

The Charlotte News

September 19, 2024

Your nonprofit community news source since 1958

Vol. 67, No. 07

Andrew Zehner joins newspaper's board

Bill Regan
Board of Directors

The Charlotte News is excited that Andrew Zehner has joined the board of directors. He came to Charlotte in 2020 from New Haven, Connecticut, but has long-time connections to the area, starting with Middlebury College in the early 1980s. He believes strongly in contributing to his community.

"I have a special interest in history and journalism, and hope to help out The Charlotte News as it continues to evolve," Zehner said.

He is an attorney with the University of Vermont and focused on the institution's research efforts (see the Aug. 28-Sept. 3 issue of Seven Days for a detailed article on the topic at <https://tinyurl.com/mvj3msv8>). He also teaches a class there that focuses on innovation and intellectual property.

Zehner previously worked as counsel for the University of Pennsylvania's gene therapy program in Philadelphia. His work

with academic institutions extends to the University of Connecticut.

Before that, he was an attorney in the health care and telecommunications sectors.

With these legal and business experiences, he is well positioned to help the board provide management oversight of The Charlotte News and advise on business practices to ensure its financial viability.

Andrew Zehner is married to Suzanne Whitty, and they have three grown children who love to visit Vermont.

"I fell in love with Vermont while at Middlebury, and Sue and I and our kids spent about 25 summers enjoying Lake Champlain and the mountains before we finally made the move," he said.

Welcome, Andrew Zehner, and many thanks in advance for stepping up and helping our community paper!



Selectboard member works to help Ukrainians



Courtesy photo

Kelly Devine, center, at a Borscht festival in Ukraine as part of that country's celebration of Constitution Day. Devine, a member of the Charlotte Selectboard, purchased the traditional Ukrainian shirt she is wearing at the festival, which was also a fundraising event for relief efforts to benefit war-torn areas in the country.

Scooter MacMillan
Editor

Kelly Devine took a trip to eastern Europe this summer that she feels has fundamentally changed her.

The fact that this trip had so much impact on the Charlotte Selectboard member is not so surprising when you consider she traveled to

Ukraine.

Devine was traveling with the organizations Actions Beyond Words and Burlington's Sister City Program with Kuyalnyck, Ukraine. She spent almost two weeks at the end of June and beginning of July with a group people who all carried at least two suitcases on the flight, each

UKRAINE continued on page 2

Thank you, Claudia Marshall

John Quinney
Board of Directors

We are pleased to recognize the contributions of Claudia Marshall, who has stepped down from our board of directors and fundraising committee. She



will be missed greatly by all who have worked with her over the past five years.

Claudia came to The Charlotte News with a deep background in journalism and fundraising. In New York City, she held positions as network news anchor at CBS News and ABC News, and as the host of National Public Radio's flagship contemporary music station WFUV-FM.

After moving to Vermont in 2012, she worked as an on-air fundraiser for Vermont PBS, produced and reported lifestyle and feature segments for VPR News, North Country Public Radio and the Burlington Free Press, and worked for three years as the Director of Good Works and Public Relations at Gardener's Supply Company.

So many of us have learned a lot

while working with her, especially in our fundraising efforts. She is a creative and talented copywriter, a thoughtful campaign strategist and a superb communicator. Although many of the stories, updates and emails that were part of our fundraising campaigns were released under my name, most of the ideas and copy were hers.

The Charlotte News is in a relatively stable financial position today, and much of the credit for our success belongs to Claudia Marshall. Over the years, she put in untold hours thinking carefully about what would be most effective and what would not, drafting and redrafting copy and doing it all with cheerful enthusiasm and a commitment to often unreasonable deadlines.

When she rejoined the board in March 2022, after a year away, she wrote, "Independent, nonprofit news is such a valuable asset to all of us because it represents the diverse voices of so many of our neighbors. And now, more than ever, we need to try to understand each other."

True then, true now.

"Thank you, Claudia" doesn't come close to expressing our

CLAUDIA continued on page 3

Trails committee replaces bridge

Bill Regan
Contributor

In early September, Charlotte Trails Committee members Jack Pilla and Chris Boffa finished building a new bridge on the mowed path along Ferry Road to replace one that had been damaged repeatedly by flooding — most recently in July.

Pilla designed and did much of the work on the new bridge, which sits higher than its predecessor on large concrete blocks generously donated by Ward Preston. Unlike the old structure, which Sam Zimmerman built as part of an Eagle Scout project a dozen years ago, the new one is attached to supporting steel beams to help keep it in place when storm waters rise.

The bridge spans a drainage along Ferry Road midway between Greenbush and Lake roads, providing an important link in the town's plan to connect



Photo by Bill Regan

From left, Jack Pilla and Chris Boffa finishing up work on the new bridge on the mowed path along Ferry Road.

the west village and the town beach.

The trails committee is working to connect the northern end of the Village Loop Trail,

which was built last year, to this mowed path that is colloquially known as the Cowboy Lewis

TRAILS continued on page 3

UKRAINE

Continued from page 1

packed full of things the Ukrainian people need, such as emergency kits, vitamins — and dogfood.

In addition, Actions Beyond Words had a truckload of goods that was driven into the country from its home base in Poland. The relief volunteers couldn't fly into Ukraine.

Her experiences in Ukraine have given Devine a newfound appreciation of how much we have in the United States.

The Burlington-Kuyalnyck Sister City Program and Actions Beyond Words will be hosting an event, "Stories from Ukraine," this Saturday, Sept. 21, at 6:30 p.m. at Halvorson's Upstreet Café on Church Street in Burlington. There will be a short documentary film of the group's experiences in Ukraine, a silent auction of Ukrainian items and brief remarks.

All proceeds from the auction will go towards ongoing relief efforts and direct aid for Ukrainians in need.

Sister-city programs typically are set up for cultural exchange, but Burlington has decided to do something different with the program in Ukraine.

"We wanted to see if we could take the sister-city platform and turn it into something that can be more direct aid for what they were experiencing in the war," Devine said.

One of those who was part of the group Devine traveled with was Adam Roof. "The stories we've brought back are not just about survival — they are about hope, strength and the power of community," he said.

Roof first went to Poland's border with Ukraine in April of 2022, not long after the Russian invasion started at the end of February that year. When he visited the first time, about a thousand people were escaping into Poland every day.

The group he went with took 30 hockey bags full of aid and about \$30,000 in cash. It was distributed pretty quickly.

Then Roof began to work with some small nonprofits which grew into the nonprofit aid-organization Actions Beyond Words. He is now chair of the board of that organization, which has over 80 communities working on relief for Ukraine. Actions Beyond Words

has delivered more than \$2 million worth of aid since its founding in the spring of 2022.

In August of 2022, he went back. This trip took him into the country, where he traveled to Lviv, Ukraine, as part of a group working on old buildings that had been repurposed as shelters. These shelters weren't very livable, so, using primarily money from Vermont donors, they built beds, dressers, kitchens, school rooms and art rooms.

After returning from those two experiences, Roof got a call from former Burlington Mayor Miro Weinberger, asking if he would be interested in setting up a sister-city relationship with a Ukrainian city.

Roof was a city councilor (2015-20) and former chair of the Burlington Democratic Party. He stepped down from that position in March to become chair of the Massachusetts Democratic Party.

During his five years as a Burlington city councilor, Roof had done a lot of work with the sister-cities program, ironically including two trips to Burlington sister cities in Russia. When the war broke out, Weinberger shut down Burlington's participation with its Russian sister cities. Now, he wanted Roof to spearhead an effort, setting up the same sort of relationship with Ukraine.

Although he is now living in Massachusetts, Roof said he remains committed to the Burlington-Kuyalnyck Sister City program and Actions Beyond Words, and he will be at the event on Saturday.

After Weinberger's call, the first person Roof called was his best friend Colin Hilliard, who he has worked with on these types of projects in the past.

He and Hilliard have talked about feeling the responsibility of doing the right thing. They had decided: "If it's the right thing to do, we should do it. We can do it. We don't have families," Roof said. "If you should do it, and you can do it, you don't want to look at yourself in the mirror; you've got to go and do it."

One thing that adds to the emotion of the experience for them is that they have a good friend who volunteered with them who was killed. Tonko Ihnat was a Canadian, who went to Ukraine very soon after the Russian invasion and worked with several different volunteer organizations.

Last September, Ihnat was volunteering with the aid group Road to Relief very close

to the front line. He was traveling with three other volunteers when their vehicle was hit by shelling. Ihnat was killed.

Hilliard, who is 32, said one of the things he was struck by walking around is that he didn't see many other men his age. They're either at the front fighting or have been killed.

"We were in far western Ukraine, so that community has been very fortunate in that it has not been struck with missiles and bombs much," Hilliard said.

Although they were far from the fighting, he said, they heard sirens daily, which is typical for the whole country.

There were power blackouts every day from 10 a.m. to 3 p.m. In the mornings, they didn't know if there would be hot water.

They traveled to Odessa, which is a large city, and they had to go through several checkpoints. The group couldn't take pictures of soldiers or military installations because those photos could be used by the Russians to find targets to bomb.

Even though their hosts did a great job of keeping them safe, Hilliard said, the war was always just below the surface.

"The Ukrainian hospitality is really incredible," Hilliard said. "It's like nothing I've ever experienced in all my travels, and I've traveled to a decent amount of places. It's, bar none, the best in the world."

The people were very excited to share their culture with their Burlington visitors.

"They watch the TV shows that we do. They play the same video games as us," he said. "They want to be Western."

The Ukrainian people want freedom of the press and freedom to worship where they want, and this is what they are fighting for, Hilliard said.

He was impressed with how, even far away from the fighting, everyone from all walks of life has stepped up to help with the war effort. There were lots of grandmothers volunteering their time by doing things like sewing camouflage netting or cooking MREs (meals ready to eat).

They traveled to a beautiful basilica in a city which has been bombed and attacked by Russian drones. The cathedral there was wrapped in metal mesh with wood and sandbag reinforcing to protect it from a blast. If the cathedral was hit directly, it would be destroyed, Roof said, but it's wrapped and reinforced because if a bomb hit down the block, the concussion would shatter the stained glass and ruin the sculptures in the plaza in front.

"It's a beautiful summer day in August, and there are kids playing in the fountain with air-raid sirens going off," Roof said. "What an act of defiance this is for families, for kids to go out and play in the square."

The people of Ukraine have realized that they can't just run every time the air-raid sirens go off. He said, "I thought that was such a beautiful act of defiance, just by simply going through and having a normal summer day, like we enjoy here all the time."

The group could not take pictures of this. Devine said a memory that has stuck with her comes from a visit they made to a private animal kennel, run by one woman with around 50 dogs. So many dogs have been abandoned by families that fled the country or who are serving in the military that it's a serious issue.

So, dog food is an important thing for the U.S. volunteers to collect and take to Ukraine.

**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 charlottenews.org.

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

Editorial Staff

Editor: Scooter MacMillan

(scooter@thecharlottenews.org)

Production Manager: Anna Cyr

(anna@thecharlottenews.org)

Proofreaders: Mike & Janet Yantachka,

Katherine Arthaud

Business Staff

Ad manager: Susie Therrien

(ads@thecharlottenews.org)

Bookkeeper: Susan Jones

(billing@thecharlottenews.org)

Board Members

Board Chair: Bill Regan

(bill@thecharlottenews.org)

Treasurer: Margery McCracken

(treasurer@thecharlottenews.org)

Secretary: Meredith Moses

Board members: Claudia Marshall, Peter Joslin,

John Quinney, Dave Speidel, Andrew Zehner, Vince

Crockenberg (emeritus), John Hammer (emeritus)

Technical advisor: Melissa Mendelsohn, Orchard

Road Computers

Website: charlottenews.org

Subscription Information

The Charlotte News is delivered at no cost to all Charlotte residences. Subscriptions are available for first-class delivery at \$60 per calendar year.

Want a subscription? Subscribe on our website, charlottenews.org

Postmaster/Send address changes to:

The Charlotte News, P.O. Box 251,

Charlotte, VT 05445 Telephone: 802-425-4949

Circulation: 2,100

Copyright © 2024 TCN, Inc., dba The Charlotte News. Member of the New England Newspaper and Press Association, LION Publishers, Institute for Nonprofit News and the Vermont Press Association.

Support local nonprofit reporting. Donate Today!

**Hay is for photos**

Photo by Lee Krohn

Autumn is knocking on the door, and before it makes it home, the final haying has been harvested.

Crosswalk looks to be one step closer

Scooter MacMillan
Editor

Charlotte may have moved closer to getting a crosswalk from the senior center to the post office, but it's not quite there yet.

On Monday, Sept. 9, the selectboard discussed a proposal for a crosswalk that would run from the eastern corner of the Charlotte Senior Center across Ferry Road to the western corner of the property where the post office is.

The senior center parking lot fills up fast, so lots of people who come for lunches or are volunteering park at the town hall, which means lots of people crossing the road without a crosswalk. The selectboard said they had heard lots of requests for one to be installed.

Senior center director Lori York said that on Monday they had served almost 70 people lunch. She said she has often seen a senior center participant almost hit by a vehicle when they cross Ferry Road.

This design would have the crosswalk running diagonally, instead of straight, across the street. Some board members and residents were concerned about having a diagonal crosswalk.

One of those was Maura Wymans, who said that it seemed unusual for a crosswalk to run at a diagonal and questioned why it

couldn't be straight across.

Chair Jim Faulkner responded that their research found it was not unusual. He said a crosswalk straight across from the southeastern corner of the senior center would run to the private property at 213 Ferry Road, where there is a ditch.

Nor does the design presented run from the western corner of the Charlotte Volunteer Fire and Rescue property straight across to the post office because there had been pushback from the fire department, Faulkner said.

For years, the fire department has periodically expressed concerns about vehicles parked in the driveway it shares with the senior center that might obstruct emergency vehicles leaving for an emergency call.

It appeared that the selectboard had reached a consensus on the proposed diagonal sidewalk, but no vote was taken.

Instead, the conversation turned to how much it would cost. Faulkner wasn't sure what the cost of having the crosswalk painted would be, but it didn't seem like it would be a big expense. Two signs on either side of the

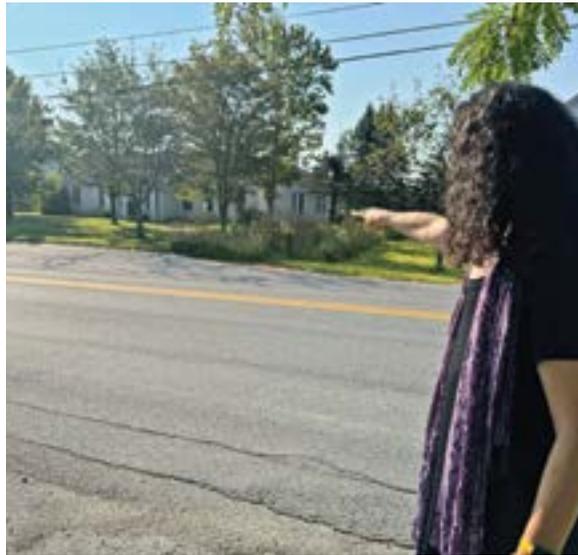


Photo by Scooter MacMillan

Lori York, senior center director, indicates where the proposed sidewalk would be.

street warning of the crosswalk should cost about \$70 apiece for a total of around \$140.

Board member Frank Tenney recommended delaying the vote until Faulkner could confirm how much a painting a crosswalk will cost as well as support from the fire department and the owners of the property where the post office is located.

So, that's where the proposal is now.

Around Town

Congratulations

Marie Byrne of Charlotte was named to the summer student honors list by the Community College of Vermont.

Lani Keomanyvanh of Charlotte was named to the Community College of Vermont's summer dean's list.

CLAUDIA

Continued from page 1

gratitude, but from everyone associated with the newspaper — employees, board members and volunteers — thank you for everything you have given to our community newspaper.

Claudia Marshall is also a talented singer and multi-instrumentalist and played to an enthusiastic crowd at the Charlotte Congregational Church last Sunday in a benefit performance that featured a wide range of music, from Tin Pan Alley jazz to pop and rock hits from the 70s. Hopefully, we'll be able to enjoy more of these performances in the future!

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

TRAILS

Continued from page 1

Trail.

Thanks to volunteer labor and frugal shopping, the new bridge cost less than \$1,000 — several thousand dollars less than if the town had used a commercial contractor.

The trails committee has deep gratitude to all of those involved in the project, including road commissioner Junior Lewis and his team for providing gravel for the new bridge approaches and for helping over the years to reposition the original span after flooding.

It also thanks Jenny and Dan Cole who recently joined Pilla, Hoffa, Stephen Hale and Bill Regan to cart away the old bridge and clear brush that impedes the flow of stormwater under the bridge.

Finally, the committee is also thankful to Charlotte taxpayers and individual contributors to the trails committee's annual fundraising campaign for their generosity, which makes possible this work.

Other trail improvements

The trails committee has added some new amenities this year besides the bridge, including a bench near the top of the Barber Hill section of the Village Loop Trail. Pilla designed and built the bench as a memorial to his daughter, Ashley. He donated his time and all the materials, including reclaimed wood from a local barn.

Separately, Hale, a certified naturalist, has posted some tree identification signs to help users learn about the trees along our trails.

Trail repairs in progress

This month, trails committee



Photo by Bill Regan

Jack Pilla takes in the view from the bench he built on Barber Hill.

volunteers David Ziegelman and Richard Hendrickson repaired water bars on Pease Mountain.

Water bars help channel rainwater away from trails, reducing erosion. Some of the water bars were overwhelmed by the July rains.

Sections of the Town Link Trail remain damaged by the July flooding, especially east of the Route 7 underpass.

Matt Looft volunteered his time and equipment to clear the gravel out of the underpass.

Several other Charlotters offered their time, equipment and money to help repair the deep gouges caused by the flooding and to spread new gravel. The trails committee plans to update the town when the work is done.

In the meantime, it urges all trail users



Photos by Richard Hendrickson

David Ziegelman repairs water bars on Pease Mountain.

to continue to exercise caution in damaged areas.

(Bill Regan 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.)



NEXT PUBLICATION DATES

OCT. 3

Copy Deadline: Sept. 27

Ad Deadline: Sept. 27

OCT. 17

Copy Deadline: Oct. 11

Ad Deadline: Oct. 11

TO ADVERTISE CONTACT:
ads@thecharlottenews.org

SEND YOUR CHARLOTTE NEWS TO:
news@thecharlottenews.org

Hi! Neighbor

Slater is fulfilling her childhood dream as a teacher

Phil Newbeck
Contributor

An uninspiring college professor almost derailed Beth Slater's desire to be a teacher.

She overcame that negative experience and is currently starting her eighth year at Charlotte Central School working with special education students, the last three as director of student support services.

"When I was a little girl, I played dress-up teacher," Slater said, "and I was always in awe of my teachers."

She started her undergraduate career as an education major, but the professor soured her on that field of study. She switched to communications and after graduating, she moved to Washington, D.C., and worked for a government lobbying firm.

Slater was living in Washington during the attacks of Sept. 11. After that traumatic event, she reevaluated her life and realized that her work was not fulfilling. She wanted a job that would ignite her passion, so she returned to school and got her master's degree in special education.

She chose special education, in part, because she babysat for several families when she was younger and enjoyed the challenge of taking care of neurodiverse children.

Although Slater was born in Massachusetts, she has lived in Vermont for most of her life.

She grew up in the Rutland area, and after her time in Washington, she returned to the Green Mountain State, living first in Williston and then South Burlington.

Slater's first Vermont job was in the Grand Isle Supervisory Union where she spent 14 years. After awhile, the distance and the fact that she had two school-aged kids at home led her to look for opportunities closer to her home.

She was thrilled when she was offered the job at Charlotte Central School. Half of Slater's job is direct special education work with eighth graders while the other half is administrative, as director of student support services.

"I love Charlotte Central School," Slater said. "My favorite part is that it's such a small, closeknit community of staff and caregivers. It's a place where everyone knows your name."

In Slater's eyes, the school is both big enough and small enough. She takes pride in having good relationships with her students and their caregivers.

Special education has changed dramatically since Slater started out in the field. She notes that in the early years she did home visits for students who had no alternative programs because the public schools wouldn't meet their needs.

She describes her classroom work with

other students as having been a very clinical model. Students would be pulled out of class for 20 to 30 minutes to work with her. Then they'd return to their classes and the next batch of students would arrive.

"We have shifted to a more inclusive model," Slater said. "We have special educators embedded in the classroom when we can."

Her direct work with students brings her into the classroom but also allows her to work with them one-on-one or in small groups to teach specific skills.

"With that embedded model," she said, "special educators can help all students."

Slater believes that these days there is less stigma attached to students requiring extra assistance.

"There will always be pockets of students that lack empathy or grace and want to make disparaging remarks," she said, "but I think we have normalized neurodiversity. We are all the same and we are all different and we can have open and honest conversations."

For many students, Slater said, their neurodiversity is no longer a secret. When confidentiality isn't an issue, she believes her department does a good job in educating other students about what their fellow students might need.

Slater continues to be pleased that one bad professor didn't keep her from following her dream.

"Every day is a challenge, but every day brings me joy," she said. "You never know what you'll find."

Slater recognizes that teachers can't assume that all students have a good home life or that they want to come to school. Therefore, it's important to be flexible and she relishes the opportunity to think outside the box. She also thrives on the collaborative environment she shares with her colleagues.

Recently, Slater attended an in-school



Photo by Beth Slater

Beth Slater enjoying a hike in Snow Canyon Park, Utah

training session and one of the presenters was a former student. Slater had worked with the student for nine years and was an integral part of her education. Now, years later, the roles were reversed.

"It was a full circle, and it was heart-warming," she said. "It's great when you can reconnect with students when they've grown and are out in the community. All students have potential and it's amazing to see how that turns out when they get older."

Sun's birthday

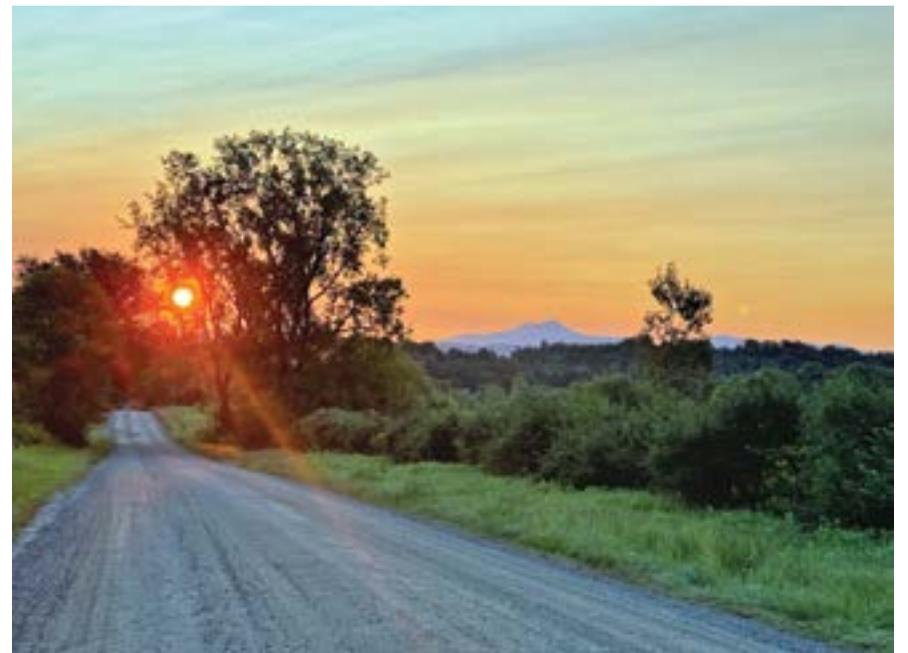


Photo by Scooter MacMillan

"This is the sun's birthday; this is the birth/day of life and of love and wings: and of the gay/great happening illimitably earth," wrote the poet e.e. cummings. He would have loved a Charlotte sunrise.

Food Shelf News

Fall brings transitions to the Charlotte Food Shelf

Margaret Sharpe
Contributor

As we move into fall, with cooler weather and the colorful display of our foliage and the many changes a new season brings, we embrace a time of transition. There are also many transitions occurring at the Charlotte Food Shelf.

First, we want to extend our immense gratitude to Maj Eisinger, who is moving on to new and exciting things in her life. Her wonderful writing, which captured the essence of our work and the generous support from our community, was always informative and a pleasure to read. Her dedication and commitment to our food shelf and our mission was greatly appreciated. She will be dearly missed, and we wish her the best with all her endeavors.

As we go forward, we welcome aboard Katherine Arthaud, who has agreed to assume the responsibility of writing our Charlotte Food Shelf articles.

The food shelf is also finishing up its summer grant programs: Vermonters Feeding Vermonters and Farm Stand Together. We thank our partners, the Charlotte Berry Farm, Frog Song Farm, Fat Cow Farm and Wild Roots, as well as the Vermont Food Bank. This collaboration is essential and enables us to distribute delicious and nutritious local products to our families.

We are grateful for many donations received this past month. The beautiful flowers from Hillary Maharam always bring smiles and good cheer. To all those who shared from their home harvest and brought us local produce, like the delicious cucumbers from Steve Epstein and Jill Moore, your hard work and generosity makes a difference.

If you are still harvesting and have an abundance, please bring them to our Wednesday distribution 3-6 p.m. on Sept. 25.

Along with our regular distributions, the fall brings other programs. Our Shoe In program provides sneakers for Charlotte Central School students who are in need. Our winter clothing drive, which is organized in collaboration with the Grange,

will begin in October.

In the next two weeks there will be more information shared outlining specific needs and how to donate. Katie Shearer, from the food shelf, and Alicia Cooper, from the Grange, are spearheading this effort. We got a head start with our winter clothing when we recently received beautiful handmade hats and mittens from the Gregorek family.

Unfortunately, food insecurity and the need for assistance is still present in our town, our state and our country. The work we do as a community would not be possible without financial support. We appreciate this past month's donors: Giles Anderson, Stephanie Wells, Jocelyn Schermerhorn, Lynne and Stephen Hale, Margaret Berlin, Kathleen Nolan, Jessica Shevitz Rauch and Jeremy Rauch.

The food shelf also benefitted from the proceeds from the yard sale organized by Lynn and James Williams.

Another significant transition for the food shelf over the next several months will be reorganizing and updating our space in the basement of the Charlotte Congregational Church. The food shelf has obtained a Capacity Grant from the Vermont Food Bank, which will allow us to purchase new shelving, new storage containers and a new refrigerator.

Our goal is to create a more efficient and appealing space for our families and volunteers. This is only possible due to the generosity of the Congregational Church working with us to better utilize all the space in the basement and provide us with more flexibility. They are truly an amazing partner, and we want to acknowledge them for all they have done and continue to do for us. We will keep you updated regarding this transitioning project and our needs for manpower and additional financial support.

The following donations of non-perishables are always helpful: snack foods, condiments, sugar, dish detergent and shampoo.

Food is provided at 403 Church Hill Road, behind the Charlotte Congregational Church on the second and fourth Wednesday (4-6 p.m.) and second and fourth Saturday (9-11 a.m.) of each month. For all other inquiries please call 802-425-2402.

Charlotte Food Shelf and Assistance also provides limited utility, rent, medical/dental, school supply and other emergency assistance to residents of Charlotte and North Ferrisburgh. If you or someone you know is facing unexpected hardship, help is available. Call 802-425-2402 or fill out a request form. Request forms are available during Food Shelf open hours, or on our website at charlotteucc.org/charlotte-food-shelf.

As we transition into the colder months, monetary donations are appreciated to help our families with utility bills. Tax-deductible donations can be addressed to: Charlotte Food Shelf, Inc., P.O. Box 83, Charlotte, VT 05445. An easy way to donate is through the PayPal button on the website address listed above or via the QR code provided here.



Photo by Nancy Bloch

A colorful summer harvest is spread out on a table at the Charlotte Food Shelf. If you have surplus from your harvest, please bring it to the food shelf's 3-6 p.m., Wednesday, Sept. 25, distribution.

Commentary

A profound and frustratingly humble voice is gone

Scooter MacMillan
Editor

The death of James Earl Jones on Sept. 9 has me reminiscing about a story a good friend used to tell. I say used to tell because Cina Smith died of cancer a couple of years ago. Since then, her friends and husband have been retelling her stories, and she had some great ones.

Anyone who has ever given me the time to launch into long-winded stories of my own has probably learned that a large percentage of the tales I tell come from my two decades as a professional raft guide.

Andy and Cina Smith grew up in the same South Georgia town and had known each other since the second grade. Andy had been periodically asking her to be his girlfriend since fourth grade, overtures that were politely turned down.

They both left town after high school.

After college, Andy ended up guiding rafts in the East and then went out West to work on rivers like the Colorado through the Grand Canyon.

While working out there, one day Andy broke his leg in a non-river-related incident. Andy was back home recuperating from his injury, and Cina showed up in town after completing her master's in music.

After they reconnected, Cina finally relented and not only agreed to be his girlfriend but his wife. They moved to the mountains of northeast Georgia, where Cina also took up work on the Chattooga River where I spent most of my whitewater career.

After her first season of working there wound down, Andy and Cina went to the Gauley River in West Virginia to work the short fall season there, as many raft guides around the United States do.

The Gauley is a dam-controlled river, but there are around 30 days of guaranteed water releases. It's a big-water river by eastern standards, which contributes to its lure for nomadic raft guides. Large numbers show up in West Virginia to work the short but exciting season there while not much is happening in whitewater elsewhere across much of the country.

Cina didn't get a job with a reputable rafting company in her first year. Instead, she went to work for a sketchy company with poor equipment and a sketchier owner named Weasel. His moniker proved amazingly appropriate some years later when Weasel was elected to the West Virginia legislature.

After going through training, Cina showed up a good bit nervous on the morning of her first day as a checked-out guide on the Gauley. Walking into the customer-greeting facility, she could hear the guides and the owner using the n-word and grumbling about a customer they didn't want to take down the river in any of their rafts. Despite her nerves, Cina found herself saying she would be happy to take the gentleman down the river.

She walked across the room to a group of people where a tall Black man stood with his back to her. As she began to introduce herself to her crew for the day, Cina looked up to see that she was introducing herself to James Earl Jones.

He was in the area filming "Matewan," a movie about a coal miners' strike in the 1920s. Jones and some of the others working on the film had decided to take a day off to try whitewater rafting.

Nerves didn't keep Cina from getting her crew down the Gauley relatively dry, but she herself didn't fare so well. She fell out of the raft three times. James Earl Jones was sitting right in front of her, so each time she had an unscheduled swim, Cina found herself calling, "James."

Every time, the renowned actor reached over and pulled her right back in.

At lunch, Cina noticed a spot to sit next to Jones and she jumped at the chance to talk to him about his acting career. In the town where she grew up, Cina was known for her performances in several musicals.

More than 40 years later, her performances were something that several people mentioned at her memorial service.

As one person said, "Cina never sought the limelight, but she knew what to do when she found herself in it."

Trying to draw James Earl Jones out, thespian to thespian, Cina asked him what it felt like to have played Darth Vader, one of the most iconic villains in movie history.

Just as he did in an interview memorializing his amazing career replayed on NPR in recent days, James Earl Jones humbly pointed out that Darth Vader was portrayed by another actor. He said he had just provided the voice.

Every time I've heard Cina tell this story over the years, it was clear that she wasn't mollified by his response. She wanted to hear James Earl Jones brag about the villain his stirring basso profundo voice had essentially created. Just like all of us who loved to hear her tell this story, and the NPR interviewer, we wanted him to take more credit, but Jones insisted on being humble.

When the trip was over, just before leaving, James Earl Jones told her, "Cina, I just want you to know: Today, I have had my first — and my last — whitewater experience."

Somehow, he found her address in the small town where she and Andy grew up. That Christmas she received a huge gift basket, and for a number of years after, Jones remembered her with a holiday gift.

James Earl Jones wasn't just an amazing actor, he was a profoundly humble and considerate person.

I was a senior in high school when "The Great White Hope" was released. The film rocked my world, confronting me with aspects of the evils of racism I'm still grappling with, and will for the rest of my life.

I'm also reminded of these lines Jones spoke about baseball in "Field of Dreams" as the writer Terence Mann, "It reminds us of all that once was good, and that could be again."

The same could be said of James Earl Jones.



**Hooray!!!
Its back to
School time!**



54 FALLS ROAD | MON-FRI 10-5, SAT-SUN 10-4 | 802-985-3221

Commentary



Here's what seniors need to know about Medicare Part D changes

Kenneth Thorpe
Contributor

Congress recently made a number of changes to Medicare's "Part D" prescription drug benefit. The changes were part of President Biden's signature legislation, the Inflation Reduction Act. The legislation was intended to make it easier for seniors to afford their medicines.

Some of the changes will indeed help seniors. But other changes could inadvertently raise seniors' costs, reduce their access to medicines and stifle the development of new treatments.

With open enrollment season just around the corner — it'll run from October 15 to December 7 this year — every senior should know about the Inflation Reduction Act and how it has impacted Medicare.

First, the good news. Seniors using insulin now have their costs capped at \$35 each month. This has already made a huge difference for those living with diabetes.

Starting next year, seniors' yearly out-of-pocket Part D drug costs will be capped at \$2,000. Seniors will also have the option to spread these costs out over the entire year through a new program called the "Medicare Prescription Payment Plan." Both of these changes can help seniors who rely on multiple brand-name medicines and those on fixed incomes.

But right now, very few enrollees are aware of this new program. Medicare could do more to alert seniors to this new feature, especially since seniors interested in this benefit will need to opt in. During open enrollment season, seniors should consider contacting their Part D

insurers if they'd benefit from spreading out their pharmacy costs.

Because of the Inflation Reduction Act, Medicare can now set prices on some covered drugs for the first time ever. Unfortunately, this policy has had some unintended effects on the development of new medicines. Thus far, it has already resulted in the discontinuation of at least 36 research programs and 22 experimental drugs.

The Inflation Reduction Act has also resulted in higher premiums for seniors. This year, standalone Part D plans were on track to cost 21 percent more than they did last year, on average. As a result, many seniors switched to lower cost options. The number of plans available has also dropped, down about 25 percent since 2020.

Because of the law, many insurers have also shifted some medications to "non-preferred" or "specialty" tiers that require higher out-of-pocket costs, restricting beneficiaries' access to previously covered drugs. Some insurers have also created rules that make it harder to get the drugs your doctor recommends, like making patients first try cheaper options.

It is important that seniors learn about these changes — and the impact they're having on their access to medicines — before Medicare's open enrollment begins in October.

(Kenneth E. Thorpe is chairman of the Department of Health Policy and Management at the Rollins School of Public Health at Emory University. He is chairman of the Partnership to Fight Chronic Disease.)

YOU NEED A CONTRACTOR YOU CAN TRUST.

POLLI
construction, inc.

CUSTOM BUILDING AND REMODELING

POLLICONSTRUCTION.COM 802.482.5777

Expert PAINTERS SPARKLES ROT ROOFING HANDYMAN

To Advertise in

The Charlotte News

Contact ads@TheCharlotteNews.org

Disaster Recovery

VT Disaster Recovery Fund announces \$1M in grants

Chris Graff
Contributor

The Vermont Disaster Recovery Fund has approved \$1 million in grants to help flood survivors.

The money went to 71 cases in seven counties providing grants ranging from \$151 to the maximum Vermont Disaster Recovery Fund grant of \$25,000.

The fund, created in 2011 following Tropical Storm Irene, provides help to disaster survivors after they have exhausted other sources of assistance, such as FEMA, homeowner and flood insurance and grants from local and regional disaster funds.

Treasurer Mike Yantachka of Charlotte said the money for the latest grants comes from both individual donations and from the Vermont Flood Response and Recovery Fund organized by the Vermont Community Foundation.

In addition, the Waterwheel Foundation, created by Phish in 1997 to oversee the band's various charitable activities, has donated \$600,000 to the Vermont Disaster Recovery Fund to provide direct assistance to flood survivors.

"Phish has been incredibly generous, both following Irene and last year, in

holding benefit concerts to raise millions for flood relief," said board member Neale Lunderville.

Patti Komline, the vice chair of the Vermont Disaster Recovery Fund, said she expects several hundred more requests for funding. "This is a slow process and is slower than what we saw following Irene," she said.

Komline said that many of the requests for funding involve flood-damaged mobile homes, which, unlike stick-built homes, usually can't be rebuilt.

On Labor Day Yantachka and Komline delivered a \$21,000 grant to the Alex and Addie Wheeler family for the loss of their Berlin mobile home in the July 2023 flooding.

Flood waters reached the top of their kitchen counters, damaged all their furniture, medical equipment, toys and appliances. The Wheelers had flood insurance but incurred thousands of dollars of out-of-pocket expenses as they bought a new mobile home and located it on a new site in East Montpelier.

For more information email disasterrecovery@vdrf.org.

(Chris Graff is the chair of the Vermont Disaster Recovery Fund.)



Photo by Janet Yantachka

From left, Patti Komline, vice chair of the Vermont Disaster Recovery Fund, treasurer Mike Yantachka and Sofia Benito Alston, far right, of Champlain Valley Office of Economic Opportunity deliver a \$21,000 check to Alex and Addie Wheeler for the loss of their Berlin home in the July flooding. The Wheelers have a new home in East Montpelier.

SCHEDULE YOUR SUMMER 2024 **ROOF** REPLACEMENT TODAY.

Call 802-526-6564

Receive a same day
estimate

Have your roof replaced
in one day

VERMONT
CONSTRUCTION™
ROOFING DIVISION



Disaster Recovery

Charlotters reporting July 10-11 may get FEMA visit now

Federal Emergency
Management Agency

The final day to register any damage from the July 10-11 storm for FEMA assistance is Oct. 21.

Charlotte residents that have reported damage to Vermont 211 or FEMA may have a FEMA representative already visit their residence or property last week. If they haven't come, they will be wearing FEMA ID's and other identifying clothing.

FEMA Disaster Recovery Center Opens in Hinesburg Sept. 7 at Hinesburg Town Hall 10632 Route 116, Hinesburg.

The recovery center will be open every day including Saturdays and Sundays from 8 a.m. to 7 p.m., or you can call them at 800-621-3362. An appointment isn't needed to visit a Disaster Recovery Center.

FEMA specialists and representatives from the U.S. Small Business Administration, which can provide low-interest disaster loans to survivors, will be on hand to discuss available assistance.

Those affected by the disaster do not have to visit the Disaster Recovery Center in order to apply. Survivors can also register in one of the following ways:

- Online at disasterassistance.gov. The

FEMA website is accessible and includes language translation options.

- By phone at 1-800-621-3362. Press 1 for English, 2 for Spanish and 3 for all other languages. If you use video relay service (VRS), captioned telephone service or others, give FEMA your number for that service. Phones operate from 7 a.m.-10 p.m., seven days a week.

- Download FEMA's mobile app. Select Disaster Resources and click on Apply for assistance online.

The FEMA representative suggested residents use the 800-621-3362 number (7 a.m. to 10 p.m. seven days a week) first and a FEMA rep will take your information and answer any questions.

All centers are accessible to people with disabilities and functional needs and are equipped with assistive technology equipment. If you need a reasonable accommodation or sign language interpreter, please call 833-285-7448 (press 2 for Spanish).

Some important information to know before you call:

- The Disaster Recovery Center is staffed with Individual Assistance experts. Should anyone need help with registering for FEMA assistance, checking the status of their registration, uploading documents, denial letters, appeals,



whether they qualify for any type of assistance or have any questions at all, go to the nearest recovery center.

- Denial letters usually mean “need more information.” Emphasize to people to not give up if they’ve received a denial letter. Go to the nearest Disaster Recovery Center or call 800-621-3362 for assistance.

- If private roads or bridges were damaged or destroyed limiting access to their residence, they may be eligible for FEMA assistance. They must register for assistance. If more than one residence is impacted by the damaged road or bridge, each residence should register.

- The Disaster Recovery Center is staffed with a hazard mitigation expert to assist people in building back better and to build back safer.

- The Disaster Recovery Center is staffed by the Small Business Administration, who can provide low-interest loans to individuals and businesses impacted by the disaster. They can also help farm operators who had damage as they have links to the USDA.

- The final day for people to register any damage from the July 10-11 storm for FEMA assistance is Oct. 21.

Commentary

Clean Heat Standard: Lost time is never found again

Julie Moore
Contributor

We have all witnessed the impact of our changing environment. It is warmer, storms are stronger, and repeated floods are testing the limits of our resilience. The need for climate action is urgent, but this doesn't mean that the transformation won't be complex and challenging and come with real costs.

In the pursuit of solutions to the climate emergency, we cannot ignore household financial realities.

As many can attest, the gritty tasks of replacing boilers and furnaces with heat pumps, weatherizing older homes and upgrading electric panels is expensive. Vermonters — as dedicated they are to climate action — will find these hard investments to prioritize when they are increasingly struggling to pay for housing or buy groceries.

When the Legislature was considering the “Affordable Heat Act” in 2023 — also referred to as the Clean Heat Standard — it seemed obvious it would require a significant, upfront investment by Vermonters to achieve both the greenhouse gas reductions and the promised long-term savings.

In contemplating this legislation, there

were a lot of big numbers tossed around — billions of dollars in both costs and benefits, with some seeming to suggest this policy would effectively pay for itself. I felt it was critical to tease apart the household benefits — things like lower long-term energy bills — and societal benefits — things like improved air quality and reduced carbon emissions — from household costs, including labor and materials for installation, which largely occur upfront.

So, using the best available — but admittedly incomplete — information, I estimated the investment — the upfront costs — Vermonters would need to make to fulfill the obligation the Legislature made on Vermont's behalf when they overrode the Governor's veto of the Global Warming Solutions Act in 2020.

I was prepared for my attempt to put a rough price tag on the Clean Heat Standard to be unpopular but hoped that it would result in a more complete and honest conversation with Vermonters.

Unfortunately, that was not what happened. My cost estimates were dismissed as political and “false information... pushed out irresponsibly” to scare Vermonters. There was no substantive discussion and Vermonters were denied the chance to be given a sense of the cost of this program before state agencies were directed to jump



Adobe stock photo

straight to program design.

Over the past 18 months, the Public Utilities Commission and the Department of Public Service have engaged consultants and worked extensively to more fully understand what would be required to establish a Clean Heat Standard, investing hundreds of thousands of dollars of state resources and many, many hours of staff time. An initial report-out from this work was published earlier this month.

While the report highlights that uncertainty remains around the exact cost of implementing the Clean Heat Standard, it affirms that it will require billions of dollars of upfront investment, a disproportionate amount of which will need to take place between now and the 2030 deadline imposed by the Global Warming Solutions Act. And the report notes that it will be particularly challenging to shield low-income Vermonters from bearing the economic brunt of its implementation.

I am left feeling disappointed because making the transition away from fossil fuels is a goal I very much share.

Rather than taking the time to

develop thoughtful policy that considered affordability and efficient use of resources in building a durable climate strategy, the Legislature directed state agencies to fully design a policy with no regard for the cost. The result is a policy that is technically complex, will be hard or impossible to administer and, perhaps most important, will be so expensive it is unlikely to gain the broad public support needed to succeed.

As climate change continues to impact Vermont and Vermonters, I am asking our legislators to carefully consider and weigh the information being developed by the Public Utilities Commission and the Department of Public Service, and commit to open dialogue, collaboration, collegiality and math.

The successful creation of a far-reaching and consequential policy to reduce greenhouse gas emissions — such as the Clean Heat Standard — must include real consideration of its costs. Otherwise, we will continue to squander our most valuable resource in charting a path to climate safety — time.

(Julie Moore is Secretary of the Vermont Agency of Natural Resources.)

Education

Celebrations start year at Charlotte Central School

Naomi Strada
(Summarized by Tom Scatchard)

Charlotte Central School looks for opportunities to bring the whole student body together. Once a month, all-school assemblies are held where different grade levels are the host, and that team creates a positive message to send students off feeling connected and empowered.

On Sept. 6, the assembly was led by the fifth-grade team, which modeled the meeting expectations, leading students and staff in a greeting, a share and a silly activity. Look for more information about all-school meetings soon.

In the several weeks that have followed that first all-school assembly there have been many additional celebrations, including:

- International Dot Day, which is a celebration based on the book “The Dot” by Peter H. Reynolds. It is focused on honoring creativity, courage and collaboration. What started as a kindergarten-fourth grade theme quickly spread to all of Charlotte Central School, with students collecting dots of all colors from teachers around the building.

- Eighth-grade students presented their Dream Schools to classmates. Ideas were very creative and will be displayed at the open house on Sept. 24.

- The Charlotte Community School jazz band began the morning practices this week. Musicians gather at 7:30 a.m. to rehearse before school.

Educators continue to build routines,

reinforce successes and let each member of their classroom display their strengths and passions. The goal is to slow down and get to know the humans with whom they will be learning and growing this year.

Student teachers

On Tuesday, Sept. 10, the school welcomed 24 University of Vermont student teachers who will be working in first-sixth grade classrooms.

These future educators are completing a practicum course designed to provide them with opportunities to observe mentor teachers and to apply the knowledge, skills and strategies they are learning in their college courses.

They will be with Charlotte Central School on Tuesdays and Thursdays from 12-3 p.m.

Girls basketball fundraiser golf tournament

The 4th annual Champlain Valley Union High Redhawks Girls Basketball Golf Tournament will be held on Sunday, Sept. 22, at Cedar Knoll Country Club in Hinesburg. Show support for the basketball players and meet the team’s new head coach. Enjoy a fun day of golf, community, food and amazing prizes. Foursomes may be registered by emailing Amy Vaughan at amy114@comcast.net with any questions and to request registration or donation information.

Not a golfer? There are many other opportunities to support the team through sponsorships or donations.



The Charlotte News file photo.

Thought about being a youth mentor?

Connecting Youth CVSD is seeking interested adults to join a team of volunteer youth mentors. Not only will your mentoring relationship provide support, encouragement, trust and guidance for a young person in your community, you’ll find substantial reward in being a person who is making a difference in

someone’s life.

The commitment requires an hour a week during the school year. The timing will work around your schedule, and continuous training and support is provided.

Middle school mentors connect over fun activities like cooking, crafts and games. Your simple presence can make a difference.



**Reach your
customers by
advertising with us!**

**Find out what
we can do for you.**

Contact ads@TheCharlotteNews.org

Education

Consider college rankings on basis of students' goals

Margo Bartsch
Contributor

What happens when college rankings shift away from reputation and toward outcomes?

The recent 2025 College Rankings published by The Wall Street Journal did just that. Half of the colleges in the top 50 are newly seeded from last year. Convenient to Vermont, three of the top 20 are in Massachusetts: Babson College ranked 2, Harvard University at 7 and Bentley University — 11. Whereas, local schools Dartmouth College — 57, Middlebury College — 236 and University of Vermont — 352 all plummeted from last year.

The Wall Street Journal ranking has only three criteria: 70 percent student outcomes, 20 percent learning environment and 10 percent diversity of faculty and students. The analysis is entirely from government data and with research partners College Pulse and Statistica.

The 70-percent outcomes portion has greater emphasis on graduation rates and graduate salaries. This focuses on value-added of each college in how the curriculum and career support work

together in contributing to student success.

These value-added elements emphasize career preparation, alumni connections and real-world experiences like internships and study abroad.

In addition, colleges with greater emphasis on STEM (or science, technology, engineering and mathematics) courses in engineering and business have catapulted to the top of the rankings. These majors can help optimize earning potential, affecting the outcomes component.

In calculating student outcomes, the cost of attendance is factored against the salary performance. The equation starts with the average net price of attending college over four years. Then, divide the estimated net price for four years by the median salary of its graduates compared to a high school graduate in the state where the college is located. This cost estimate is then calculated by how quickly the graduate's salary boost is attributed to the cost of attending that college.

Thus, more expensive private colleges that do not give generous merit scholarships or financial aid packages are at a cost disadvantage in attending

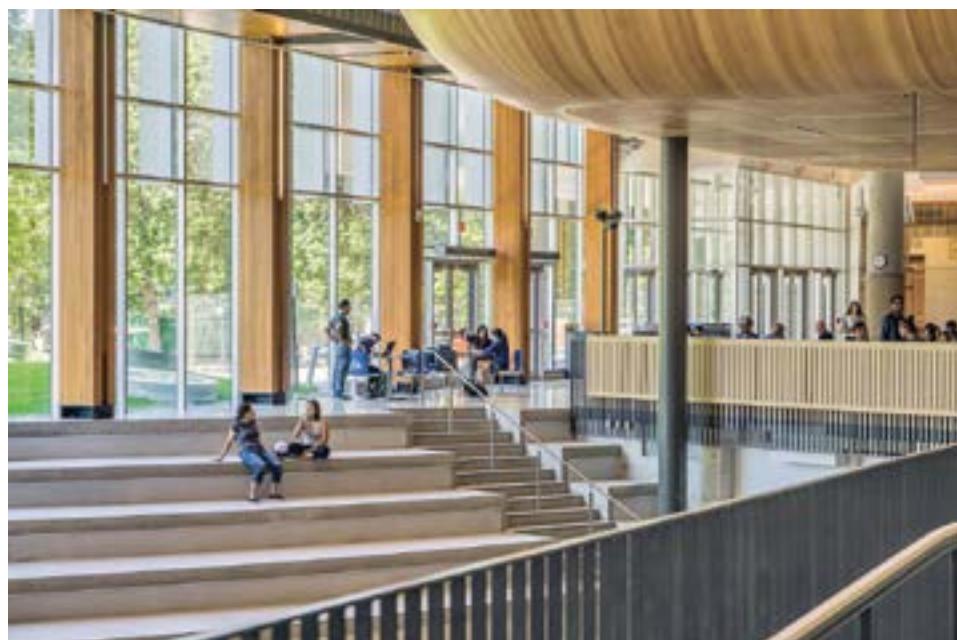


Photo by thelester from Pixabay

that school. For example, New York University is ranked 273 and estimates its average cost to attend in 2024-25 is \$93,184.

However, outcomes are calculated on salary averages, rather than specific college majors. For example, Forbes reported last year that Purdue University (ranked 102) computer science majors earn \$124,000 compared to Yale University (ranked 4) English Literature majors earning \$64,000, four years after graduation.

The Wall Street Journal data does not include selectivity or rejection rates. The rankings eliminate academic surveys about college reputations, do not include self-reported information from the colleges and do not reward colleges that spend a lot of money on instruction.

By eliminating reputation elements, the top 20 list features six public universities including University of California-Berkeley, ranked 8, and Virginia Tech at 19. Typically, in-state residents pay lower tuition and represent most students at the college, minimizing the total cost to

attend. These factors can also contribute to lower student debt.

The Wall Street Journal ranking also combines national universities and liberal arts colleges into one list. In this case, all schools are compared to one another. This is different than U.S. News and World Reports which has separate rankings specific to colleges and one focused on universities. For example, last year Princeton University and Williams College were each ranked first. Comparatively, with this year's Wall Street Journal rankings, Princeton is No. 1 and Williams is 174.

If a high school student's objective is to attend a college with a greater emphasis on outcomes, then The Wall Street Journal ranking is a good guide. In that case, it is important to have the academic background to meet admissions criteria. Taking rigorous full-year classes, AP subjects and dual-enrollment courses can prepare the student to hit the ground running.

To expand academic knowledge beyond the classroom, students can plan and apply for internships and technical jobs that are related to future professions. For example, Beta Technologies offers summer internships and limited co-op positions during the school year. Career opportunities are in aviation, technology and sustainability. There is a greater focus on critical thinking and analytical skills.

Various college rankings prioritize different key factors that are relevant to the college experience. There are trade-offs between emphasizing salary outcomes or highlighting selectivity and prestige.

Using data to create a personal college list is not a one-size-fits-all approach. With the increasing cost of college, it is essential to review the rankings with a critical eye toward achieving each student's goal.

(Margo Bartsch founded College Essay Coach, a full-service college admission business, and has been an adjunct professor in business at Champlain College and at Middlebury College.)

Flotsam shanty



Photo by Alexandra Lehmann

A gorgeous, end-of-summer walk at the Charlotte Town Beach revealed this driftwood hut with an intriguing view of the lake.

Sports

Champlain Valley continues season-opening win streak

Scouter MacMillan
Editor

CVU 40, Colchester 6

The Champlain Valley Redhawks have started their season in a way that is the stuff football dreams are made of, at least for those on their side of the field. The Redhawks have scored on their first plays in three straight games.

Getting an early lead in a game makes it much easier for coaches, fans and players to sleep at night.

On Friday, Sept. 13, the Lakers received the opening kickoff and shortly after CVU intercepted. It was the first of three interceptions CVU had on the Lakers' first three possessions.

On the Redhawks' first play of the game, Nolan Walpole raced 58 yards for a touchdown with just over a minute lapsed in the game.

It was the first of six touchdowns the Redhawks would score in the game to Colchester's one.

After its opening score and another interception, on the first play of CVU's second possession, sophomore quarterback Orion Yates hit senior Jacob Armstrong, who was wide open. Armstrong ran it in from 49 yards out for a second CVU touchdown.

On its ensuing possession, Colchester gave up the ball with another interception, and the Redhawks capitalized, scoring again. With just over three minutes left in the first quarter, CVU was up 21-0.

In the second quarter, the Redhawks scoring onslaught cooled a bit, but their defense never wavered.

The Lakers finally got on the board early in the second, but missed the extra point. Champlain Valley scored again with less than four minutes left in the third to make the score 27-6.

The Lakers couldn't manage to put up any more points in the game. About a minute and a half into the fourth quarter senior, Billy Bates made an athletic catch in a crowd of defenders to add another CVU touchdown.

With just about a minute remaining in the game, senior Daniel Tuiqere ran it in from 17 yards out for the final 40-6 score.

After the game, junior Stuart Allard of Charlotte and sophomore John Saladino were pleased with how well their team started and less thrilled with how they slowed down offensively in the second quarter.

"Our goal is to keep the foot on the gas the whole game. We can't be letting up like that," Saladino said. He was also pleased with his 1-yard run for a touchdown.

"Going into the third and fourth, our defense and offense both stepped up," said Allard. He nabbed one of CVU's interceptions.

After the game, coach Rahn Fleming said he had "mad respect for Colchester," and the character that coach Tom Perry teaches his kids to play with.

With just minutes left in the game and

the Lakers way behind, the Colchester players could still be heard exhorting each other to keep trying. Although the game was clearly out of reach, they sounded like they really believed there was a way they could come back and win.

The matchup was between the No. 1 Division 1 and the No. 1 Division 2 teams in the state, but CVU had more size and "physicality" than the Lakers, Fleming said. "It was a little bit of a mismatch on the rosters that didn't show on the ball field."

Despite the three wins, Rutland, which is also unbeaten, was moved to No. 1, and CVU moved to second in the state rankings.

Yates finished with three touchdown passes. Armstrong had two touchdown receptions, one the 49 yarder.

Playing on both sides of the ball, Bates had an interception and a touchdown catch, and Dylan Terricciano had an interception.

CVU 52, Essex 13

Champlain Valley Union High's game at Essex High this past Friday, Sept. 6, didn't start the way its season opener against Hartford went the weekend before.

This time the Redhawks didn't score right off the bat to start the game. This time it took CVU seven plays and about three and half minutes to get on the scoreboard. After that it was Katy, bar the door.

After receiving the opening kickoff, the Redhawks marched the ball down the field with alternating passing and running plays that resulted in three first downs in a row.

After the third first down, the Hornets managed to stop the Redhawks to set up CVU's first fourth down. The Redhawks decided to go for it. However, Essex was called for an offside penalty, and the Redhawks had another first down.

On the ensuing play, Yates lofted an 18-yard pass to Terricciano, giving CVU a 7-0 lead.

With a flair for understatement, on the sideline coach Rahn Fleming opined: "That was a pretty good opening drive."

As the stands filled prior to the game starting, TV crews were promoting the upcoming game live. Two announcers from one of the stations were having an on-air discussion about whether the CVU-Essex matchup was the game of the night or the game of the week, eventually agreeing that it was going to be quite a contest.

It didn't turn out to be the kind of a game they were predicting, as Champlain Valley rolled to a 33-0 lead by halftime. In the second half, Essex managed two scores, but unfortunately for the Hornets, the Redhawks were still scoring, coasting to a 52-13 win and a No. 1 ranking in Division 1.

On the CVU sidelines, the players could be heard muttering about the newspaper poll where eight of 10 sports prognosticators picked Essex to win



Photo by Calvin Morse

Tight end Dylan Terricciano completes a reception in Champlain Valley's 40-6 win over Colchester. This Friday, Sept. 20, the Redhawks travel to BFA-St. Albans for a 7 p.m. game.

this game, possibly swayed more by the Hornets' 49-13 dismantling of St. Johnsbury than the Redhawks' opening weekend 17-0 shutout of Hartford.

On Essex's first possession of the game, it fumbled, and CVU senior Lucas Almena-Lee recovered on the 20-yard line. The Redhawks proceeded to march the ball down the field, converting on a pair of fourth downs. On the second fourth-down attempt, Yates found Dylan Frere for a 1-yard scoring pass with just over four minutes left in the first quarter.

Starting on the 10-yard line on its second possession of the game, Essex felt the heat of CVU's vaunted defense, losing ground on successive plays. On third down, Allard led a pack of defenders in tackling running back Ethan Hemingway in the end zone for a touchback and putting CVU up 16-0 with 3:17 remaining in the first quarter.

That wasn't it for the Redhawks' offense in the opening frame. With 1:28 remaining in the first, Yates found Bates for a 24-yard scoring pass that made the score 23-0.

A little over three minutes into the second quarter, CVU was stopped at the 7-yard line and opted to try for a field goal. Alex Jovell delivered, kicking it home for a 26-0 lead.

Fleming is amazed at how well his sophomore kicker has been doing and has come up with a nickname to celebrate Jovell's dependability with the ball on his foot, saying, "I didn't even know he could kick a football, and now he's 'Captain Reliable.'"

At the 4:39 mark, Yates connected with senior George Taylor. After another successful Jovell extra point, CVU had the 33-0 lead that the team took into halftime.

Three minutes into the third, Terricciano notched his second touchdown of the game, this time on a

2-yard run.

Essex finally got on the board, but missed the extra point to make the score 39-6. If the Hornets got any optimism from that score, it was short-lived because Bates returned the kickoff for a TD, and the Redhawks were ahead 46-6.

After another touchdown and a missed extra point, the Redhawks were ahead 52-6, but the Hornets did manage another touchdown for the final 52-13 margin.

In his second start behind center, Yates was even more poised than in the season opener, throwing touchdown passes to four different receivers. And he also shone on defense. Playing at outside linebacker, he knocked the ball back on a sack, putting Essex within the 10-yard line.

Before Yates got to CVU, Fleming noticed his size. Because of his stature, Yates had always played line in youth football.

Fleming said, "I remember looking at him and going, 'You ever throw a football?' He grinned from ear to ear and goes, 'I've always wanted to.' I said, 'Let's get you throwing the ball.'"

After this conversation, assistant coach Chris Destito took Yates under his wing and worked with him on quarterback drills for the last part of the summer before he got to high school.

The one downside to CVU's play was the number of penalties the team committed.

"I told the team, 'We were our own worst enemies,'" Fleming said. "We're not going to be able to get away with that in a more competitive game."

The team is working on "wrapping ferocity in discipline. Ferocity comes naturally. That comes from the kids' hearts," the coach said. "The discipline we have to teach."

Sustainable fall garden maintenance can save time

Bonnie Kirn Donahue
University of Vermont Extension

When the air becomes cooler, and leaves begin to turn colors, it's time to gear up for fall garden maintenance. Or is it?

If you're interested in doing more sustainable fall garden maintenance, then fall might be less busy for you than usual.

The first big thing that you can do is to consider not cutting back your herbaceous plants. Leaving up plant stems of perennials and grasses can provide winter habitat for pollinators and other beneficial insects that can lay eggs or overwinter inside dried stems.

The dead material can be cut back and removed in the spring after the ground has dried out, temperatures have warmed and you notice insect activity in the area.

If you want to test this out before fully committing, prioritize leaving plants with hollow, pithy stems that pollinators enjoy, such as milkweed, joe-pye weed, ironweed, sunflowers, goldenrod, asters and ornamental grasses.

To provide winter food for birds, too, don't disturb plants with seed heads for the winter. Birds take advantage of this extra food source in plants such as, but not limited to, echinacea, black-eyed Susan, goldenrod, aster and sunflowers. There is nothing more satisfying than seeing little birds nibbling on

the seed heads of your perennial plants in the winter.

Leaving seed heads and stems also provides some color and texture against a blanket of white snow. It might be hard to imagine how a dead stem might look nice in the winter, but I encourage you to give it a try to see what it is like this season. You might be pleasantly surprised.

After the leaves fall, consider leaving fallen leaves in your garden as mulch. This leaf litter can become habitat for ground-nesting bees and other insect larvae, helping insulate them throughout the winter.

If leaves drop on your lawn, try mowing the leaves (you may have to mow over them multiple times) and leaving the pieces as mulch. The leaf material will decompose, and the nutrients will get absorbed by the soil, helping your lawn stay healthy.

Fall is a great time to plant new trees, shrubs and any plants. Make sure to water them, even as they go dormant. Evergreens have roots that are especially sensitive to drying out, so thoroughly water if they are planted late in the season.

To make fall watering more sustainable, consider collecting rainwater using rain barrels next year to water your non-edible garden plants.

One more practical and sustainable tip is to make sure your compost system is ready



Photos by Bonnie Kirn Donahue

Not cutting back plants with seed heads in the fall will give birds an extra food source on cold winter days.

for the winter. Is the area that you compost accessible in winter? Will you need to climb over snow piles to get to it? Try to plan now to help make composting less of a pain during the winter season so that you will continue this important practice all year long.

By transitioning to more sustainable

landscape maintenance methods this fall, you can save yourself time and give back to Mother Nature.

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

Gardening

Planting apple seeds doesn't grow tasty apple trees

Deborah J. Benoit
University of Vermont Extension

They're the most familiar of fruits, but how much do you really know about apples?

Apples (*Malus domestica*) are members of the rose family (*Rosaceae*). So are crabapples, pears, apricots and cherries.

If you're looking for a native apple tree, you're going to be disappointed. Apples aren't native to the Americas. They originated in Kazakhstan, in central Asia and eastern Europe about 6,500 years ago.

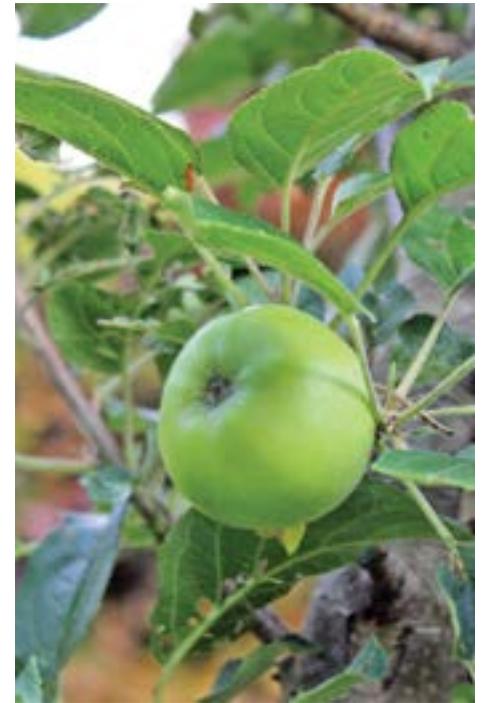
Apples came to America with the first colonists, who carried young trees and seeds from home. Unlike today's apples, they were likely smaller and not so pleasant tasting. Even so, apples became a staple in the American diet with many being pressed to make cider. Hard cider was regularly consumed at meals, a safer alternative at a time when water supplies often carried disease due to poor sanitary practices.

Apples moved westward along with settlers, including the man many know as Johnny Appleseed. He was born Jonathan Chapman in 1774 in Leominster, Massachusetts, and apprenticed as an apple orchardist. Chapman collected seeds from cider presses, planting orchards as he traveled.

The quality of apples from those trees was unpredictable and usually poor. Sometimes, though, apple trees grown from seed produced unexpectedly good results that led to the varieties we're familiar with today.

If you've considered trying to grow an apple tree from seed, you'll likely be disappointed with the result. Apple trees don't grow true from seed, so the fruit won't be the same as the source of the seeds. For this reason, apple trees today are rarely grown from seed.

Ancient Romans used grafting to propagate apples and brought the technique with them as the empire expanded. By grafting a cutting from the parent tree (called the "scion") to the rootstock of another, an apple tree can be grown that will bear the same fruit as the



Photos by Deborah J. Benoit

An "apple a day may keep the doctor away," as the old saying says, because this fruit is an excellent source of fiber and antioxidants.

parent plant. Today, all commercially sold apple trees are produced by grafting.

Since most apple trees aren't self-fertile, you'll need to plant at least two different varieties for the trees to produce fruit. Crabapple trees can also be used as pollinizers. While some varieties such as golden delicious are self-pollinating, having another pollinizer can produce a larger crop.

The American crabapple (*Malus coronaria*) is native to North America, while the European crabapple (*Malus sylvestris*) is native to Europe and western Asia. Crabapples are generally smaller than 2 inches while apples are larger.

There are more than 7,500 varieties of apples grown around the world. In the United States, more than 2,500 varieties are grown, though less than a dozen make up the majority of apples available on grocery market shelves. Gala, Granny Smith and golden delicious are among the most popular apples.

While apples grow throughout the

United States, Washington grows the most apples, about 160 million bushels each year. Vermont produces about a million bushels annually.

Depending on the variety and growing conditions, an apple tree can take up to 10 years to produce fruit. That tree can have a life span of 100 years.

It takes about 40 apples to make a gallon of cider. Hard cider is fermented, unfiltered apple juice.

Have you ever wondered why apples don't sink? They're about 25 percent air, so they rise to the surface.

There's some truth to the old expression "an apple a day keeps the doctor away." Apples are a good source of fiber and antioxidants and contain no fat or cholesterol.

Interested in growing your own apples? Check out this link: go.uvm.edu/tree-fruit.

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



**JOIN OUR
EMAIL LIST
AND GET
THE LATEST
TOWN NEWS
WHEN IT
HAPPENS!**

**SIGN UP ON
OUR WEBSITE**

www.CharlotteNewsVT.org



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

**Visit charlottevt.org
for more information**

Planning Commission Meeting
Thursday, Sept. 19, 7 p.m.

Regular Selectboard Meeting
Monday, September 23, 6:30 p.m.

**Charlotte Conservation
Commission Meeting**
Tuesday, Sept. 24, 7 p.m.

Development Review Board
Wednesday, Sept. 25, 7 p.m.

BUSINESS DIRECTORY

ADVERTISE YOUR BUSINESS HERE!

Only **\$25 per issue** or **\$20 per issue** when you run six months or more. Contact ads@TheCharlotteNews.org



Investing in better water

- Water Filtration Systems
- Water Delivery
- Water Softeners

Call us today!

Culligan Water

802-865-0000
154 Brentwood Drive
Colchester

Handyperson & Senior Modifications

Putting "service" back into home services!



Trustworthy ♦ Reliable ♦ Respectful ♦ Fully Insured

Brian McNabb | 802-638-0000 | bluevt.us

A HIGHER STANDARD OF HOME SERVICE

BEAGLE BUILDERS, LLC

ROOFING, SIDING & EXTERIOR FINISHES



WINDOWS & DOORS
DECKS, PORCHES & SUNROOMS
REMODELING & ADDITIONS

Monkton, VT beaglebuilders@gmavt.net

802-453-4340 CALL US! 802-355-0807



Empowering families through financial planning.

Our team includes CERTIFIED FINANCIAL PLANNER™ professionals.

802-878-2731 | CopperLeafFinancial.com

Brushhogging by Adam

Taking your brush to brush.
Adam Dantzscher
Proprietor



Services:
Brush-Hogging
Chain-Sawing
Driveway Repair
Excavating
Lawn Mowing
Delivery/Haul-away
Roadside Mowing

802-578-8347
adamdantzscher@aol.com

BUSINESS DIRECTORY

PEACE OF MIND PET & PLANT CARE

DEDICATED, PROFESSIONAL IN HOME

Care For Pets (Chickens Too)

House Plants and Gardens

Excellent References

Call or Text 802-658-6108

ADVERTISE YOUR BUSINESS HERE!

Only **\$25 per issue**

or **\$20 per issue**

when you run six months or more.

Contact ads@TheCharlotteNews.org

Visit to Vermont granite quarries in Barre is trip into history

Elizabeth Bassett
Contributor

If you have driven north on I-89 in recent years, you have probably noticed an ever-growing mountain of white slag on the west side of the road between Bethel and Randolph. The adjacent white granite quarry dates back to the 1800s and is owned and operated by Rock of Ages Corporation.

Prosperity and history intertwine in the exploitation of granite in many parts of the state and Bethel is one of them.

Several state capitol buildings, including in Madison, Wisconsin, were constructed from Bethel granite extracted from one of the earliest commercially operated quarries in the United States. The U.S. Post Office and the Smithsonian Museum of Natural History, both in Washington, D.C., are built from Bethel white granite.

The quarry was unused for many years but is once again operating, providing material for the Grand America Hotel in Salt Lake, used during the 2002 Winter Olympics, and for the Qatar Convention Center in Doha, Qatar.

Most years, the Bethel quarry operates from March into December, employing 16 workers in two shifts, with an annual yield of 6,000 cubic meters.

Driving northbound one can see workers on the façade of the granite. Rock of Ages says that with contemporary tools and technology, it is able to extract deeper in the rock at the site of the original 19th century excavations. In addition to diamond wire saws and modern drills,

traditional techniques are also used to split stone, feather and wedge, also known as wedges and shims or plugs and feathers. If one is so inclined, YouTube offers videos on how to use feather and wedge.

Consider a visit to the active E.L. Smith Quarry in Barre, flagship operation for Rock of Ages. At 600 feet deep, this quarry claims to be the largest operating deep-hole, dimension granite quarry in the world. In addition, there is a visitor center and nearby factory.

According to the Rock of Ages website (rockofages.com/tours), craftsmen use hand tools in much the same way as Michelangelo did centuries ago. These little-changed, artistic endeavors are mingled with computer-guided, diamond-tipped saws and precision grinders.

The wonders of granite world continue at the Vermont Granite Museum in Barre. Located in a turn-of-the-20th-century granite manufacturing plant, the museum preserves the history and memories of the industry at vtgranitemuseum.org

To add some frosting to your granite cake, allow an extra hour or two to visit Barre's Hope Cemetery, a true Vermont treasure. A monument to monuments, this hallowed ground hosts dozens of spectacular grave markers, from the poignant and heartbreaking to the irreverent and whimsical. A community of stone carvers has poured its talent and emotions into these memorable gravestones.

One of the world's few monuments to the 1818 Flu Epidemic sits in Hope Cemetery. Installed in 2018, the 5-ton



Courtesy photo

The Rock of Ages quarry in Barre, the largest operating deep-hole, dimension granite quarry in the world, makes a great day trip.

granite bench is a gift of Brian and Karen Zecchinelli, owners of the nearby Wayside restaurant, which opened 100 years earlier, just a few months before influenza tore through Barre killing nearly 200 people.

The New York Times reported, "One of the dead was Mr. Zecchinelli's grandfather, Germinio, an Italian immigrant who worked as a craftsman in a local granite factory, one of many in a town that still bills itself as the granite capital of the world."

Mr. Zecchinelli knew little about his grandfather's life, which lasted just 35 years, so he spent months researching his death. He quickly became fascinated

not just by the flu, but by its near total disappearance from our collective memory.

During three terrifying years, 50 million died across the world, 675,000 Americans among them. The inscription on the granite bench reads, "1918 Spanish Flu Memorial." Chiseled on the back, "Over 50 million deaths worldwide." (vermonter.com/hope-cemetery)

A favorite Vermont day for me is to pick up a sandwich in Middlesex at Red Hen Bakery and venture to Barre. There's so much to see in our own backyard and fall color might be a bonus.

Fall for mums



Photos by Alexandra Z. Lazar

As summer fades, fall comes into full bloom — along with these mums.

Gardening

Blessings of life permeate the changing of the seasons

Bradley Carleton
Contributor

The unusual temperatures of September have prolonged the haying season as well as allowing gardens to flush a third round of lettuce, radishes and cilantro just in time for the last ripe tomatoes and a flourish of salsa-based meals.

This month's lunar orb is named the full corn moon to recognize the passage of time and the blessings of life here on earth. Tonight, I can hear the lonely call of migrating Canada geese riding the gentle north wind in the starry firmament.

On my walk today, I picked up my first hickory nut of the season and, cracking it open, took a deep breath, inhaling the musky earthy odor. A few trees have begun to show shades of red and the fragrance of fresh second-cut hay permeates the valley, as the cloak of autumn fog seeps into the fields.

For the hunter, these last few weeks of September signal to our hearts and spirits that it is time to merge ourselves with the animal kingdom in a dance of eternal co-dependence. The newly cut corn fields share their spilled excess with the whitetail. Our spirits cry out for one another, as we know that, as a part of nature, we depend on each other to survive.

A walk in the woods takes on a new purpose. We seek signs of the deer's presence. Where does he eat? What is available this year? Apples? Acorns? Hickory or beech nuts? What paths will they take to the fields at night? Where are they bedding down? Are there any early rubs or scrapes from eager young spikes seeking their first encounter with a doe?

As the heat of late summer continues to lower the lake level, we'll ask ourselves, will we be able to navigate the swamps in pursuit of the majestically crowned wood duck? Will we hear the "peeeep" of the green-winged teal in the shallow backwaters filled with wild rice seed?

Squirrel season has already begun and the big bushytails are claiming their lofty territory among the canopy of oaks, chattering and making cutting sounds at each other. From the still green branches above, the flash of a grey tail can be seen, but only for

an instant.

Some folks shudder at the thought of eating squirrels. My grandmother, who was from the "Old World," savored these for Brunswick stew. She taught me that, when we are a part of nature, we rely on her to provide for us.

Frankly, I prefer to procure my sustenance for myself, taking full responsibility for harvesting it, be it animal or vegetable. Of course, you will still see me in the supermarket because I am still somewhat reliant on some foods, but the honor of serving a meal of venison neck roast with tomatoes and spices from the garden, for me, is the highest form of sacred nurturance. I share these meals only with friends who can respect the love and thoughtfulness that goes into every aspect of the meal.

In a few short days, I will be sitting in my tree stand, watching over the trails 20 feet beneath me. I close my eyes, lean against the powerful trunk and try to become one with everything around me.

The pileated woodpecker passes by on his nightly patrol, calling to anyone who will listen. I breathe in the deep musky aroma of the earth. The fragrance of apples from the nearby orchard mixes with the intoxicating fragrance of the lake as the depths surrender to the warmth of the surface. Woodsmoke from someone's end-of-summer firepit wafts by my stand.

I inhale deeply again, taking in the acrid yet bittersweet end of a summer evening's blessing. Opening my eyes, I watch the rusting orange hue fade over the mountains to the west. The chill of an early autumn evening caresses the back of my neck.

I slither into my fleece balaclava and lay my head back against the tree trunk. All is silent.

Then a sudden quick snap of a twig in the distance. I sharpen my eyes to seek any movement. I spot a flicker of white between two trees where a barberry bush spreads its wiry branches between them. Then, a brown foot, stomping below the bush. Then, a deep bellowing, blowing sound. Something is aware that the evening thermals riding up the hillside carry with them the scent of something foreign along the path.

Moments pass. I breathe quietly through my nose, measuring each breath with inten-



Photo by Bradley Carleton

Does take advantage of the all-you-can-eat buffet of an autumnal field.

tion. Not thoughts of killing, but thoughts of anticipation and wonder.

Minutes later, a large rack of antlers lifts above the shrubbery, the tines glinting in the last rays of sunshine on the hillside. The mature buck steps out from behind the tree, and his thick neck turns toward me. His eyes strain to see through my camouflaged figure, a mere 40 yards away and 20 feet up in the tree.

He does not see me and proceeds to march proudly down the trail toward me. I sit still, and as he walks under me, I glance down and bid him a good evening.

For where I hunt, it is a code of honor to take a doe before we take a buck. It is a sacred code between myself and the woods where I belong.



**Restoration, Preservation, and Construction
of Antique and Classic Boats**

802-425-2004

821 Ferry Rd., Charlotte | sam@darlingsboatworks.com

Calendar

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

Repair Café Saturday, Sept. 21, 10 a.m.-2 p.m.

Get your broken stuff ready. The next Repair Café will be at Charlotte Congregational Church co-hosted by Sustainable Charlotte, the Charlotte Grange and the Charlotte Library. It is open to anyone in any town. Registration is required at sustainablecharlottetv.org/events.

'Stories from Ukraine' film Saturday, Sept. 21, 6:30 p.m.

To raise awareness and support for the Ukrainian people, the Burlington-Kuyalnyck Sister City Program and Actions Beyond Words will be showing the film "Stories from Ukraine," on Sept. 21 at Halvorson's Upstreet Café, 16 Church St., Burlington. The short-form documentary showcases the recent Sister City mission to Ukraine. There will also be a silent auction with items from Ukraine and brief remarks. "Stories from Ukraine" offers a glimpse into the lives of those affected by the ongoing conflict in Ukraine, providing a view of both the hardships and resilience of the Ukrainian people. The film, created on a recent mission, highlights the efforts of the newly established Sister City program and the work of the humanitarian aid organization, Actions Beyond Words. All proceeds will go to relief efforts in Ukraine.

Candidate forum Saturday, Sept. 21, 2-4 p.m.

The League of Women Voters of



Pianist Claire Black will perform *Forests & Fairy Tales*, a benefit program of Romantic and 20th-century works for solo piano, at the Charlotte Congregational Church on Sunday, Oct. 13, 4 p.m.

Vermont will host an in-person candidate forum for the office of Vermont's governor on Saturday, Sept. 21, at the Fletcher Free Library in the Fletcher Room, 235 College Street, Burlington from 2-4 p.m. A meet-and-greet is scheduled for 2-2:30 p.m. The event will also be live streamed on CCTV at cctv.org/live_events. The five candidates invited to participate are Esther Charlestin (Democrat), Phil Scott (participation is pending, Republican), June Goodband (Green Mountain Peace and Justice), Kevin Hoyt (Independent), and Eli "Poa" Mutino (Independent).

Railroad art talk Saturday, Sept. 21, 2 p.m.

Join Shelburne Museum director Tom Denenberg for a gallery talk in this special exhibition that explores the captivating world of trains in American visual culture during the transformative period of industrialization captured by artists in the 19th and early 20th centuries.

Age Well 50th celebration Thursday, Sept. 26, 5 p.m.

Age Well is hosting a 50th celebration at the Old Lantern in Charlotte on Sept. 26 to commemorate 50 years of serving older Vermonters. The evening will include fare by Backyard Bistro; entertainment by magician, Steve Taubman; live music from folk artist Nick Carter; and a silent auction. Guest of honor Madeleine Kunin will be recognized. To learn more about the 50th celebration, buy tickets or participate in a silent auction, visit agewellvt.org/giving-back/50th-

celebration.

Birds of Vermont Museum walk Saturday, Sept. 28, 8 a.m.

Join monthly monitoring walk to record birds on the museum's property. Please bring binoculars and dress for the weather. Free, suggested donation \$5-\$15. Register for museum events at sevendaystickets.com/organizations/birds-of-vermont-museum.

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 Vermont Saturday, Sept. 28, 10 a.m.

On Sept. 28, people living with ALS, family members, friends, caregivers and others affected by ALS, the progressive neurodegenerative disease often called Lou Gehrig's disease, will gather in Oakledge Park on Flynn Avenue in Burlington for the 2024 Walk to Defeat ALS Vermont. Check-in is at 10 a.m.; the walk starts at 11:30 a.m. ALS is a progressive neurodegenerative disease affecting nerve cells in the brain and spinal cord. It gradually robs people of the ability to walk, move, talk, swallow, and eventually, breathe. ALS has no known cause or cure, and the community is coming together to make ALS livable for everyone, everywhere. Info: email helen.ng@als.org.

Green Mountain Chorus Saturday, Sept. 28, 2 & 7 p.m.

The Green Mountain Chorus, presents "On the One Road," a musical tribute to all things Irish. In its 77th year as a chapter of the Barbershop Harmony Society, the Green Mountain Chorus' annual show brings some of the best barbershop-style a capella singing New England has to offer. In addition to the Green Mountain Chorus, quartets Chordination, Daily Special, High Voltage and Low Maintenance will perform. There will be two shows on Saturday, Sept. 28, 2 p.m. and 7 p.m. at the First Congregational Church of Essex Junction at 39 Main St. Each show has an intermission with door prizes. Tickets can be purchased at sevendaystickets.com/events/a-

capella-barbershop-style.

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 tinyurl.com/ytmwfk5.

Coffee & muffins happy hour Friday, Oct. 4, 8:30-10 a.m.

Free coffee and muffins happy hour Friday, Oct. 4, 8:30-10 a.m. Free iced coffee, hot coffee, tea and homemade muffins at the Charlotte Grange, 2858 Spear St. All are welcome.

CVU class of 1974 reunion Saturday, Oct. 5, 7-10 p.m.

The Champlain Valley Union High class of 1974 will celebrate its reunion at the Eagles Club on Shelburne Road with food and music from the Hitmen. For info or reservations call Kirk Smith at 802-578-5964 or email cvu74renion@gmail.com.

Arch on Mount Philo Friday, Oct. 11, 5 p.m.

The Flynn Theater will sponsor a performance art piece on top of Mount Philo, featuring ice, stone and fire, accompanied by a choir of local community members. In Arch, two performers build a freestanding structure out of concrete and ice blocks, while accompanied by music. The performances of this American premiere will feature a volunteer chorus of 100 Vermonters. There will also be a performance of Arch at the Flynn on Oct. 6 at 5 p.m. Both performances are free. For more info: flynnvt.org.

The Big Sit! Sunday, Oct. 13, all day

See how many birds you can identify ... but only from a 17-foot diameter circle outdoors at the Birds of Vermont Museum in Huntington between sunrise and sunset? This is a great long-running community science project. Pledges and donations welcome. Call or email to ask about joining the observation team. There will be observing from dawn to dusk (only some observers stay the whole time). The museum is open 10 a.m.-4 p.m.

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

Middlebury holds its third annual

Community Roundup

Age Well celebrates 50th birthday in Charlotte

Age Well is celebrating 50 years of service.

Age Well is hosting a 50th celebration at the Old Lantern, in Charlotte 5-8 p.m. on Thursday, Sept. 26, to commemorate 50 years of serving older Vermonters. The evening will include fare from Backyard Bistro; entertainment by magician Dr. Steve Taubman; live music from folk artist Nick Carter; and a silent auction. Guest of honor Madeleine Kunin will be recognized.

Established in 1974, our nation's Area Agencies on Aging were created through the Older Americans Act, a federal law that established authority for grants to states for home- and community-based services, research and development projects, and workforce training. A key objective of Age Well and other Area Agencies on Aging is

to support older adults in preserving their independence and autonomy.

Over the past 50 years, Age Well, formerly Champlain Valley Agency on Aging, has provided essential support to thousands of older adults through services such as Meals on Wheels, case management, caregiver support, community meals and wellness programs, a Helpline, Medicare counseling and more. From 1974 to 2024, Age Well delivered over 11 million meals, all designed to help older adults live independently in their chosen communities.

Through investment in community outreach, volunteer recruitment and business development, Age Well has been able to reduce service duplication and offer a wide range of evidence-based programs that ensure effective health outcomes. As of 2024, Age Well maintains a volunteer force of over 1,000 members, delivers over

300,000 Meals on Wheels and answers over 14,000 calls made to the Helpline annually.

"Looking ahead, we are more committed than ever to embracing aging as a privilege, not a challenge," said Jane Catton, CEO of Age Well.

To learn more about the 50th Celebration, buy tickets, or participate in a silent auction, visit agewellvt.org/giving-back/50th-celebration.

Bennington College taking Young Writers Awards submissions

Bennington College is now accepting submissions from high school students around the world for its 2024-25 Young Writers Awards.

This annual competition, which accepts entries in poetry, fiction and nonfiction, is

free to enter and open to all high school students. A first-, second- and third-place winner is selected in each of the categories, with cash prizes up to \$1,000 awarded.

Young Writers Award finalists and winners are also eligible for undergraduate scholarships at Bennington. Finalists who enroll at Bennington will receive a \$10,000 scholarship every year for four years, for a total of \$40,000. Winners who enroll at Bennington will receive a \$15,000 scholarship every year for four years, for a total of \$60,000.

Submissions for the awards will be accepted through Nov. 1, with winners announced in the spring.

For more information, see submission guidelines or sign up to receive notifications about the competition at bennington.edu/events/young-writers-awards/requirements-and-submissions.

CALENDAR Continued from page 20

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.

Forests & Fairy Tales Sunday, Oct. 13, 4 p.m.

Burlington-based pianist Claire Black will perform *Forests & Fairy Tales*, a program of Romantic and 20th-century works for solo piano, featuring *Waldszenen* (Forest Scenes), Op. 82, by Robert Schumann; *V mlhách* (In the Mists) by Leoš Janáček; *Märchenbilder* (Fairy Tale Pictures), Op. 3, by Erich Wolfgang Korngold; and *Impromptu*, Op. 24 No. 3, *Eros*, by Sergei Bortkiewicz at Charlotte Congregational Church. Suggested donation \$20. Audience

contributions, after expenses, will be split equally between New Community Project (to support weekly food shares) and Joint Urban Ministry Project (to fund bus vouchers).

Matching short story to art Friday, Oct. 18, 6-7 p.m.

A lecture on *The Celestial Railroad: Nathaniel Hawthorne and American Art* at the Shelburne Museum will look at Hawthorne's short story "The Celestial Railroad." Published in 1843, the story offers a skeptical view of the era's new means of transport. With a demon manning the engine, and a reassuring conductor named Mr. Smooth-It-Away describing the sights, the train sets out from the City of Destruction, across the Valley of Despond, on its way to the Celestial City. In this illustrated lecture by Alexander Nemerov, one of America's leading art historians, learn how Hawthorne's views match — and do not match — the visions

of the railroad in the paintings of American artists of his era. Nemerov is a professor at Stanford University.

Coffee & muffins happy hour Friday, Nov. 1, 8:30-10 a.m.

Free coffee and muffins happy hour on Friday, Nov. 1, 8:30-10 a.m. Free

iced coffee, hot coffee, tea and homemade muffins at the Charlotte Grange, 2858 Spear St. All are welcome.



Reach your customers by advertising with us!

Find out what we can do for you.

Contact ads@TheCharlotteNews.org



SEND US YOUR SPORTS PHOTOS

news@thecharlottenews.org

The Charlotte News

Library News

Wildcard Wednesdays offers fun for fourth graders and up

Margaret Woodruff
Director

Wildcard Wednesdays Wednesdays, Sept. 25-Nov. 20, 2:30-3:30

Who knows what Wednesday will bring? Science sessions? Crafts & Games? Sign up and show up on Wednesdays to join in the fun activities for fourth graders and up. Here's the line up for the next few weeks:

- Sept. 25 — Blood & Guts, What does your heart do? with Jan Schwarz
- Oct. 2 — Blood & Guts, What happens to your lunch? with Jan Schwarz
- Oct. 9 — Scribblebots, Create your own bot that writes on paper
- Oct. 16 — Bird Mania, All-ages bird walk at Charlotte Town Beach

For more information and registration details, email the library at info@charlottepubliclibrary.org.

September Library Card Sign-Up Month

If you don't have a library card, stop by to sign up. With a library card, you have access to everything from museum passes to pickleball paddles as well as a wealth of print and digital resources. New this month: Udemy online learning, which offers nearly 20,000 online video courses. The top-rated courses offer upskilling in the areas of business, tech and personal development across 75+ different categories. This new resource accompanies Vermont Online Library where you can find Chilton Library for automotive repair and Cook's Country for dinner ideas and everything in between.

Vermont Reads

'Gather' by Kenneth Cadow

Join us throughout the fall for a series of events related to "Gather" and its themes of rural life, resilience, class differences, addiction and recovery, housing and food insecurity, a deep relationship to the land and the power of community. Copies of

the book are available to the community to read and enjoy. Stop in to pick one up.

Programs for kids

Monthly Babytime

Saturday, Sept. 7, 10 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.

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

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.

Thursday book group

Thursday, Sept. 19, 7:30 p.m.

"The Island of Extraordinary Captives" follows the events of Kristallnacht in 1938, when Peter Fleischmann evaded the Gestapo's roundups in Berlin by way of a perilous journey to England on a Kindertransport rescue, an effort sanctioned by the UK government to evacuate minors from Nazi-controlled areas by train. But he could not escape the British police, who came for him in the early hours and shipped him off to Hutchinson Camp on the Isle of Man, under suspicion of being a spy for the very regime he had fled. Copies available at the circulation desk or join on Zoom at <https://tinyurl.com/49awjbj8j>.

Men's book group

Wednesday, Sept. 25, 7:30 p.m.

"A Higher Call" by Adam Makos tells a



Photo by Margaret Woodruff

Crafts created for a "friendship rock" treasure hunt.

story of four days before Christmas 1943, when a badly damaged American bomber struggled to fly over wartime Germany. At its controls was a 21-year-old pilot. Half his crew lay wounded or dead. It was their first mission. Suddenly, a sleek, dark shape pulled up on the bomber's tail — a German Messerschmitt fighter. Worse, the German pilot was an ace, a man able to destroy the American bomber in the squeeze of a trigger. What happened next would defy imagination and later be called the most incredible encounter between enemies in World War II. Copies available at the circulation desk. Join us at the library or on Zoom at <https://tinyurl.com/bde3bktn>.

Vermont Reads kick-off & film

'Just Getting By'

Thursday, Sept. 26, 7 p.m.

A sweeping and yet intimate look at the lives of Vermonters who are struggling with food and housing insecurity. These are big issues for a small state. "Just Getting By" focuses on these issues in the lives of everyday people. This event will introduce one of the key topics of "Gather" to our community and provide some context for people unfamiliar with the book and the issues of housing and food insecurity in our state and our town. Co-sponsored with the Charlotte Congregational Church Social Justice Ministry. This is the kick-off or the Vermont Reads 2024 program.

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.

Join in 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.

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/n5usd25r>.

The Charlotte Library Board of Trustees meets the first Thursday of each month at 6 p.m., unless otherwise rescheduled following the Opening Meeting Law. Contact the library or visit the library website (charlottepubliclibrary.org) for more information.

Send us
your photos!



Charlotte events, people or places.
We want to publish your photos.
Email them to:
news@TheCharlotteNews.org

The Charlotte News

Senior Center News

Spanish, tai chi, Bone Builders, Death Café on fall sked

Lori York
Director

The fall programming is starting back up with the return of Spanish conversation, a new tai chi for arthritis class, an afternoon Bone Builders and the new Death Café.

Save the date of Oct. 3 for Peter's Playlist, an afternoon of oldies music from the 50s, 60s and 70s.

Community

Death Café

Wednesday, Sept. 25, 4-5 p.m.

Join this group on the fourth Wednesday of the month as they come together in human fellowship to celebrate life by voicing concerns and sharing questions, ideas and stories around death and dying. These are not always easy conversations. But when we share, heart to heart, we build community and experience a special joy that enhances our lives. Please register to attend. Looking forward to sharing the journey and building community together. Free, but registration required by calling (802) 425-6345. For more info: ppolly62@ymail.com.

Peter's Playlist

Thursday, Oct. 3, 2-3 p.m.

Join us as Peter and Helen Roseblum, the popular duo from Hinesburg, return to the Senior Center. They will sing and strum from their large playlist of music that includes folk songs, romantic ballads, blues and rock. Free. No registration required.

Senior Art Show reception

Friday, Sept. 27, 1 p.m.

Join the artist reception, enjoy light refreshments, view the 2024 Senior Art Show and meet the talented artists. For the month of September, a wide variety of artwork will be on display from seniors age 50 and older in our community.

Shape-note singing

Sunday, Sept. 22, 12:30-2:30 p.m.

Traditional a capella, four-part harmony sung for the joy of singing, not as a practice for performance. Search "Sacred Harp" on YouTube for examples, then come and sing with us. Introduction to shape notes and scales is recommended and offered 30 minutes before each fourth Sunday singing. The first hour will be Sacred Harp singing and the second hour will be singing from an alternate Shape Note book. Books will be provided. For questions or to schedule your introduction to shape notes and scales, please contact Kerry Cullinan at kclynxvt@gmail.com. Free. No registration required.

Walking group

Thursday, Sept. 26, 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 the local walks. Meet at 9:00 a.m. in the foyer at the Charlotte Senior Center. Questions? Contact Penny Burman at 916-753-7279. Free. Registration appreciated by calling Penny.

Programs

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. Free. No registration required.

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 or want to register to attend, please contact Jonathan at jonathanhart1@gmail.com. Cost: \$3. Registration by email required.

Beginner watercolor workshop

Friday, Sept. 20, 1-2:30 p.m.

If you've always wanted to try watercolor but were too intimidated, this is the class for you. In this workshop you will learn how to paint a sunset in watercolor without everything turning green. For more information about Ginny Joyner, please check out her website: ginnyjoyner.com. Cost: \$40 plus \$6 supply fee. Registration required by calling 802-425-6345.

Bone Builders

Tuesdays, 10:30 a.m.-11:30 a.m.,

Wednesdays, 1:30 p.m.-2:30 p.m.,

& Fridays, 11 a.m.-noon

RSVP Bone Builders, a program of United Way of Northwest Vermont, is a no-impact, weight-training program designed to prevent and even reverse the negative effects of osteoporosis in older adults. Bone Builders consists of a warm-up, balance exercises, arm and leg exercises, and a cool down with stretching. Free. No registration required, but there is paperwork to complete for the RSVP Bone Builders program.

Duplicate bridge

Mondays, 12:30-4 p.m.

This group plays an intermediate level of duplicate bridge using the basic American Contract Bridge League conventions. Names are drawn for partners, and friendly games ensue. Those unfamiliar with duplicate bridge are welcome and paired with an experienced player to help for a few weeks of open dialogue training. The group is always looking for new players who have basic bridge knowledge. \$3. No registration required.

Pilates fitness

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

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

Shanghai mahjong

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

Whether you are 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.

Spanish conversation

Tuesdays, 10-11 a.m.

¿Habras español? This group will meet weekly. At each session one member of the group will announce the topic of conversation



Courtesy photo

Peter's Playlist returns to the senior center as Peter and Helen Rosenblum sing and strum music from the 50s, 60s and 70s on Thursday, Oct. 3, at 2 p.m.



Photo by Lori York

The senior center will be adding a third Bone Builders class starting Wednesday, Sept. 25 at 1:30 p.m.

for the following week. Come join the group for conversation in Spanish. Questions? Contact Bernice Wesseling at Bernice.Wesseling@uvm.edu. Free. No registration required.

Tai Chi for arthritis

Thursdays, 9:45-10:45 a.m.

The benefits of a tai chi practice include reduced pain and stiffness and improved muscle strength and joint flexibility. Through learning the tai chi movements and practicing regularly, many have found significant relief from arthritis symptoms. The instructor is a certified instructor who has studied with the founder of the Tai Chi for Arthritis Association. Questions? Email belizahammer@hotmail.com. \$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. \$10 a class. 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.

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

Write Ingredients

Choosing Caesar salad ingredients can be a free-for-all

Susan Ohanian
Contributor

Everyone is welcome to Monday Munch at the Charlotte Senior Center, prepared by wonderful teams of volunteer cooks. There is no charge, but a \$5 donation is appreciated.

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

The menu for Sept. 23 is Portuguese vegetable soup (potatoes, kielbasa, kidney beans and kale), Caesar salad, rolls and dessert.

Mark Bittman once noted, “You can add almost anything edible to greens and call it a salad.”

“Most salads are free-form bowls of whatever junk you have rotting in your crisper,” Judge John Hodgman of the comic court podcast has said, adding that the Caesar is a documented, modern salad, and from its beginnings is “defined by its ingredients.”

He has a few words for anyone who adds cauliflower.

For cooking editors at The New York Times, Caesar ingredients seem pretty much of a free-for-all: grilled chicken, shrimp, bacon, cherry tomatoes, white beans, radicchio, umami, miso, pasta and on and on.

I read a few of the 273 “Community Notes” for vegetarian Caesar salad. One enthusiast advised that it’s so good you should make it and then “eat the whole thing yourself.”

Other readers offered this advice:

- Use tahini paste and add 2 spoons of hummus.
- Substitute pickle brine for caper juice.
- Use sunflower seeds instead of cashews.
- Several readers noted the terrible taste of nutritional yeast and advised skipping it.
- One reader advised, “If you have a sou vide you can pasteurize your own eggs: 75 minutes at 135 degrees



Photo by Silvia from Pixabay

Fahrenheit.”

- Another reader offered no pretensions: “I skipped a third of the ingredients, and it still tasted great!” No clue as to which third.

Finally, I read a comment that convinced me I need read no further for endless variations on this classic salad: “Calling this a Caesar salad is a reach, kinda like calling a chocolate martini a martini.” “Caesar salad” even appeared in a wedding section.

For the reception dinner, the bride and groom wanted to pay tribute to their mothers. Since the bride’s mother “made Caesar salad six out of the seven nights a week,” and the groom’s mother “had this affinity for onion dip,” the menu for the catered dinner included Caesar salad and chips with dip.

And yes, Virginia, Caesar salad has appeared in an obituary:

“Nicola Paone’s dialect-inflected songs about the joys, sorrows and insecurities of Italian immigrants sold millions of records and made him ‘the Italian Bing Crosby.’

He became a restaurateur, and his ‘salad show’ was an elaborate production that ended in a garlicky Caesar salad, accompanied by a 17-verse Caesar Salad song.”

Writing in The Irish Times, John McKenna offered the beginning lines:

“Put the salt and put the pepper and the vinegar just thus,
Put the oil and put the garlic, garlic is salubrious.

Lemon juice and Worcestershire sauce,
put the egg of yolk right in,
Use the mustard, leave the rest out, and you’re ready to begin.”

After 16 verses, the song ends:

“Caesar, Caesar,
Gonna gonna make it good
Gonna gonna make it right
Gonna gonna make it so
My love will love me more tonight.”

John McKenna offers the conclusion, “This is sexy food.”

I put Caesar salad in a search at The Wall Street Journal and was guided to an article on seaweed. I read it three times. Just seaweed.

Please note the subtitle of this Aug. 5 Washington Post celebration of Caesar salad:

“Happy 100th to Caesar salad, born in Mexico and celebrated worldwide. A delicious symbol of immigration, the Caesar salad has become a universal language, interpreted by chefs in countless ways.”

Someone commenting on this Washington Post article told a story about the legendary columnist Herb Caen (born in Sacramento but insisted he’d been conceived in San Francisco) who, in 1966, received a special Pulitzer for his “continuing contribution as a voice and a conscience of his city.”

Taking a bite of a Caesar salad in a pricey New York restaurant, Caen called the waiter over: “This is not a Caesar salad.”

The chef was called in, things escalated, and finally Caen asked for a phone and called Caesar Cardini on the West Coast.

“Caesar,” he said, “Will you please tell this oaf how to make a Caesar salad?”

He handed the phone to the chef.

There are no oafs among the volunteer cooks at the Charlotte Senior Center, so go forth and enjoy your Caesar salad and Portuguese vegetable soup.

As an epilogue, I can’t resist noting that another New York Times article featured this headline: “A Robot Makes a Mean Caesar Salad, but Will It Cost Jobs?”

It takes Sally the Salad Robot from 45 seconds to 6 minutes to make a salad. Certainly, it takes the volunteer cooks lots longer, but they’ll also offer a personal greeting along with good food.

The Sept. 30 menu for Monday Munch is chili dogs and hot dogs with toppings, corn and bean salad, tomato and cucumber salad and dessert

You’ll note I read a lot of newspapers. They offer info, challenge, humor, surprise and lots more. This is why I support The Charlotte News: I urge you to join me. Donate at charlottenews.org/donate.

Stone Block Antiques

FERRISBURGH BARN SALE

Antiques, Tools, Art, Furniture

1302 Walker Rd

Between Little Chicago & Sand Roads

Fri 9/27 7am-6pm & Sat 9/28 7am-2pm

18th-20th C bureaus, trunks, paintings, desks, coffee tables, hand tools, stick tools, beds, chairs, tables, 40’ tent, lamps, apple crates, glass & china, mirrors, rockers, cedar chests, blanket chests, Tonka toys, prints, Victorian sofas, birds eye maple bedroom set, etc, etc.

If you missed my Green Street sales, this is for you.

CASH, CHECK, CREDIT CARD, VENMO

U.S. POSTAGE PAID
MAILED FROM
ZIP CODE 55482
PERMIT NO. 9

PRESORTED STANDARD