youth4aLivableFuture, or visit [LinkTree at linktr.ee/youthplatform](http://LinkTree.at/linktr.ee/youthplatform) for more information. A livable future is about all of us, and all the issues that we care about. We must bring people together — moderate Republicans, liberals, independents — over the shared belief that we want a livable future. We may disagree on how to get there, but perhaps we can all come up with solutions that get to the main goal in the end.

We have the ability to build a livable future for all of us, if only we are allowed to do so. Join us, and we can build a brighter future together.

Addie Lentzner
Bennington
Iris Hsiang
Essex

Commentary

Finally, a look at East and West Village Project update

Peter Joslin
Contributor

Back in March, during the public forums held by the Charlotte East and West Villages steering committee addressing future growth, many voiced their opinions at these forums and on Front Porch Forum. Their opinions ranged from keeping the town the way it is, to needing to develop strategies to reduce rural sprawl and increase village growth. Growth and change will come, it is inevitable; we should plan and direct it rather than react to it.

On Wednesday evening, July 11, Emily Lewis, landscape architect with Dubois and King, presented preliminary, broad-brush findings of Charlotte’s East and West Village project. DuBois and King, along with some Charlotte Planning Commission members, energy commission members and the Chittenden Regional Planning Commission comprise the project steering committee. The project committee’s work began in September 2023 and is scheduled to conclude in April 2025.

The town’s website says the goal of the project is “an examination of future development and multi-modal transportation in Charlotte’s villages, informed by planning efforts and community input.”

It goes on to say: “Charlotte seeks to build upon its recent state designation of two village centers by doing a ‘deep dive’

into its land use regulations to identify and remove zoning barriers, and evaluate needed infrastructure to enable higher density development (including affordable housing) in the two historic villages of this rural community.”

According to Larry Lewack, town planner, the overwhelming sentiment from outreach was that 3-10 percent wanted no growth while at least 90 percent said they wanted some development in the village districts.

The presentation culminated in visual representations of potential development in the village districts in three steps: the addition of accessory dwelling units, then single-family homes, and finally, the addition of multi-family units. The report also provided examples of public spaces, community buildings and facilities, multi-modal transportation and village connections. In addition, there were pictures of sidewalks, road calming, trails and commuter parking.

The presentation concluded with various options for wastewater disposal and water supply in the villages, from smaller, localized options to larger municipal systems.

There was considerable discussion concerning what is practical and what is aspirational in this endeavor.

“The plan needs to tell a story,” Lewack said. “What’s needed is a narrative to tie it all together.”

Two important questions emerged during



the presentation: What is the plan trying to convey and how will townspeople react?

What became evident was that the project steering committee was reluctant to share their findings after this presentation for fear that the community’s reaction to the full build-out would be negative. In fact, because of the level of concern, the project team decided to remove this first draft from the website.

For the most part, development in the village districts has been a fraught subject. Historically, in almost every instance over the last 15 years, development in the villages has been stymied for various reasons including questions about adequate water supply, septic capacity and concerns about diluting the historic village character and increased traffic.

Important questions remain: who decides what, and how much development occurs in the village districts and how to stem the tide

of continued development in the rural district. It is a town-wide issue requiring town-wide commitment to goals for the future.

This Charlotte East and West Village plan is comprehensive, inclusive and what is needed to develop strategies for future development. The question remains: Will we react to the future, or plan for it?

Next on the agenda, the project steering committee plans to revise and update the report, then draft bylaw modifications to the land-use regulations and town plan to support the findings, followed by a town-wide educational outreach campaign. The committee said this revised report will be available in mid-August.

(Peter Joslin is a member of the board of directors of The Charlotte News. The views expressed here are his own and not necessarily those of the board or the organization.)

Hi! Neighbor

Helping people prepare for disasters

Phyl Newbeck
Contributor

In the event of an emergency, what would you grab as you ran out the door? Karina Vles Warshaw has spent a lot of time thinking about that and in 2016 she and her husband Stuart founded VLES Designs to create a go-bag, so people don't have to waste time and energy deciding what to bring if they have to flee their homes.

Warshaw has volunteered as a first responder. She jokes that she joined the Bedford, New York Fire Department because she wanted to drive big red trucks. She enjoyed the teamwork involved in fighting fires and the training she was able to receive. Eventually she got certified as an EMT and switched her efforts to that line of volunteer work.

Warshaw met her husband in New York City and when they returned to

the city after their time in Bedford, she joined a community response team which was trained by FEMA and the New York Police Department. As part of the course, every student had to put together a go-bag and bring it to class so the students and teachers could discuss the contents. Warshaw found the assignment fascinating, and it sparked her interest in creating a go-bag for others to use in emergency situations.

The VLES GO-bags have over 100 items recommended by FEMA and the American Red Cross. These include a first-aid kit, heavy-duty rope, burn blankets, eye wash, a radio, a cell phone charger, a light, a sterile water bottle, an extra leash for a pet and water packets. There is room for important personal items like cash, credit cards, documents and pictures. Warshaw said that since most emergency situations involve water, the bags are designed to be waterproof.

The bags have reflective piping in strategic locations, several organized modules, a compartment to protect your personal information from radio frequency identification readers, hands-free flashlight straps, a whistle, a foam mat and a padded, zippered laptop compartment. They are designed to meet airline overhead compartment size limits.

VLES Designs is temporarily on hiatus, but they expect to be starting up again soon when Warshaw's sister, an educator by trade, joins them. They had to close during COVID because they donated all their N95 masks and gloves to doctors, hospitals and police officers. They also had trouble getting water packets because Warshaw said FEMA won't sell those if there is a disaster somewhere in the country.

Warshaw describes herself as a serial entrepreneur and while she and Stuart were on hiatus with VLES Designs, Stuart and their son Jake purchased Stewart's Bakery in Williston. The bakery sells to retail establishments like Hannaford, City Market and Healthy Living. Warshaw said the owner was ready to retire after 30 years



Photo by Stuart Warshaw
Karina Warshaw on the Brooklyn Bridge. She has worked in emergency services in places as diverse as New York City and Charlotte.

in the business and Stuart and Jake were both foodies and thought it would be fun. At the time they both loved to cook but weren't into baking, but Warshaw said that owning a bakery has changed their focus in the kitchen.

Warshaw and her family moved to Vermont in 2013. Stuart and Jake both attended the University of Vermont, so they were familiar with the area. In 2019, they moved to Charlotte when Warshaw, an avid gardener, fell in love with a house on Prindle Road.

Although she no longer feels physically capable of working as an emergency responder, Warshaw spent two years as the emergency management coordinator for Charlotte. This April she ceded that role to Chris Davis, but she continues to help.


Warshaw worked briefly as Brenda Torpy's assistant with the Champlain Housing Trust and served on one of the trust's committees. She was on the board of the Vermont Land Trust and on Charlotte's zoning board, but Warshaw has cut back on her volunteer efforts to help out with the bakery and because she is now caring for her mother, who has moved from Canada to be closer to the family.

"When you see these disasters happen and people go back to their homes that have been destroyed by tornadoes, fires or floods, it's heartbreaking to see them lose everything," Warshaw said.

In addition to emergency items, a go-bag can have things that will make a person feel as comfortable as possible if they have to go to a shelter.

"In an emergency you're under enormous pressure," Warshaw said. "You're not really thinking, and a go-bag makes it easier to leave in a hurry."

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The days of summer

Photos by Lee Krohn



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Brick break



Photo by Lee Krohn

A group of bicyclists, who left Brandon headed to Montreal, taking a break on a hot summer day at the Old Brick Store.

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Farm celebration

Photos by Scooter MacMillan



Around 75 people showed up at Adam’s Berry Farm on Sunday, July 28, where Farm Stand Together was holding an event to bring attention to the organization’s efforts getting gift cards to designated farm stands to food-insecure families.



There were plenty of empty buckets to fill with blueberries, but there were also plenty of blueberries to fill them with.



Leah Price is a very serious and disciplined blueberry picker.



It wasn’t hard to find you-pick flowers.



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Charlotte Grange

Summer’s first Grange concert dedicated to Dave Perrin

Trina Bianchi
Contributor

The first Grange on the Green concert this summer was dedicated to a lifelong member of the Grange organization, Dave Perrin.

Dave was a seventh generation Vermonter, born and raised in Berlin on the family farm with deep roots both in Vermont and in the Grange. He joined his local Grange as a youth, as a Junior Granger, and transferred that membership to Charlotte Grange #398 when he and his wife, Lynn, moved to Charlotte to raise their family.

An avid student of history, Dave was always the Grange member who volunteered to replace all the flags on the graves of the veterans at Barber Cemetery where he would take the time to note down the dates and names of those buried there. He did the research on many of the deceased, discovering what war they served

in, their rank in the military and other interesting pieces of information. At Grange meetings, many times Dave shared some aspect of Grange or Vermont history with the members.

As a Grange member, Dave could always be counted on to do what needed to be done. He was treasurer for years and would be prepared at each meeting with a detailed report on what had been spent, why and the current status of the bank accounts.

For many years after he joined, he would scrape down and paint one side of the building, at least as high as he could reach on the ladder.

Twice a year, both spring and fall, he would be the first to arrive and the last to leave the Rummage Sale — first, setting up all the tables, benches and racks needed to display the donated clothing and household items, and at the end, helping to pack up all that was left and taking it wherever it needed to go.

An avid gardener, Dave always brought

extra veggies to meetings to give to those members who either didn’t have a garden or were no longer able to garden.

Dave Perrin was not a chatterbox. When he talked, he spoke with measure and thought, and people listened. When we started to get serious about saving the building and wanted to do some “deep cleaning,” Dave told us to order a 30-yard dumpster, which he not only helped to fill, he paid the entire bill. That was only one of several other large financial donations Dave made to the Charlotte Grange over the years — all of which went towards maintaining and saving the building.

A true Vermonter, if you asked Dave how he was doing, he had the standard answer I used to hear many times growing up right here in our fair state: “I’m fair to middlin’.”

I feel quite certain that if Dave were here now, he would be pleased at how his Charlotte Grange has grown in the past few years and all that we are doing now.



Photos by Scooter MacMillan
Almost 200 people turned out to the town green for bluegrass. Forest Station & Friends played their rousing and tasteful selections from the bluegrass canon at the summer’s last Grange on the Green concert on July 25.



Sports

Gravel roads bump up Vermont’s story on VTXL cycling route

Charlotte Oliver
Community News Service

From the top of the Northeast Kingdom down toward the Berkshires, the VTXL carves a path across Vermont. The biking route takes cyclists along the chatter of dirt and gravel roads in a ride that stitches together the state’s character. Breathtaking views come after hard climbs, and tunnels of trees spit out riders into small towns.

“The whole route was insane,” said Jake Bleggi, a cyclist from Utah who rode the VTXL in 2022 as an ode to Vermont, the last state he visited in the continental U.S. He called the roads “incredible” and the people “super nice.”

The trail demands much of the rider and offers rewards. Its 301 miles are peppered with 30,300 feet in total climb — all on public dirt roads between a dozen rocky Class IV sections.

Loosely defined as cycling on unpaved roads, gravel biking has been on the rise in Vermont. “From just about any point in the state you can get on a pretty terrific gravel ride,” said Dan Hock, owner of Winooski Wheels bike shop in the city of the same name.

The VTXL both represents the trend and reflects the state it spans.

Still charmed, Bleggi recounted stopping by a farmstand with homemade goods where “you could just grab whatever and then just leave cash,” he said.

“We were at a point where we needed a morale boost, and that was the best morale boost we could have asked for,” he said of the trip with his friend.

Joe Cruz, a self-described “adventure cyclist” who lives in Pownal, designed the route in 2020 for retired World Tour road racer Ted King. King, a Vermonter by way of New Hampshire, had been set to ride in a Kansas gravel race that year, but it got postponed — and later canceled — due to the Covid-19 pandemic.

King was itching for a gravel ride back home like the delayed event in Kansas.

So the pro reached out to Cruz, asking if he knew any that went the whole length of Vermont. He replied no.

“I think that got his wheels turning,” said King.

Cruz remembers the following days. “It stuck with me, and two days later I wrote back to him and was like, ‘You know, I think we could probably make one of these,’” he said. Cruz then spent six weeks drafting. He started with digital maps, then drove with his bike to sections he wanted to put his “eyeballs on” to make sure he got “the right kind of texture,” he said.

To him, putting routes together is about creating a “rhythm” and a “story,” he said, “a story about your own effort and a story about the landscape and a story about the history of Vermont in this case.”

When the route was finally mapped out, King set off May 30, 2020, with the goal of finishing in under 24 hours — and finished with a moving time under 21. He left the border with Canada at about 11 p.m. and reached the Massachusetts border at about 9 p.m. the next day. “It’s just a constant

flow, and a constant, really challenging flow,” said King.

“You really do have to put down a lot of power to get up there and then immediately be on your toes and be paying attention as you go screaming down the other side,” he said.

Although King was a pro cyclist, Cruz encourages everyone to get out and try it. “I want to make sure that anything that I create in the outdoors is not some secret thing for the experts,” he said. Online he’s shared about 25 major routes he created around the world, along with hundreds of shorter ones, he said.

Gravel biking started as a “combination of riding mountain bikes but trying to achieve the aesthetic of hiking and backpacking,” said Cruz, who started biking around Vermont in the late ’80s when he was a student at Williams College in Massachusetts. Living close to southern Vermont “meant riding on Vermont dirt roads, because that’s where the interesting terrain was,” said Cruz.

Hock, the bike shop owner in Winooski, said one of the main draws for gravel riding is experiencing the roads themselves. He estimates between 30 and 35 percent of his bike sales are gravel or bikepacking bikes.

King understands the hype. “I mean, it’s tremendously fun. I think people like skidding around on dirt,” he said. He rode the VTXL a second time in October 2023 over three days, and it still proved a challenge, he said.

Bleggi, the Utah cyclist, loves biking because it gives him “this freedom to explore an area human powered, while still getting to cover so much distance,” he said.

“You can hear or see things that you wouldn’t hear or see traveling in other ways,” he added.

On the VTXL he encountered “insane roads and cool bridges,” along with many friendly locals, he said. People gave him helpful directions, and one woman at a campground let him and his pal sleep “in the game room underneath the pool tables” to stay warm and dry during bad weather, he said.

Since Cruz posted the route online during winter 2020, he estimates hundreds of people have traveled it every year, and he gets around 50 messages a year from strangers online about it, he said.

For those who aren’t pros like King, Cruz guesses it usually takes four to five days, though people can take it at whatever pace they want, he said. He figures most people find it on bikepacking.com, a site with biking routes on every continent for which he’s a contributing editor. Past riders can share their experiences on the site and post useful information for prospective champions of the route.

Bleggi’s experience riding the VTXL inspired him to design a route for bikepacking.com in Wyoming. “Everybody’s just trying to get more people involved,” Bleggi said about the cycling community.

For his part, Cruz is content knowing people like Bleggi get to see the scope of



Photo by Charlotte Oliver
Joe Cruz, who mapped out the route across Vermont from Canada to Massachusetts, poses on a part of the VTXL gravel cycling path.

Vermont. “And I think, maybe, they’re made better for doing it.”
(Via Community News Service, a University of Vermont journalism internship.)

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Emergency blood shortage: Red Cross supply drops 25 percent

The American Red Cross is experiencing an emergency blood shortage as the nation faces dangerous levels of heat and people head out for final summer travel plans.

Since July 1, the Red Cross national blood supply has fallen by more than 25 percent, and blood donors of all types, especially those with type O blood, are urged to give as soon as possible to help patients receive lifesaving medical care.

Heat impacted more than 100 blood drives in July in nearly every state where the Red Cross collects blood – compounding other seasonal obstacles to blood donation, such as travel and summer activities. Together these factors contributed to a shortfall of more than 19,000 blood donations in July.

At the same time, hospital demand for blood products remains strong. Blood products are being sent to hospitals faster than donations are coming in. Right now, type O inventory is so low, distributions of this vital blood type are reduced below what hospitals count on.

“It’s critical hospitals have both type O positive and O negative blood ready to go for patients in the most life-threatening situations,” said Eric Gehrie, executive physician director for the Red Cross. “Type O is especially important for victims of accidents and other trauma who are receiving emergency treatment.”

To make an appointment, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

As a thank-you, those who come give blood, platelets or plasma through Aug. 31 will get a \$20 Amazon.com gift card by email. For details, visit RedCrossBlood.org/Help.

Upcoming Chittenden Countyblood donation opportunities for August:

- Charlotte — Thursday, Aug. 15, 1 p.m.-6 p.m., Charlotte Senior Center, 212 Ferry Road
- Colchester — Tuesday, Aug. 13, 11:30 a.m.-4:30 p.m., Our Lady of Grace Church, 784 Main St.
- Essex Junction — Tuesday, Aug. 20, 12:30 p.m.-5 p.m., Essex Alliance Church Community Building, 37 Old Stage Rd.
- Essex Junction — Saturday, Aug. 31, 9 a.m.-2 p.m., The Essex Resort & Spa - The Mansion, 70 Essex Way



Leahy Scholarship to promote study of Italian culture, history

The Vermont Italian Cultural Association will name one of its three annual scholarships in honor of retired Senator Patrick Leahy and his wife, Marcelle Leahy in honor of their commitment to promoting Italian history and heritage in Vermont.

The Leahy Scholarship will provide financial assistance to Vermonters and individuals with strong connections to the

state who seek to broaden their knowledge of Italy and Italian culture and history through research and study. Beginning in 2025, a grant or scholarship, honoring Senator Patrick J. Leahy and Marcelle, will be awarded to an individual with Italian heritage who lives, works or studies in Vermont. The individual’s pursuit should be focused on fine arts, agriculture or food. The 2025 application cycle will begin this fall.



Leahy said, “My Italian heritage means so much to me. I am thrilled that this Vermont Italian Cultural Association scholarship will bear our name and help foster an appreciation for the arts and culture of Italy and the deep Italian roots that run throughout Vermont.”

For more information about the Leahy-Vermont Italian Cultural Association Scholarship and how to apply visit vermontitalianculturalassociation.org/scholarships-grants.

Emerge Vermont taking applications for training

Emerge Vermont, the state’s premier organization for recruiting and training Democratic women to run for office, is accepting applications for its 2025 Signature Training Program. Applications will be accepted Aug. 1-Oct. 10 with the five-month program expected to begin on Jan. 11, 2025.

This year’s chosen group of political leaders will join a network of alums who have increased the percentage of women legislators in the Vermont State House to 45 percent — the highest ever. Emerge Vermont builds the confidence and skills to run successful campaigns and has a track record for getting Democratic women elected. Currently, 45 percent of alums and trainees are in office, 54 percent have been in office, and 67 percent have run for office. Alums are also staffing campaigns at every level.



Accepted participants will receive over 70 hours of in-depth training over five months from an elite team of campaign consultants, advisors and staff from all over Vermont and the country who have been involved in successful campaigns. Participants develop knowledge in areas including public speaking, fundraising, campaign strategy, voter contact and messaging.

Since Emerge Vermont’s launch in 2013 by former Governor Madeleine Kunin, over 200 women have participated in its Signature Training Program, and dozens more have participated in other programs. Program alums and trainees currently hold 123 elected and appointed public offices.

For more information and to apply, visit vt.emergeamerica.org/application-process.

Weed’s in the Garden

Six recipes for produce starring in our current harvest

Joan Weed
Contributor

Now when you begin to read this and soon find there seems to be no rhyme or reason for putting these recipes together on a page, I can assure you I mean to connect them.

It happens that each recipe I am offering this month has an ingredient that is at its prime growing right now in Charlotte. I began by noticing that there is so much beautiful produce from farms right here in our town. How shall we make the best use of them?

Ideas kept floating through my head of dishes from summers long ago and a few newly acquired ideas. It started when I noticed one local farm offering tomatillos. Now there’s something you don’t see commonly. But I remembered when I used to grow them and make salsa verde. And I began to think about how I use that condiment.

So, one thing led to another, and I thought of these beautiful peaches and plums being offered at this moment. Heritage tomatoes are coming in along with peppers, eggplant, garlic. Blueberries, blackberries and raspberries are having a great year. I see new potatoes offered and many greens, along with all the alliums.

So, let’s start with my first inspiration — tomatillos.

Salsa verde
Directions

Salsa verde can be frozen or canned, whichever is your usual way of preserving. The ingredients are important but the amounts are optional. I used to roast my tomatillos with husks removed on a sheet pan with olive oil as it brings out their flavor.

In a blender or processor add tomatillos, and depending on how many you have, add chopped jalapeños to taste, a few cloves of garlic, a small bunch of cilantro and salt to taste.

Blend but not to make a smooth paste, leave some chunks. Check the heat of your peppers and add accordingly. Remove ribs and seeds for less heat.

Olive oil or water can loosen the mixture if needed.

Chicken enchiladas
This recipe for chicken enchiladas uses the salsa.

Ingredients
Cumin
Cayenne pepper
Garlic powder
Pinch of salt
One large, boneless chicken breast cut into strips or buy chicken tenders
Six 6-inch flour tortillas
One cup salsa verde (or tomato salsa if preferred)
1/2 cup grated cheddar
1/2 cup grated jack cheese

Directions
Mix spices together on a plate. Roll chicken pieces in mix and partially cook in oven or on grill, with oil if needed.

Divide chicken equally on tortillas and roll up. Place in a baking dish or low casserole. Sprinkle cheese over tortilla rolls and top with salsa verde.

Bake for 30-40 minutes in 350-degree oven.

Serve with sour cream.

If you’ve been digging your potato crop and finding many small ones, I have a fun idea for those. And by the way, children love to dig for potatoes. They think it’s a treasure hunt.

Smashed potatoes
Directions

In a saucepan boil the potatoes (skin on) until just tender but still firm.

Oil a flat baking dish and lay out cooked potatoes. With a mug or sturdy glass, press on each potato to flatten it, but not precisely, leaving lots of craggy edges.

Sprinkle with seasonings such as herbs de Provence or Italian seasoning and garlic or onion powder. A quick lick of olive oil and pop in 400-degree oven for 20 minutes or so.

Look for some golden color and crispy edges. Delicious side instead of French fries.

Colache
This is a recipe for Mexican-style summer squash from the “American Heritage

Cookbook.”

Ingredients
4 summer squash (zucchini)
4 ears of corn
3 ripe tomatoes
1/4 cup butter
1 small onion, chopped
Salt & pepper

Directions
Wash squash and cut into small 1-inch pieces. Cut corn kernels from cob, skin tomatoes and cut in cubes.

Heat butter in skillet, stir in onions and cook until limp but not brown. Add squash, corn, tomatoes, salt and pepper. Cover and cook over a low heat for 30-40 minutes, stirring occasionally. Makes six servings.

Corn pudding
Growing up we had corn pudding using canned corn. My mother found the recipe in the “Pet Milk Cookbook.” Back then we had small refrigerators and so keeping milk fresh was challenging, thus evaporated milk was often called for.

I have served this traditionally alongside meatloaf and it was well received. Sugar can be optional as it’s not used as much today. Also bottled milk is fine. I have replaced the evaporated in my recipe and switched from canned to fresh corn.

Ingredients
2-3 cups fresh corn kernels
2 tablespoons sugar
1-1/2 cups milk
2 eggs
Salt and pepper to taste.

Directions
In a small bowl whisk milk and eggs with sugar, salt and pepper. Add corn. Pour into a buttered casserole. Bake for 45 mins in a 350° oven.

A variation might be to add finely chopped bell peppers to the mix along with the corn.

Sweet-hot mixed fruit chutney
For an interesting use of fruits and exotic seasoning, try mixed fruit chutney which features ripe peaches, among others.

I use it as an addition of a few tablespoons to curried chicken salad or alongside other curries.

Another simple use as a cocktail snack is to spoon a few tablespoons onto a wheel of camembert or brie and warm in the microwave. The cheese melts quickly so watch carefully, starting with 30 seconds or so.

Spoon onto crackers gathering a little chutney and cheese. This can also be made off season using mangoes instead of peaches.

Ingredients
1 teaspoon each of whole peppercorns, allspice, cloves, mustard seeds and celery seeds
1/2 teaspoon ground ginger
2 1/4 cups sugar
1 cup distilled white vinegar (I prefer cider)
1 cup water
2 fresh green hot chiles seeded and minced (jalapeño)
3 medium apples, peeled, cored and chopped
2 large peaches, nectarines or mangos peeled, seeded and finely chopped
1 whole lemon peeled and finely chopped



Photo by Joan Weed
Tomatoes in box ready for canning and sauce

1 orange peeled and finely chopped (membrane is fine)
1 large onion finely chopped
1/3 cup sliced blanched almonds (optional)

Directions
Put all spices in a cheesecloth bag and tie with kitchen twine.

Combine sugar, vinegar, water, spice bag, ginger and chiles in a large pot.

Add fruits and onion and simmer 40 minutes. If too thin, cook a bit longer to evaporate liquid. Add almonds if using, near end of cooking. Remove spice bag and process in sealed canning jars as for jam.

Petit nicoise farci
I once took an epicurean tour of Provence. A popular street food was petit nicoise farci. That is assorted stuffed fresh vegetables, such as tomatoes, zucchini sections, small onions, mushrooms.

These were roasted and served from kiosks on the street. When the squash and tomato glut hits, this might be an idea.

Directions
From my notes: Sautee some chopped garlic or shallots and add to bread crumbs with other herbs, typically thyme, rosemary, sage. I imagine finely chopped sausage or other meat could be added here as well although that is not traditional. Grated cheese is another possibility.

Prepare vegetables. Cut a slender zucchini into sections of 1 1/2 inches. Scoop out seeds making a cup (a melon baller works fine).

Stem and seed Roma type tomatoes. Perhaps slice longwise for ease in filling.

Parboil small onions and hollow out center. Mushrooms can be stemmed after cleaning.

Coat a flat baking dish with oil. Season prepared vegetables with salt and pepper and fill with stuffing. Place in baking dish and sprinkle with olive oil. Bake for about 40 minutes till browned and veggies are tender. Serve hot or at room temperature.

I hope I’ve inspired you with my mind wanderings and memories. There are opportunities to make these recipes your own. As I age, I like to cook something I haven’t had in years and sometimes even improve on the original. Feel free to experiment and enjoy.

Our Local Feast

Succotash — one of the delights of corn season

Dorothy Grover-Read
Contributor

New Englanders wait for sweet corn season all year, and for two or three months we delight in using it as much as possible, from breakfast to dinner, and the occasional midnight snack.

In our house, the moment we find the first corn, it's what we have for dinner, nothing else is needed. That first bite, boiled, grilled or roasted, butter dripping down our chins, is worth the wait of the last 10 months, and although the corn will get even sweeter as the season progresses, this always tastes like the best.

Corn is the star of a classic milk-based chowder with potatoes, perhaps a chilled soup. We'll make loaded cornbread or spider cake (a Northeast classic cooked in a cast-iron pan), and of course, corn fritters. Lots of fritters.

Although succotash has somewhat fallen out of favor, it is worth revisiting, especially if your only memory is left-over corn mixed with canned lima beans. When I was growing up, succotash consisted of just those lima beans and corn, usually cooked in a little bacon fat, and it was one of my father's favorites. Mom didn't vary the recipe, and Dad was the only one who loved it. So, I figured this was a perfect dish to remake.

It's not surprising that many traditional New England dishes use corn, beans, potatoes, squash, peppers and tomatoes. These were all New World foods that the Native Americans cultivated and enjoyed for thousands of years before the colonists arrived. What a learning curve that must have been, cooking with all these new foods.

Succotash comes from the native American word "m'sickquatash" which means either broken or boiled corn kernels, depending on the source of the information. The native population's dish always had corn for a base with a fresh shell bean added. Although succotash now almost exclusively uses lima beans, the original would have used other types of shelling beans that grow better in the short growing season of the Northeast.

The corn is always present in succotash recipes, and right now it is beautiful — sweet, tender and flavorful. It is also abundant, with some good deals to be found. We always buy a dozen, cook it all, eat what we like and freeze the rest. Cherished goods in the middle

of winter.

To complement the corn, traditionally many New England cooks used whatever shell beans they had on hand at harvest time, enjoying some of the beans fresh and drying the rest to store for the winter. Any fresh bean will do here, even fresh edamame.

Beyond that, regional differences throughout the northeast included the addition of tomatoes, peppers, cream, sour cream, milk, even other vegetables. You can make it your own with what you like best, just keep corn the star. Here I've added onion and garlic, some tender greens, cherry tomatoes because they are coming fast and furious in the garden and a little hot pepper just to liven things up.

Succotash is served as both a side dish and as a salad. It has also served as a base for a stew with other proteins such as meat and tofu.

Make a big batch, eat it hot at dinner and turn the rest into a salad the next day with the addition of a little vinaigrette.

Not-Quite-Your-Mother's Succotash

In a large skillet, melt the two tablespoons of butter over high heat and add:

- 1/2 purple onion, minced
- 2 garlic cloves, minced.

Sauté for a minute or so and add:

- 1 cup fresh shelling beans, edamame or frozen lima beans
- 2 cups fresh corn kernels
- 1 small jalapeño or Serrano pepper, finely minced.

Reduce the heat to medium low, season with salt and pepper and continue cooking for two or three minutes, or until the limas start to soften, and the corn is where you want it.

Add:

- 1 cup halved cherry tomatoes
- 3-4 scallions, finely sliced
- Small handful of arugula or watercress, diced
- 1 tablespoon cider vinegar.

Take the pan off the heat, let the greens wilt and taste for seasoning. You can add a bit more butter here if you like, or even a lot more, and you can certainly use a vegan substitute.

Plate, enjoy and give a nod to those unseen guests at the table who came so many centuries before.



Photos by Dorothy Grover-Read

A New England classic borrowed from the Native Americans, succotash is a simple dish that packs tons of flavor of the best of corn season in the Northeast. We've added a few twists to the basic recipe here.

How to freeze corn

Corn is inexpensive when you buy it in season at the farm stand. When you freeze our local corn, it tastes better than anything you get commercially produced for the freezer or canned, so this is the time to stock up.

Buy a dozen ears or more. Feast to your heart's content however you like it cooked. Cut the kernels off the cob. Everyone has their own method, but what seems to work best is placing the whole cob on a kitchen towel and using a sharp knife, shave the kernels with downward strokes, trying not to cut into the cob itself.

Place the kernels on a cookie sheet and freeze in a single layer; this doesn't take long, about an hour. Then put the frozen kernels in a zip bag or other container and store in the freezer. This way, all the kernels will stay separate and you can take out only what you want to use.

While you are at it, place some of the stripped cobs in a baggie as well. When making a corn chowder next winter, toss these in the soup pot for the entire cooking time and fish them out at the last. They add incredible flavor to the broth.



What could be better than a supper that is built around an ear of corn, or many ears of corn? Stock up now and enjoy this winter when a bowl of hot corn chowder is just the right touch to a stormy night.



**Restoration, Preservation, and Construction
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Gardening

Charlotte planting, hoping to create pollinating pathway

Kate Kampner
Community News Service

Julie Parker-Dickinson, a master gardener and a second-grade teacher, was encouraging kids about their futures back in 2017 when she realized something: She didn't feel she was doing anything to ensure a bright future would still be there for them.

She decided to plant a garden at Quinlan's Covered Bridge in Charlotte, where she lives, the first of many around town that she would fill with native species. The idea was to build a better food source for local pollinators, who play a vital role in helping plants reproduce. One day, she heard from Bethany Barry, who wanted to help pollinators in Addison County.

Now both Parker-Dickinson and Barry are part of Pollinator Pathway, a network of volunteers across 18 states who plant, track and locate gardens of native, non-invasive plants and flowers. Their mission is to reduce the distance many pollinators like bees and butterflies must go to get nectar and pollen. The gardens, in effect, form a highway for them. Parker-Dickinson runs the Charlotte effort, Barry the one in Addison County — two of six in Vermont.

The four principles of the pathways, said Barry, are to remove invasives, plant natives, abstain from pesticides and rethink your lawn.

More extreme heat caused by increasing climate change makes it more tiring for pollinators to travel around. At the same time, they must travel longer distances than they're used to because of how many lawns and homes have replaced natural landscapes.

Monarch butterflies might be able to fly 2,500 miles when migrating, but Parker-Dickinson said the average butterfly is probably going no more than a mile to find food.

"The pathway is meant to be a connector," she said, comparing it to a grocery store where there would normally be a food desert.

Parker-Dickinson has planted gardens by Monkton Central School, on a corner on the way into Charlotte from the south and at the Charlotte Library. One project she's currently working on is at the school, where she teaches and is maintaining a strip filled with native plants, sunflowers and zinnias in the parking lot.

Some plants she uses include Culver's root, butterfly weed, mountain mint and bee balm

— all native to Vermont.

Parker-Dickinson said there are 45 million acres of lawn in the U.S. "If a portion was committed to pollinators, we could really do something about the climate crisis," she said.

"Nobody gets paid for this. It's just something we can do to help," she said. "It's been really rewarding in terms of the whole community to take pride in."

Barry said bringing people in her community together has been an important part of the project. "It's all about educating ourselves and others," she said. She works with nine towns in Addison County.

Barry has given presentations and webinars across the state about pollinators and native plants. That's on top of working on a pollinator garden next to Porter Medical Center in Middlebury and a garden in Weybridge near the Pulp Mill Covered Bridge.

"If I was inside ... I would be missing out on what's happening with nature," Barry said.

One thing she's noticed through getting out in the garden is a decline in monarch butterflies, something Parker-Dickinson and other Pathway members also described.

"I've heard a lot of despair about our planet, about what's happening, but then I bring it back to what can I do right here, right now, and this is making a difference," she said. "It may not show to anyone else, but I know that I'm creating a resting place and food and habitat and adding to the biodiversity."

Debra Sprague, who helps maintain the Monkton Pathway, believes there are aesthetic benefits to growing native and wildflower-filled gardens instead of curating lawns or sewing gardens with invasive species.

"The thing with native plants is, you have to pay attention to what's good for the pollinators, and that means not pulling everything out in the fall and making it really neat and tidy," she said. "It should be messy, and some people don't like messy."

Similar to Barry, she has found that paying closer attention to pollinators has strengthened her success in the garden.

"The wildflowers in May, looking for those, watching for insects, the different butterflies and bees and all the different creatures out there," she said, "really just being outside in the garden makes you see



Photos by Julie Parker-Dickinson

The garden at Quinlan's Covered Bridge in Charlotte in August 2023.



Volunteers working on a pollinator garden in Charlotte at the corner of Philo Road and Spear Street in May 2023.

more of those things and appreciate them."

Denise Greene and Melissa Jordan of the Lamoille County Pollinator Pathway are approaching their second growing season. Greene is based in Hyde Park, Jordan in Morrisville, and both have backgrounds in gardening, maintaining land and even worm farming.

"As we continue along, Lamoille County Pollinator Pathway will continue to grow and have opportunities to transform public spaces as well as private spaces," Jordan said. "There's a new wave happening, a new wave of thinking."

The Lamoille pathway has provided garden tours, advice for starting gardens and recommendations for plant and soil care. Greene said she's even shown people how to solarize weeds — putting plastic over a garden bed, field or lawn and leaving it for the summer, effectively cooking the weed seeds and providing a clean slate in the fall.

"We're really available for any businesses or property owners or municipal properties to help work, to give volunteers or to give technical advice," she said.

Their group works with Peter Danforth, director of the Lamoille County Conservation District, on environmental advocacy.

They've done lots of planting around Oxbow Park in Morrisville and have converted Elsa French Park in Hyde Park from mostly lawn to freely growing wild species. Greene said with native meadows in place, prairie grasses that have robust root systems can better absorb rain water.

Greene and Jordan emphasize that anyone can do it — even people in apartments without their own green spaces. That's the reason why their group lets apartment residents register potted plants as part of the local pathway.

"We live in such a beautiful and diverse planet, and we just want to do everything we can to keep it that way and not just disappear. And that means holding people accountable," said Greene. "Some people like politics, and some people like just to plant flowers."

(Via Community News Service, a University of Vermont journalism internship.)

Gardening

Flame weeding, one way to get rid of stubborn, unwanted plants

Bonnie Kirn Donahue
University of Vermont Extension

Weeding is often a reality of summer landscape maintenance. Some people don't mind weeding, some highly dislike it and other people fall somewhere in between. Weeds are not necessarily a certain group of species. They are plants that are unwanted in a particular area. Therefore, a weed to one person may not be a weed for another. It probably goes without saying, but unwanted plants grow everywhere from vegetable gardens to perennial beds, in the mulch under trees, in pollinator gardens and even in hardscapes like driveways, gravel drip edges, hardpack paths and patios. Most often, weeds can be removed by hand or using hand tools such as weeder hoes, stirrup hoes or hand weeder. While this works well enough in the soft soil of garden beds, or even lawns, weeds that grow in rocky, compacted areas like hardscape surfaces are another story. One way to manage stubborn weeds that grow in patios, driveways or paths is flame weeding. Flame weeders are hand-held, propane-powered torches that use high heat to disrupt plant growth. Contrary to what the name implies, these tools are not for lighting plants on fire. In fact, this is a scenario that should be carefully avoided. The heat from the torch ruptures the walls in the plant cells. Soon after, the plant

wilts and dies. This method works best on broad-leaved plants. It will not be as effective on weeds that are grasses. Some plants may need multiple flame-weeding attempts as new growth starts to appear. Avoid flame weeding near buildings or flammable materials like plastic, mulch, dry plants or plant material. Flame weeding should only be done when the weather conditions would not cause a fire to spread. This means avoiding dry, windy weather and areas with dried plants or plant matter. Keep a bucket of water nearby whenever you flame weed, just in case. Be sure to protect yourself when flame weeding by wearing gloves, closed-toe shoes and clothing that will help prevent you from getting burned. If you are flame weeding for the first time, try a small area to see how it works and test how much flaming is needed. Each weed only needs to be flamed enough to start wilting and dulling in color before you move onto another weed. If this still seems like a lot of time and effort, consider prioritizing the areas that you weed or even changing the way you look at them. What kind of plant do you consider a weed and why? Does it matter if plants are growing in cracks in the driveway or patio? Is there a way to embrace the inevitability of weeds and see these strong, weedy species as tiny examples of nature's incredible



Photo by Bonnie Kirn Donahue

Flame weeding can be an effective method of removing unwanted plants that grow in rocky, compacted areas like hardscape surfaces.

resilience? This may be idealistic, but weeds are a part of life, and we can choose to be bothered by them or work with them, live with them or weed them out by hand or through flaming.

(Bonnie Kirn Donahue is a University of Vermont Extension master gardener and landscape architect from central Vermont.)

Striped cucumber beetle is the bane of the cucubits

Ann Hazelrigg
University of Vermont Extension

Cucumber and squash production is in full swing in the garden, but there is a key pest that can affect the yield and quality of the fruit. The striped cucumber beetle (*Acalymma vittatum*) can be a destructive pest on all cucurbits (cucumbers, summer and winter squash, melons and pumpkins) from the moment you set your plants out in June through harvest. While feeding, the beetle also can introduce a disease called bacterial wilt that can cause rapid collapse, wilt and death in young rapidly growing cucurbits, especially before the five-leaf stage. This disease can be more damaging than direct-feeding injury. Cucumbers and muskmelons are highly susceptible to wilt whereas watermelons, squash and pumpkins are very tolerant or resistant to bacterial wilt. These infected plants should be removed from the garden as there is no rescue treatment once infected. The adult striped cucumber beetle is about a quarter-inch long with a black head and yellow body with three black longitudinal stripes. The adult beetles overwinter in plant debris and move to new plants to feed, mate and lay eggs, usually in mid-June. The small orange-yellow eggs are typically laid in groups near the base of cucurbit plants. These can be squished if you find them, When the eggs hatch, the small, whitish larvae with black heads develop for a few weeks while feeding on the roots, causing minimal damage, then pupate in the soil. The next generation of adults emerge in early to



Photo by Whitney Cranshaw, Colorado State University/bugwood.org

Above: Early beetle feeding can defoliate plants, girdle stems and scar young fruit, while later in the growing season, the adult striped cucumber beetles may attack mature fruit. Photo by Ric Bessen/University of Kentucky Right: The adult striped cucumber beetle, which can be present in vegetable gardens all summer, feeds on squash, cucumbers and other cucurbits.



mid August, and populations are abundant through late September. Early beetle feeding can defoliate plants, girdle stems and scar young fruit. The beetles often congregate in flowers where they can interrupt pollination and fruit set. Later in the season, the adults also can attack mature fruit. Controlling the pest starts early in the season. Setting out larger transplants later

will give the seedlings a better chance to withstand beetle attack. Using floating row covers as soon as transplants are in the ground or after direct seeding will help exclude the striped cucumber beetles, but these must be removed when the plants begin to flower. *(Ann Hazelrigg is the University of Vermont Extension plant pathologist and director of the university's plant diagnostic clinic.)*



**The Town of Charlotte
TOWN MEETINGS
AND AGENDAS**

**Visit charlottetvt.org
for more information**

Planning Commission
Thursday, Aug. 8, 7 p.m.

Regular Selectboard
Monday, Aug. 12, 6:30 p.m.

Development Review Board
Wednesday, Aug. 14, 7 p.m.

Charlotte Energy Committee
Wednesday, Aug. 14, 7 p.m.

**Bennington Battle Day Holiday —
Town Hall Closed**
Friday, Aug. 16, all day

**Development Review Board
Special Meeting**
Wednesday, August 21, 7 p.m.

Planning Commission Meeting
Thursday, August 22, 7 p.m.

Regular Selectboard Meeting
Monday, August 26, 6:30 p.m.

Calendar

Send your events two weeks in advance to news@thecharlottenews.org.

Thursday, Aug. 8, noon-1 p.m.
Historic fashion in Middlebury

Costume designer Summer Jack and exhibit curator Eva Garcelon-Hart will present an informal tour of the From Homespun to Couture: Fashion in Historic Middlebury exhibit at the Sheldon Museum in Middlebury. They will discuss how local 19th-century women dressed, how they learned about fashionable trends and reveal the intricacies of fashionable dress wearing and making. Admission is free. For more information visit <https://tinyurl.com/2mue37zn> or call 802-388-2117.

Vermont Genealogy Day
Friday, Aug. 9, noon-2 p.m.

The Vermont Genealogy Day or Day of Remembrance will be celebrated at the town hall in Concord. Started in 2010, the event is intended as a day to honor everyone who is no longer with us. For more information call 802-578-4225.

‘Lost Nation’
Friday, Aug. 9, 7-9:30 p.m.

Vermont director Jay Craven’s “Lost Nation” will be shown at Ferrisburgh Town Hall on Route 7. The film explores the actions of a mythic Vermont figure, Ethan Allen, and of a lesser known African- American Vermonter, Lucy Terry Prince, in their individual attempts to find freedom and a home in Vermont. Craven will be on hand for a Q&A after. Tickets for \$12 can be purchased in advance at unionmeetinghall.org/programming-and-events. At the door, tickets are \$12.

Grandma’s Trunk — Vintage Fashion
Saturday Aug. 10, 11 a.m.-2 p.m.

Bring your vintage hats, dresses, shoes and other items to learn about. Fashion historians, accessory makers, mending artists and more will be available to answer your questions at the Sheldon Museum in Middlebury. Featured experts will share their knowledge of historic fashion, the history of buttons with antique examples, how to creatively mend your clothes, traditional knitting techniques and patterns

and a demonstration of vintage hairstyling. The event will also include fun activities for children including whimsical hat making for all ages. Free. For more information visit <https://tinyurl.com/5by28yvj> or call 802-388-2117.

Pie and ice cream social
Sunday, Aug. 11, 1-4 p.m.

Having a great day is as easy as pie at Rokeby Museum’s annual Pie & Ice Cream Social. Come hungry and plan to enjoy music and dessert. This day includes yards and yards of homemade pies, ice cream donated by Ben & Jerry’s, live music from Vermont Folk Life Sugar in the Pan Trad Band, raffle baskets, croquet and badminton on the lawns. Let’s Grow Kids will have table with games for kids. The historic house and museum exhibitions will also be open to the public. Admission is free. Pie and ice cream are \$8 per serving, \$2 for ice cream and \$1 for beverages. At the end of the event, if any pies are still available, they will be sold for \$20. Raffle tickets are one ticket for \$5 and 5 tickets for \$20.

Mallard carving class
Wednesday-Friday, Aug. 14-16

The Birds of Vermont Museum is hosting the Green Mountain Woodcarvers’ annual three-day seminar. This year, they will carve a mallard drake. Matt Strong and Bob Lindemann will teach the course. If you are interested, visit greenmountainwoodcarvers.org/class/class.html for more details and to register.

‘Sounds Like Us’
Wednesday-Saturday, Aug. 14-17, 6:30 p.m.

“Sounds Like Us” is an original musical revue by Bill Feehely and Heather Maxey, featuring true stories and experiences of people who call the Champlain Valley home. Through a blend of music, dance, and storytelling, it celebrates the tapestry of this community’s spirit at the Masonic Lodge, 2756 Essex Road, Essex, N.Y. Tickets at essextheatre.org. Adults are \$30 and children \$20. Info at 518-526-4520 or info@essextheatre.org.

Charlotte Walks
Friday, Aug. 16, 8:30 a.m.
Get more familiar with Charlotte’s public



Courtesy photo

Kids can find plenty of fun activities at the Richmond Farmers Market Kids Day on Aug. 16.

trails and other Charlotters. Join the Grange for Charlotte Walks. Every third Friday meet for a walk at 8:30 a.m. Walks will generally last about an hour and are led at an adult-walking pace. The August walk location is at the end of Plouffe Lane. This 1.4-mile network of trails, featuring a meadow, river and woods, is one of Charlotte’s lesser-known natural areas. It can be found by taking Carpenter Road to Plouffe Lane. Follow the lane to the end, take a right at the fork and park your car in the designated parking area. Please drive slowly and with deference down Plouffe Lane, and be sure to park in the official parking lot to the right at the end of the lane. Visit charlottegrange.org to learn the meet-up location each month. Sign up in advance if you’d like to be contacted if weather changes plans by emailing charlottegrangevt@gmail.com.

Kids Day
Friday, Aug. 16, 3-6:30 p.m.

The Richmond Farmers Market launches its first annual Kids Day on Friday, Aug. 16, with premier kids musician Emma Cook and kids’ crafts and games. The market is Friday from 3-6:30 p.m. at the Volunteers Green with an alternate location at the town center. Kids Day will feature music for kids, free crafts, a ball run, a Lego printing press, face painting, a mini-golf course, a kids grain mill demo, a scavenger hunt with prizes, temporary tattoos and more. The first 70 kids who fill in their scavenger hunt card will win a \$5 token to use at the market on kid favorites like cotton candy, ice cream ... and veggies. Learn more at richmond-farmers-market.square.site.

Woodcarvers annual show
Saturday, Aug. 17, 10 a.m.-3 p.m.
Celebrate woodcarving at the Green Mountain Woodcarvers 51st annual show at the Birds of Vermont Museum. Discover some of the variety of styles and techniques possible from caricature carving to wildfowl, birds to Scandinavian flat plane carvings. Demonstrations will be held throughout the day of carving styles and methods, including an opportunity for kids (of all ages) to try their hand at soap carving.

Plant walk
Friday, Aug. 23, 4:30-5:30 p.m.

The Richmond Farmers Market is holding a special event series for those who want to expand their knowledge of local plants. Local herbalist and the market’s assistant manager Sophie Cassel will be leading plant walks on Aug. 23 and Sept. 20 from

CALENDAR

CONTINUED FROM PAGE 20

4:30-5:30 p.m. Cassel, who runs Patchwork Plant Medicine, will help locals learn more about the medicinal plants growing right in their backyards.

Vergennes Day
Saturday, Aug. 24, 10 a.m.-3 p.m.

Vergennes Day is an annual celebration featuring over 60 vendors in the city park. The event includes live music on the bandstand, a pancake breakfast, Lions Club chicken barbecue and the Little City Road Race. For the kids, there is a bubble pit at the fire station and horse and wagon rides. There will be merchant sales and more throughout the Little City. More at vergennesday.com.

Music at Charlotte Museum
Sunday, Aug. 25, 1-2 p.m.

The Steph Pappas Experience will be performing music 1-2 p.m., Sunday, Aug. 25, on the lawn at the Charlotte Museum, 215 Museum Road, Charlotte. Free.

Veggie Share
Tuesday, Aug. 27, 5:30-6:30 p.m.

Bring surplus garden harvest to share and swap with neighbors to the Charlotte Grange. And enjoy a short canning and food preservation demonstration by Tai Dinnan. No money is exchanged, and all are welcome to select vegetables. Participants in the swap can pick whatever they'd like for their families during the event. If you want produce for your family and do not have anything to donate, you are welcome to just "shop." Any remaining items will be distributed by the Charlotte Food Shelf.

August bird monitoring walk
Saturday, Aug. 31, 7:30 a.m.

The Birds of Vermont's monthly monitoring walk to record birds on the museum



Photo by Erika Mitchell

Steph Pappas will play for free on the Charlotte Museum lawn 1-2 p.m., Sunday, Aug. 25.

property is Saturday, Aug. 31. Please bring your own binoculars and dress for the weather. Free. Register at sevendaystickets.com/organizations/birds-of-vermont-museum.

'Flee North' lecture
Thursday, Sept. 5, 6:30-8 p.m.

Scott Shane, author of "Flee North: A Forgotten Hero and the Fight for Freedom in Slavery's Borderland," will talk about his book at the Rokeby Museum. Tickets are \$6 for members and \$10 for nonmembers. "Flee North" unearths the

lost story of Thomas Smallwood, born into slavery in Maryland, who bought his freedom, educated himself, and became a shoemaker in southwest Washington, a short walk from the U.S. Capitol. Smallwood began to organize mass escapes from slavery with the help of a young white partner, Charles Torrey and wrote about the escapes in satirical dispatches for an abolitionist newspaper in Albany. Learn more by visiting the event page on the museum's website.

Vulture Awareness Day
Saturday, Sept. 7, 10 a.m.-4 p.m.

Discover how many vulture species live in Vermont (and where) at Vulture Awareness Day at the Birds of Vermont Museum. Can you find all the museum's vulture carvings? More info about the international celebration of vultures at vultureday.org.

Historic shirt workshop
Saturdays, Sept. 21 & 28, 9:30 a.m.-4:30 p.m.

In this two-day workshop in Rokeby Museum's Historic House students will learn how to create a historically accurate 18th-century, gender-neutral shirt. This will include the fundamentals of no-waste cutting, period hand stitching, an overview of tools and materials and the basics of shirt construction. Please expect homework in between sessions. The course will be taught by Rebecca Ranta, a fashion and textile historian and fiber artist with a passion for learning and preserving traditional textile crafts. For over four years, she has created historic garment reproductions using period-accurate tools and techniques. Cost: Member \$350; nonmember \$375. All materials included. You must be able to attend both workshops.

Bristol Harvest Festival
Saturday, Sept. 28, 10 a.m.-3 p.m.

Bristol will hold its 25th Bristol Harvest

Festival on Sept. 28, featuring more than 70 vendors displaying local crafts and terrific food options. All day there will be live music at the Bristol Town Green bandstand with kids' activities and a handicap accessible children's playground.

Walk to Defeat ALS
Saturday, Sept. 28, 11:30 a.m.

People living with ALS, family members, friends, caregivers and others affected by the disease will come together for the 2024 Walk to Defeat ALS Vermont at Oakledge Park on Saturday, Sept. 28. All funds raised will go to help those living with ALS by supporting patient care, advocacy and cutting-edge research to find treatments and a cure for this debilitating, always fatal disease. ALS, often referred to as Lou Gehrig's disease, is a progressive motor neuron disease that gradually robs people of their ability to walk, talk, swallow ... and eventually breathe. Info: email helen.ng@als.org.

September bird monitoring walk
Saturday, Sept. 31, 7:30 a.m.

Join the monthly monitoring walk to record birds on the Birds of Vermont Museum property. Bring your own binoculars and dress for the weather. Free, suggested donation \$5-\$15. Register for museum events at <https://tinyurl.com/ytmwfk5>.

Car show & fall festival
Sunday, Oct. 13, 10 a.m.-3 p.m.

Middlebury holds its third annual Car Show & Fall Festival on Sunday, Oct. 13. Main Street will close to welcome 75 classic cars and trucks, including food trucks, over 50 vendors, live music and raffle drawings. This event is fun for the whole family and free. More at addisoncounty.com/middleburycarfest.



Summer bouquet

Photos by Alexandra Z. Lazar

These smooth oxeyes, phlox and black-eyed Susans grow next to Alexandra Lazar's family pool. These flowers are the epitome of summer for her.



Library News

Enjoy blueberries and blueberry books on Aug. 9

Margaret Woodruff
Director

Programs for kids

I Am the Storm

A new story walk, I Am the Storm, has been installed on the Charlotte Library green with the support of the Vermont Department of Libraries. Put on your raincoat and enjoy some warm family stories of finding the joy in preparedness and resilience in the event of frightening extreme weather.

Blueberry story time Friday, Aug. 9, 10 a.m.

Join a special story time to celebrate the season. Make a blueberry treat from the “Blueberries for Sal Cookbook” and enjoy all kinds of blueberry books.

Music on the Porch Monday, Aug. 12, 10 a.m.

Music on the library porch with Chris Gribnau and Lisa Henry. All ages encouraged to attend.

Kindergarten library card party Monday, Aug. 19, 5:30 p.m.

All incoming kindergarteners and their parents are invited to stop by the Charlotte Library, enjoy some snacks, meet new friends, and most importantly, sign up for their very own library card. No registration required.

Read & Win Aug. 23-Sept. 1

After reading three books, students in kindergarten-eighth grades can fill out a voucher at the Charlotte Library and trade it for a Read and Win at the Champlain Valley Fair ribbon.

Preschool story time Tuesdays & Fridays, 10 a.m.

Come to the library for preschool stories, crafts and activities. No registration required. Age 2 and over.

Preschool free play Wednesdays, 10 a.m.

Play in the preschool years enables

children to explore and make sense of the world around them, as well as to use and develop their imagination. Explore the sensory table, sorting, playing with blocks, playdoh — these are a few of the open-ended projects planned for Wednesday morning play-based learning at the Charlotte Library.

Babytime Thursdays, 9:30 a.m.

You’re invited to an unstructured hour for parents, caregivers and babies to play, explore books and chat in the young children’s area. Ages birth to 18 months.

Let’s Lego Saturdays, 10 a.m.-1:30 p.m.

Drop-in for Lego free play. We’ll have loads of Lego bricks out, along with some books and prompts for inspiration. For all ages. Please note: Children under 10 must be accompanied by an adult.

Programs for Adults

Tech help Tuesday-Thursday, 30-minute sessions

Meet with our tech librarian Susanna Kahn for a half-hour of personalized tech help. The library has devices to use in the building and to check out and take home. Sign up for a session: 802-425-3864 or susanna@charlottepubliclibrary.org.

Short story selections Wednesdays, Aug. 7 & 21, 1 p.m.

Join library director Margaret Woodruff to share and discuss short stories old and new. Our group meets the first and third Wednesdays of each month via Zoom at <https://tinyurl.com/9c398wyy>.

Better Together book club Wednesday, Aug. 14, 7 p.m.

Join this group to discuss books related to parenthood. This month, a discussion of “Lessons in Chemistry” by Bonnie Garmus. The story features Elizabeth Zott, a brilliant scientist shunned from the 1960s all-male world of research, who finds herself not only a single mother, but the reluctant star of America’s most beloved cooking show. Her unusual approach to cooking

(“combine one tablespoon acetic acid with a pinch of sodium chloride”) proves revolutionary. Because as it turns out, Elizabeth Zott isn’t just teaching women to cook. She’s daring them to change the status quo. Copies available at the circulation desk.

Spanish conversation group Wednesday, Aug. 14, 7:30-8:30 p.m.

Vengan a disfrutar conversación casual y nuevos amigos en la biblioteca. Un grupo de conversar es una oportunidad de practicar su español o compartir con el grupo. Speakers of all levels and ages, including beginners, are welcome. Chat, relax, listen to music and enjoy some snacks while exploring the Spanish language.

Mystery book group Monday, Aug. 19, 10 a.m.

It’s a winter morning in 1978 in “A Distant Echo” by Val McDermid. The body of a young barmaid is discovered in the snow banks of a Scottish cemetery. The only suspects in her brutal murder are the four young men who found her. Twenty-five years later, the cold case file on Rosie Duff has been reopened, which also reopens old wounds, haunting memories and new fears. Copies available at the circulation desk.

Thursday book group Thursday, Aug. 22, 7:30 p.m.

“North Woods” is an inventive novel from Pulitzer Prize finalist Daniel Mason that brims with love and madness, humor and hope. Following the cycles of history, nature and even language, “North Woods” shows the myriad, magical ways in which we’re connected to our environment, to history and to one another. Copies available at the circulation desk. Join conversation on Zoom at <https://tinyurl.com/49aw-jb8j>.

Stillwater meditation Saturdays, 9 a.m.

Poetry and meditation are offered freely and in person to the Charlotte community. Come for quiet reflection, contemplation and gentle meditation instruction. Respect for all beings and faiths is a foundational quality of our time together. Beginning and experienced meditators are welcome.

Music on the Porch Saturday, Aug. 24, 1 p.m.

Enjoy old-time and Irish music performed by Zachary DeFranco. He’ll take time to discuss the instrument history as well as the history of the tunes being played.

Love your lake like a book Monday, Aug. 26, 5:30 p.m.

From the depths to the surface, Lake Champlain has many parts and like in a good book these “chapters” come together as one body. Join experts from the Federation of Vermont Lakes and Ponds and the Agency of Natural Resources for an enlightening and informative panel and conversation. Learn what you can do on shore and at home to help our lake, its tributaries and our surrounding landscape. Rescheduled from July 10.

Recurring programs

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.

Crochet & knit night Wednesdays, 5-6:30 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.

Short story selections Wednesdays, July 17, 1 p.m.

Join library director Margaret Woodruff to discuss short stories old and new on the first and third Wednesdays of each month. Via Zoom at <https://tinyurl.com/9c398wyy>.

Library Garden Circle Wednesdays, 4:30-6 p.m. & Fridays, 8:30-10 a.m.

Enjoy tending gardens and seeing them respond? Like friendly conversation while you pull weeds? Appreciate learning from others’ gardening experiences and sharing your own? The Garden Circle of volunteers who tend the library’s educational gardens would love to have you join the Friday morning group work. Experienced and new gardeners welcome. Come every time or as often as you can. Sign up at seeds@charlottepubliclibrary.org, and you’ll be contacted if plans change due to weather, etc. Coordinated by garden stewards Karen Tuininga and Linda Hamilton.

Library contact information:

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

For the latest information about programs, books and activity kits, sign up for the newsletter at <https://tinyurl.com/n5us-d25r>.

The Charlotte Library Board of Trustees meets the first Thursday of each month at 6 p.m. except the month of August unless otherwise rescheduled following the Opening Meeting Law. The next scheduled board meeting is Thursday, Sept. 5, at 6 p.m. Please contact the library or visit the library website (charlottepubliclibrary.org) for more information.

Senior Center News

Lots of ways to get artsy and find artistic inspiration

Lori York
Director

The Charlotte Senior Center offers a variety of art programming. There is a beginner watercolor workshop and weekly artists groups that gather for companionship while working on individual projects. Check out the artists exhibit with instructor Lynn Cummings and her students displaying their work this month.

There are also opportunities to find artistic inspiration by spending time outdoors with the women's kayak group, the monthly birding trip, a gentle walk or by learning to play pickleball.

Art

August artist exhibit

Lynn Cummings and her students will be showing a variety of paintings in watercolor, acrylics and collage. For almost 15 years, Cummings has taught hundreds of students at the senior center.

Arts group Fridays, 10 a.m.-noon

This weekly group includes a wide range of artists looking to socialize and make new friendships. You are invited to bring whatever you are working on and enjoy the ideas and encouragement that this friendly and relaxed group has to offer. Cost: Free. No registration required.

Beginner watercolor workshop Saturday, Aug. 17, 10 a.m.-12:30 p.m.

Explore the wonder of flower shapes and leaves by trying out a variety of unusual brushes. This is a beginner-level workshop, and if you've always wanted to try watercolor but were too intimidated, this is the class for you. Class limit 10 students. For more information about Ginny Joyner, please check out her website: ginnyjoyner.com. Cost: \$40 plus \$6 supply fee. Registration and payment required by July 24. The supply fee is paid directly to the instructor.

Creative arts & crafts Wednesdays, 10 a.m.-noon

Come create, share ideas and have fun with the creative arts & crafts group on Wednesday mornings. Bring whatever creative endeavor you're working on. Any questions, call Katie Franko at 802-425-6270. Cost: Free. No registration required.

Outdoors

Birding trip Wednesday, Aug. 21, 9 a.m. departure

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 in Vermont. Cost: Free. Registration required.

Pickleball for seniors Saturday, Aug. 24, 10 a.m.- 11a.m.

Are you curious about this sport called pickleball? Playing pickleball allows you to work on your balance, agility, reflexes and hand-eye coordination without putting excessive strains on your body. Bring folding chairs to the Charlotte Beach pickleball

courts to watch how pickleball is played. Afterwards, there will be the opportunity to try out pickleball. Wear comfortable clothing and sneakers. Paddles provided. Questions? Call or text David at 802-425-4567. Cost: Free. Registration required. Consider carpooling with friends. You will need a Charlotte Beach season or day pass to park. (Rain date Aug. 31.)

Walking group Thursday, Aug. 22, 9 a.m.

Enjoy the beauty of nature. Come walk at a gentle pace with other seniors. The group will meet each month for a congenial, non-strenuous walk. Location to be determined based on conditions of local walks. Meet at 9 a.m. at the Charlotte Senior Center. Questions? Contact Penny Burman at 916-753-7279. Cost: Free. Registration appreciated.

Women's kayak trips Second & fourth Friday mornings

These kayak trips are for active women who share a love for exploring Vermont's many local lakes, ponds and rivers. Trips listed are tentative, dependent on water and weather conditions. To be placed on a master list of paddlers to receive trip information, email Susan Hyde at susanfosterhyde@gmail.com. Free. Registration required.

Exercise

Gentle yoga Mondays, 11 a.m.-noon

This gentle yoga class led by Heidi Kvasnak focuses on breath-led movement, building bone strength and improving mobility, balance and flexibility. Suggestions are given for adapting the practice. Please bring a blanket or pillow to sit on. Suitable for all levels. Cost: \$10 a class. No registration required.

Pilates fitness Tuesdays & Thursdays, 8:30-9:30 a.m.

Join Phyllis Bartling in this pilates class for folks 55 and over. It includes upper-body strength work with hand weights and mat exercises. You will work core muscles to improve balance, strength and posture. Cost: \$10 a class. No registration required.

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

Join Heidi Kvasnak for an integrative practice that builds strength and stability while maintaining a sense of ease and spaciousness in both body and mind. You 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. Cost: \$10 a class. No registration required.

Community

Alzheimer's Caregivers support group Wednesday, Aug. 14, 4-5 p.m.

Are you caring for someone with Alzheimer's? Please join the monthly Caregivers Support Group on the second Wednesday of each month, 4-5 p.m. The



Photo by Laurie Hartman Moser

Magdalena Naylor scoops ice cream as Mariel Giacomo tops with fresh berries for the Monday lunch dessert.

meetings provide a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system. For more information contact Susan Cartwright: cartwright.susan1@gmail.com. Free. No registration required.

Red Cross blood drive Thursday, Aug. 15, 1-6 p.m.

Please consider donating blood. The Red Cross is experiencing the worst blood shortage in over a decade. Call 1-800-RED-CROSS or visit RedCrossBlood.org and enter: CHARLOTTE to schedule an appointment.

Programs

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

Backgammon is a tactical table game with a 5,000-year history. The group welcomes players at all levels. If you have questions, email jonathanhart1@gmail.com. Cost: \$3. No registration required.

Play reading Thursday, Aug. 22, 1-3:30 p.m.

Join Sue Foley and Wally Gates for table-reading fun. No tryouts, no rehearsals, no critical reviews. The group meets monthly and is for people who enjoy reading plays aloud or listening to others. Each month a play is selected, parts are assigned and scripts are distributed. It is suggested that a good way to test the waters is to attend a session as a guest. If you have questions or would like to sit in, email ssnfoley@icloud.com. Free. Registration required.

Samba canasta Tuesdays, noon, & Fridays, 12:30 p.m.

Samba is a new version of canasta that has quickly become very popular due to its variety of melds, which keeps the game interesting. If you are curious to learn how to play Samba, contact Sandy Armell at 802-425-3248. Free. No registration required.

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

New to or experienced in the Shanghai style of Mahjong, you are welcome to join

this informal get-together. For questions email Nan Mason: anne.mason@uvm.edu. Free. No registration required.

Meals

Menus are posted on the website: charlotteseniorcentervt.org.

Monday lunches

Served weekly at 11:30 a.m.-12:30 p.m. or until the food runs out. Suggested lunch donation \$5. No registration required.

Weekly Age Well Grab & Go meal

Pick up on Wednesdays, 10-11a.m., at the Charlotte Senior Center. Registration is required by 8 a.m. Monday for the Wednesday meal. \$5 suggested meal donation but not required. To register, call 802-425-6345 or email meals@charlotteseniorcentervt.org.

Senior center info:

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. Programs include weekly lunches, daily exercise classes and many opportunities to connect through board and card games and art and language programming. 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.

Lori York, director, lyork@charlotteseniorcentervt.org
Tracy Brown, coordinator, tbrown@charlotteseniorcentervt.org
212 Ferry Road, Charlotte
802-425-6345
charlotteseniorcentervt.org

Follow the senior center on Facebook or Instagram at charlotteseniorcentervt.org.

Write Ingredients

Enjoy senior center taco salad with loads of toppings

Susan Ohanian
Contributor

Taquería El Califa de León, one of the nearly 11,000 registered taco shops in Mexico City, recently rated a Michelin star. Already a popular place, now the wait time can be three hours. Nearby businesses rent out stools for people in line for their Michelin-rated tacos. A clothing store set up tables for the taco stand’s customers among men’s underwear and shirts.

Of course, I wondered what the venerable Judge John Hodgman might have to say about tacos.

From his perch at The New York Times, he advised a woman complaining about her significant other’s wanting to eat at Taco Bell not to be a food snob: “This isn’t to defend Taco Bell, necessarily. Big fast-food chains pose a lot of problems for local economies, the environment and your own gut. But a simple Taco Bell cheesy bean-and-rice burrito is a masterpiece of legit deliciousness. I had one in particular 25 years ago that I think about every day.”

In the “who knew?” category, The New York Times also reveals that Taco Dibbits is the director-general of the Rijksmuseum in Amsterdam.

Jon Stewart puts a political spin on Taco Bell. (Imitating a conservative pundit.) “Two races? In one person? Now I’ve seen everything. I heard she sent her DNA to 23 and Me, and it broke the computer. I don’t know what to do! Goodness gracious. If these people ever saw a Pizza Hut/Taco Bell, they’d lose their [expletive] minds: ‘What is this, a DEI restaurant?’”

Here’s a historical note: In 1955, Charles Elmer Doolin, a cofounder of the Frito Company, created an edible cup out of Fritos and served it at his Disneyland restaurant, Casa de Fritos. It was the size of a teacup, filled with ground beef, beans and sour cream. The ’60s brought a proliferation of recipes for taco salad.

Although plenty of us prefer our watermelon straight, with “It’s Sweet. It’s Hot. It’s Your New Favorite Salsa Recipe,” Texas Monthly offers an offbeat combo to go on your tacos — a sauce made of watermelon, red pepper, habaneros, garlic and lime juice at <https://tinyurl.com/2s46kmvk>.

I always enjoy the often wacky reader comments that follow the recipes in The New York Times. Hey, it gives people a chance to be heard. Here are some comments accompanying the recipe for taco salad:



- This is the quintessential Seventh-day Adventist meal.
 - Add half-and-half mix of Thousand Island dressing and a hot-as-you-like-it salsa.
 - Homemade guajillo tomatillo salsa. I toast dried guajillo chilies, dried chile morita, dried chile pasillo and two garlic cloves in a pan with a tablespoon of canola oil. Then I put six tomatillos and one sliced white onion in the pan until bruised and soft. Last, place all in a blender with two tablespoons white vinegar and two tablespoons water. It beats Pace Picante store-bought brands.
 - I grew up eating this in the 80s. Our version came from the back of a French dressing bottle. Need to add the dressing to take this up a notch, as well as ranch-style beans (rinsed) instead of plain beans. No avocado or sour cream needed. It’s the best!
 - If you can start with a margarita, all the better.
- Figuring that adding some spice to astronauts’ food could improve their appetites and their morale, NASA researchers spent two years figuring out the best pepper to grow in space. They

settled on the Hatch chile from Hatch, New Mexico, planting 48 pepper seeds on Earth with a fertilizer specifically designed for peppers and sent them to the space station on a Space X cargo resupply mission.

Astronauts watered the plants, and when fruit appeared, it was harvested for tacos. Here’s an astronaut on Twitter in 2021: “Friday Feasting! After the harvest, we got to taste red and green chile. ... I made my best space tacos yet: fajita beef, rehydrated tomatoes & artichokes, and HATCH CHILE!”

No complaints about the absence of margaritas.

The July 23 Los Angeles Times named the “101 best tacos in Los Angeles” and published a long taco glossary: from Adobada and Alambre to Vampiro and Zarandealo, “words you need to know to order tacos like a pro.”

To enjoy the taco salad prepared by the volunteer Monday Munch cooks at the Charlotte Senior Center, the only words you need are “thank you.”

Celebrating this Monday Munch, these books will be added to the Little Free Library for Kids at the Grange (2858 Spear

Street): “Amelia Bedelia” (whose cooking skills save her job) and “Dragons Love Tacos.”

“Amelia Bedelia” is a fun, sure-fire way for a child to learn about language while having great fun. Peggy Parish, the author, taught at the Dalton School in Manhattan for 15 years and published her first children’s book while teaching third grade there. When she died in 1988, her books had sold 7 million copies.

Because I’m a childless woman who loves cats, the wonderful Newbery Honor title “Millions of Cats” will also be added. I will forego “Dead Cat Tail Assassins,” but thanks to a recent announcement from The Flying Pig bookstore, the just-published “Bodega Cats: Picture Purrfect” will also be added.

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

Taco salad with lots of toppings: lettuce, beans, corn, tomatoes, olives, salsa, guacamole, sour cream and beef or turkey. Churro bars with ice cream. No reservations needed. No charge: A \$5 donation is recommended.

Aug. 19
Menu to be announced

Check online at charlotteseniorcentervt.org/lunch/meals.

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