

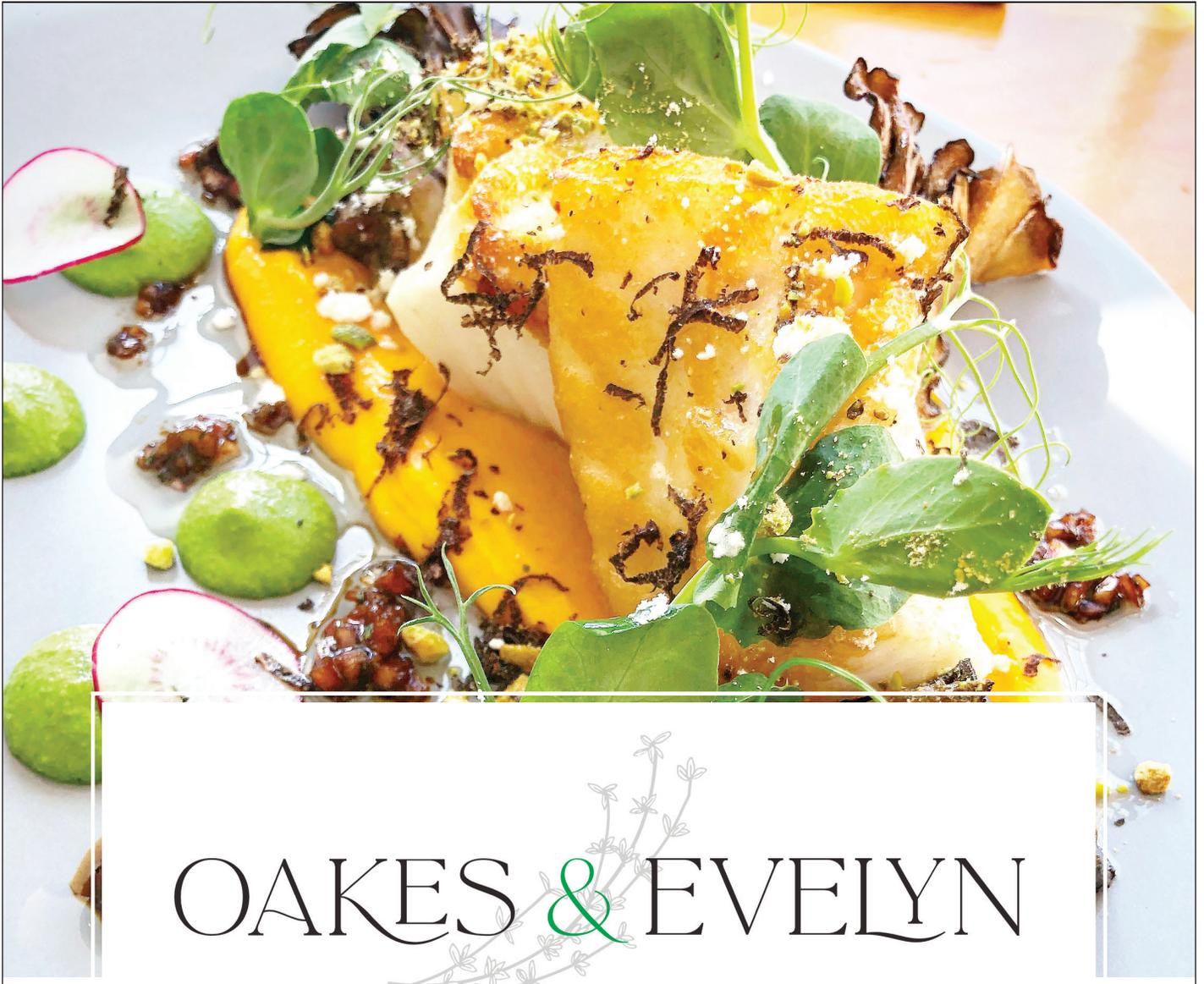
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A photo submitted by Barbara Gulino of the Burlington Garden Club that received Honorable Mention in the Federated Garden Club's photography contest.

# GARDEN CLUBS

*beautify, educate and socialize*

**By Janelle Faignant**

If you've ever noticed the colorful tulips planted at your local library, you've seen a small glimpse of what our local garden clubs do for their communities. From making our towns more beautiful to fun day trips and speaker events, most of Vermont's garden clubs are active year round with a common mission to promote civic beautification, educate and socialize.

"I think it attracts visitors to the town we're in," said Pat Cherry, of the Manchester Garden Club. "It just makes it look so good in the summers to have fresh flowers."

Local garden clubs across the state celebrated National Garden Week June 2-8 this year, and you can't talk about them without mentioning The Federated Garden Clubs of Vermont — a statewide organization with over a dozen member clubs and more than 750 community members. Its mission is to "aid in the protection and conservation of our natural resources ... to encourage and assist the garden clubs of the State of Vermont and to encourage educational programs in the fields of horticulture, ecology, forestry, landscape design, environmental studies, and floral design."

"We ride off the coattails of the National Garden Club, and



South District Meeting at the Arlington Community House. Left to Right Joanna Taylor (Arlington Garden Club member), Jean Freebern (South District Director), Flora Bell (Blue Star Marker state chair); 2nd row: Anna Rockwell (Arlington Garden Club member), Jo Fretz (Award state chair)



The front lawn at the Chaffee Art Center, which the Rutland Garden Club maintains.

each club, if they want to be federated, pay dues and then they get the benefit of our annual meetings or a project going on,” said Doris Van Mullen, President of the Federated Garden Clubs of Vermont. “We’re all in this together. It’s all about horticulture, environment, nature, sustainability.”

Whether you’re a total beginner or a seasoned gardener, the only membership qualifications to local clubs are a small fee and a desire to participate in the club’s projects.

The Manchester Garden Club’s Co-chairs Pat Cherry and Nancy Rhodes said membership there costs \$35 a year, a small price for all its offerings.

“A lot of people really don’t understand our garden club,” Rhodes said. “The impression is it’s the white gloves and tea party and you need to be sponsored. Our garden club used to be like that, but you no longer have to be sponsored, you just have to be in our local area.”

“We want it to be friendly and open,” Rhodes said. “When I moved up here I didn’t know anybody and I didn’t know much about gardening but I wanted to learn so I contacted the membership chair at the time and she invited me to a meeting and the rest is history.”

The Garden Club of Manchester, founded in 1920, has grown from 10 to over 100 members, and their work can be seen all throughout Manchester, Dorset and surrounding areas.

“The club designs, plants and maintains baskets, boxes and planters in Manchester and Dorset. We also design and maintain parts of the Manchester Town Green and we were instrumental in the replanting of the Dorset Town Office gardens,” its website says.

“It’s much more than gardening,” Rhodes said. During May, the club’s Annual Plant, Bake and Tag Sale took place at the Southern Vermont Arts Center, and an Annual Bird Walk and Breakfast to observe migrating birds arriving from the south took place at the Manchester Country Club.

“There’s constant planning year round,” Rhodes said. “And most of the presentations and programs we invite the public to.”

“Our winter bazaar has become very popular,” Cherry said. “We make up table centers and we gather evergreen greens and make wreaths and we even started doing birch logs with candleholders.”

“We advertise in the local inns and people who are coming

to stay here can go home with something from Vermont,” Rhodes added.

Up North, Alyson Flint, co-president of the Granite Center Garden Club in Barre, said its 27 active members includes seven honorary members.

“I have been a member for nine years,” Flint said. “Board members meet January, February, and March to plan. Everyone meets April thru December. We schedule three to four speakers a year who present a wide variety of subjects during the active months ... from mushroom foraging, flower arranging, invasive species, garden design, native trees, plant medicines, how to start seedlings etc. I’ve learned a lot.”

In a City of Barre Mayoral Proclamation, the Granite Center Garden Club held its first meeting on April 15, 1938, and established butterfly gardens at Barre City Elementary and Barre Town Middle Elementary School. Recently, a tea was held for anyone interested in joining.

“My favorite part of the garden club is the community of friends, a chance to give back to Barre, the annual picnic and Christmas parties,” Flint said.

The Four Seasons Garden Club Newport meets every month except February and club projects have included the upkeep of the 19th-century display garden at the Cyrus Eaton House, and part of the Old Stone House Museum in Brownington, which was designed and planted by the club in 1980. They also maintain the gardens at North Country Hospital, developed a Pollinator Meadow at the Bluffside Farm, and maintain the Watershed Native Garden along the bike path at Bluffside Farm.

The Middlebury Garden Club, founded in 1933, has a full calendar of activities and events including free gardening programs by paid speakers which are open to the public. Climate change, garden pollinators and vegetable gardening are some of the past topics.

The Rutland Garden Club, founded in 1914, is over 100 years old and has contributed to the beautification of the Rutland area, worked with the Boys & Girls Club, hosted workshops, and maintained 21 gardens in the community.

The Brattleboro Garden Club, organized in 1967, welcomes guests at monthly meetings at no charge. They hold a mum sale every year in September with special prices, and members participate in activities like tours of local gardens, trips to gardens in surrounding towns and, in winter, designing table decorations and wreaths. During meetings, they often have guest speakers on topics such as invasive plants and native earthworms.

A Letter to the editor in the Chester Telegraph earlier this year praised the Green Mountain Gardeners, based in Southern Vermont, for leading landscape restoration efforts after floods hit the area last summer.

If you’re considering joining, the best part is that you can start out small.

“I started out just by volunteering and working with the civic beautification in the Dorset green and doing barrels in the post,” Rhodes said. “I learned about different plants and flowers and that helped me in my planning and planting my garden. Other members teach you so much, it’s just a fabulous way to get

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# GRILLING *and* SMOKING OUTDOORS

By Peter Cobb

**F**or meat lovers, there aren't many meals that top a barbecue. Reaching perfection while grilling can be tricky. Done poorly, a steak, pork chop or chicken thigh can be burned on the outside, too raw in the middle — and everything tastes like charcoal or lighter fluid.

For the people whose business is to get it right, the perfect barbecue combines art and science. The art includes selecting the right meats, preferred sauces, and the preferred method for cooking.

The science is pretty simple: Don't rush, and cook at the right temperature (basically, not too hot).

"You can't cut corners; you can't try to speed the cooking. You've got to love what you're doing," said Shawn (Mo) Moshinskie, of Marshfield, who has run Mo's Backyard Barbecue for the past 13 years. He has a huge mobile grill that he tows to locations throughout the state. His season runs from May through October.

The key to cooking meats, he said, is to cook them slowly at low heat.

"I cook my pulled pork at 225 degrees (Fahrenheit) for 14 to 16 hours," he said.

Same for Peggy Rozell at Mama T's in Rutland. She smokes meats for 22 hours.

Mama T's prefers wood to gas. "We use real wood, not liquid wood. Wood gives the meat a better flavor," she said.

Few backyard chefs have 16 or 22 hours needed to slow cook meat. For them, the key is to select the cooking method that works best and does so fairly quickly.

"Some people prefer gas grills, some charcoal, some prefer wood pellet smokers," said Jason Derner, assistant manager at Aubuchon-Ace Hardware in Montpelier. "It really depends on what they want. The key is to use what works best for you."

For those who choose wood, Derner said they also must choose what type of wood to use.

"Each wood gives the meat a different flavor. Which one works best depends on individual tastes," he said.

By example, Aubuchon-Ace sells applewood, mesquite, cherry and hickory.

According to the propane company Blue Rhino, there are several keys to gas grilling including: using the upper warming rack for keeping cooked food warm or toasting breads; coating the food with cooking oil before lighting; making sure the grill is clean to prevent flare-ups (flash of fire caused by juices falling on the grill burner); avoid cooking on very high temperatures; place delicate foods like fish and vegetables in aluminum foil pouches and indirect cook or place on upper cooking levels (never cover entire cooking area with aluminum foil); use long-handled tongs



# TIRED OF BEEF?

*We all can grow bored with our go-to meat*

or spatulas instead of forks; and turn foods over just once during cooking.

The key to charcoal grilling, according to BBQ Champs Academy, is to take your time, at least 15-20 minutes to let your charcoal properly heat up, and don't use too much charcoal.

"Just like if you were cooking in an oven, you want to make sure your grill is preheated before putting any food onto the grates," BBQ Champs states on its website.

Before cooking, barbecue chefs must decide whether to marinate the meat or not. A quick internet search gives mixed results. The website "The Kitchen" calls the decision: "The Great Marinade Debate."

The Chicago Steak Company says, yes, marinate steak before cooking for at least one to two hours in the refrigerator.

Others argue dry rubs are better than marinades for smoking meat because marinades can increase the meat's moisture level, which can lead to a longer smoking session, which can dry out the meat. Dry rub proponents say dry rubs create a protective crust that crisps up during cooking, searing the meat and helping it retain its juices.

The final step, for those who prefer cooking with barbecue sauce, is to choose which sauce to use. Sauces can be sweet, savory, spicy, smoky, tangy and more. (Internet chatter is filled with comments that say good steak needs nothing but salt and pepper.)

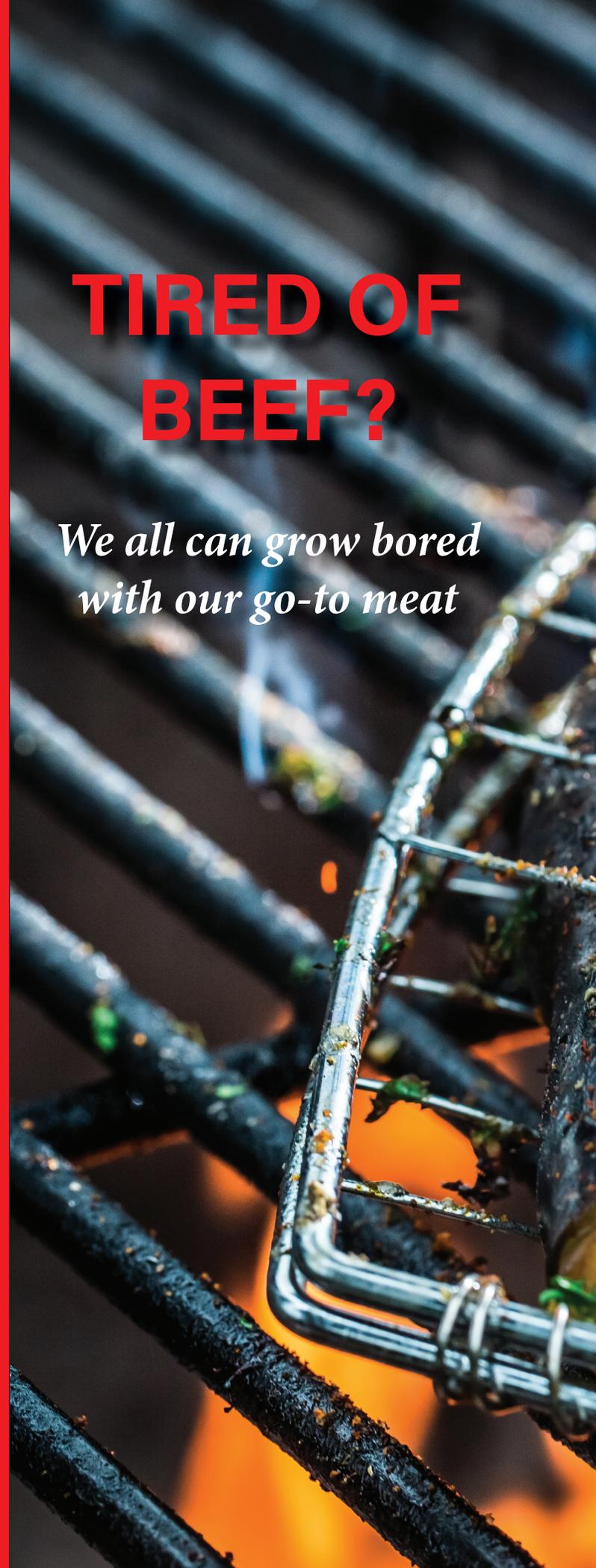
Rick Leblanc, who owns Rick's Vermont Kitchen in Essex Junction, said which sauces to use depends on individual preference, but the sauce should complement the meat.

"Barbecues sauces enhance the flavor of the meat, but which sauce to use depends on what people want," he said. LeBlanc's kitchen produces eight distinct flavors, including maple horseradish and maple bacon. He also runs a catering business.

"People are just crazy about bacon," he said. "The key to my sauces is the maple syrup, I never use brown sugar."

LeBlanc said the best time to add the sauce is toward the end of the cooking and not when the meat is first put on the grill or stove.

Happy grilling or smoking.





**L**uckily, there is a broad range of alternative for those who still want to grill.

Some are old favorites, like chicken or fish. Others are newer, more trendy options like turkey-based patties or plant-based substitutes.

But if prepared well, they all provide a nice change of pace:

### **Chicken**

Skinless white-meat chicken is high in protein and low in fat, calories and saturated fats. It's perfect for marinating, as it readily absorbs sauces. Just be mindful of using too much salt, sugar or oil. Dark-meat chicken on the other hand, can be cooked bone in with the skin in order to capture flavor and keep it moist, just remember to remove the fatty skin before consuming for the best health benefits. Remove it before grilling then apply your favorite sauce, or keep it on and serve with sauces on the side.

### **Fish**

Fish, especially salmon, is a great alternative to tired every-day barbecue choices – and as a very lean source of protein, it's the healthiest option of all. Salmon grills beautifully, while offering critically important heart-healthy omega-3 fatty acids. Rub with a mixture of spices and brown sugar for a special treat, or follow your own recipe.

### **Turkey burgers**

This is a healthy option, if you read the fine print. Many turkey burgers are actually higher in fat than the typical store-bought lean beef versions because the skin is ground in with the meat. So study the label, making sure your turkey burger is “lean.” There's not that much difference in terms of calories, as long as the patties are of similar size; it's really more about exploring different flavors. As always, limit the use of condiments since they often add tons of unneeded extra calories.

### **Meat substitutes**

Again, these options are more about trying something new rather than necessarily eating healthier. The Impossible burger, for instance, has about the same amount of fat and saturated fat as animal proteins – and the carb levels can also go through the roof. Some so-called “veggie meat” burgers have roughly the same amount of carbohydrates as a slice of bread, and then they're placed between two more slices of bread.

The good news is, many of them are quite tasty and a great way to shake things up at the grill.

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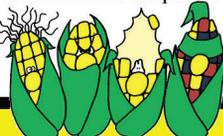
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John Truong



Abigail Serra

## Meet two of Vermont's GAME WARDENS

By Peter Cobb

**F**or State Game Warden Abigail Serra, the best part of her job is: “Connecting people with the natural world and promoting a sense of self-reliance through sustainable hunting, fishing and trapping.” Serra serves the Rutland region.

Game Warden John Truong, who serves Washington County, agrees.

“The best part of the job is the interactions that you get to have with the public. I would say my most common interactions are compliance checks, making sure folks have their licenses, tags and the proper equipment for whatever

recreational activity they are participating in. During these compliance checks, I am able to be out with people at their best as they are out enjoying the resources our state has to offer,” he said.

Serra and Truong are two of 40 game wardens statewide (including six command staff and the three trainees currently at the police academy) who patrol Vermont’s wilderness, streams and lakes.

“The ultimate goal is ensuring that the natural resources of our state are available and accessible to the communities we serve,” Truong said. “Game wardens are important in that they serve a very niche side of law enforcement.”

Their focus is on enforcing fish and wildlife laws,



education, and outreach, according to Joshua Morse, public information officer for the Vermont Fish and Wildlife Department.

“Wardens also enforce boat, snowmobile, and ATV laws. They often assist Vermont State Police and other law enforcement agencies with general law enforcement duties,” Morse said.

Wardens attend the State Police Academy to learn the basics of patrol procedures and criminal law. Following graduation, they start an eight-month field training program.

“In the summer, I often patrol on a boat or an ATV enforcing ATV and boat laws; and in the winter, I can be found on snowmobile, enforcing snowmobile laws. I also respond to human wildlife conflicts, submit suspected rabid animals for rabies testing, assist our biologists with data collection, conduct outreach, pick up large game road kills, and process salvageable large game for the Venison for Vermonters program. I take satisfaction in turning large-game roadkill that would otherwise be wasted, into high-quality protein to be distributed to food,” Serra said.

A game warden’s job isn’t considered dangerous, but it can be.

“As enforcers of the law, we often have to make unpopular decisions, decisions which might anger a violator or elicit a violent reaction. For this reason, we have to always be on guard while in uniform and prepared for the unexpected. As a game warden, I have been yelled at, threatened, and had to deal with hostile armed individuals, all while acting as a solo officer. Most of the individuals we deal with are armed, and while many interactions are positive, it is something we must be aware of,” Serra said.

Truong said he studied wildlife and fisheries biology at the University of Vermont with the intention of one day becoming a game warden.

“My drive and motivation comes from a love for the outdoors and a desire to keep our natural resources available and accessible for years to come to all people,” Truong said.

Serra said she enjoys the self-directed aspect of the work.

“Each day, I decide where to patrol, and what areas of my district need attention. I enjoy using my own brain and figuring out puzzles, something which is crucial when detecting violations and building a solid case. My job changes drastically with the seasons. This can be challenging because the types of violations I address also change with the seasons ... my knowledge base must be extensive to match. However, the constant change is also what makes the job fresh each season, something which I appreciate,” she said.

Serra said she grew up on a small farm in northeastern Vermont. “It wasn’t until I was getting ready to graduate college that I found out about the warden service and learned they were hiring. I always wanted a job that primarily took place in the outdoors and was mentally and physically challenging. The rest is history,” she said.

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# On a treasure hunt LAWN SALES



Steve and Veronica Burke.

PROVIDED PHOTO

## By Peter Cobb

**W**hen poets think about summer, they write about the restorative power of the warm sun, the return of the bluebirds, a soothing rain, and the meditative allure of the summer solstice. When bargain shoppers think summer, they think lawn sales.

Lawn sales are a part of summer in Vermont. They are everywhere.

They usually start the first weekend in May, weather permitting, and run through October. If there were an official lawn sale start date, it would be Memorial Day weekend.

“Memorial Day Weekend definitely is the biggest weekend for us,” said John Farr who, for the past five years, has run Farr’s Field Flea Market in Waterbury, which may be one of the biggest flea markets in Vermont. “That weekend usually all 125 of our vendor slots are filled.”

“For years, the flea market has been a fun way for families of



Lawn sail in Barre Town.

PROVIDED PHOTO



Farr's Field Flea Market.

PROVIDED PHOTOS

all ages to enjoy a day out. We have many families who come back year after year. Our vendors sell everything from art, to clothes, to collectibles. It's like a regular treasure hunt," Farr said.

Farr's Flea Market has handicapped accessible restrooms (not outhouses), a full snack bar, soft serve ice cream machines, a large dining tent available for meals and events and an ATM.

Steve and Veronica Burke have held two lawn sales a year for the past 10 years, one at their Barre Town home, and the second at Farr's Flea Market.

"We sell a large variety of items from art, to collectibles, household items and more," Steve said.

The biggest sales day for them is always Friday.

"I advertised on Front Page Forum for a start time of 9 o'clock and there were 50 people here at 8, waiting," he said.

Friday is better than Saturday, he said,

because the bargain hunters want to make sure they are first in line.

Much of what the couple sells is "good stuff we're just sick of," Steve said. They also buy collectibles and other items that they resell.

Shari, who prefers her last name not be used, also of Barre Town, holds several lawn sales a year and has done so for many years.

"I don't know how many lawn sales I've held, lots and lots," she said.

Shari said there are basically three main reasons to hold lawn sales: Extra income and the ability to get rid of items no longer needed or wanted are the two most obvious. Also important, she said, is meeting new friends and reconnecting with old friends.

"You get a chance to chat with people you don't see very often. It's enjoyable," she said.

Lila Tillotson, of Waits River, was in Barre grocery shopping when she spotted

a lawn sale sign and couldn't resist. "There's always something good to buy," she said. She's a frequent flyer for lawn sales.

Sue Kelley, of Barre, another lawn sale veteran shopper, said there are two main advantages of lawn sales clothes: The price is right, and they are "already seasoned, already preshrunk and already faded to where you want them to be."

Tonya Lausby, originally from Barre but now living in Tennessee, was in town for her brother's wedding, said the best thing about lawn sales is: "You find stuff that you don't need but you really do need, things that you wouldn't buy in a store."

The biggest draw for her is price. "The prices are usually so low you can buy things for people in need," she said.

Tillotson said what may be the mantra for lawn sale shoppers: "One man's trash is another woman's treasure."



# *Pick your own* **BERRIES**

**By Janelle Fagnant**

**T**he drive through Vermont's country roads to the beautiful pick-your-own farms is even sweeter when you leave with buckets full of just-picked fresh fruit. These spots are scattered in every corner of the state, but here's a roundup of a little over a dozen to get you started, from north to south.

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Music While You Pick on Tuesday evenings from local bands. Blueberry picking starts at 5 p.m. with a 2-quart minimum purchase per adult. Music begins around 6 p.m. (Please leave your dogs at home, as they are not allowed in the blueberry fields.) It kicks off Tuesday, July 16, with St. Andrew's Bagpipe Band, and Tuesday, July 23, with Hot Pickin' Party with The Udder Guys Ice Cream.

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Cedar Circle Organic Farm & Education Center opens Memorial Day with a café, farmstand, and a program



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**Chandler Pond Farm**  
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**Adam's Berry Farm**  
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**4702 Ethan Allen Hwy, Charlotte**  
**802-425-3652**  
**sweetrootsvt.com**

Sweet Roots Farm in Charlotte opens Memorial Day weekend with blueberries and sunflowers available for the PYO season.

**River Berry Farm**  
**191 Goose Pond Rd. Fairfax**  
**802-849-6853**  
**riverberryfarm.com**

River Berry Farm in Fairfax grows 50 acres of organic vegetables, three acres of strawberries, 1.5 acres of organic raspberries, and maintains 18,000 square feet of greenhouse using organic and Integrated Pest Management practices that help protect the environment. The organic strawberries are available as pick-your-own and pre-picked in June and July. Organic fall-bearing raspberries are available August through September.

**Berry Creek Farm**  
**1342 Route 100, Westfield**  
**802-744-2406**  
**berrycreekfarmvt.org**

Berry Creek Farm in Westfield was the first certified-

organic strawberry and vegetable farm in Orleans County in 1993. Pick-your-own strawberries starts around the beginning of July but check out their Facebook page for updates or call.

**Isham Family Farm**  
**3515 Oak Hill Rd. Williston**  
**802-355-8242**  
**ishamfamilyfarm.com**

Isham Family Farm in Williston, Vermont, is a fifth-generation, 108-acre historic working farm and community center known as the Champlain Valley Community Center. Here you can pick-your-own raspberries, blueberries and pumpkins. They also have a corn maze, hiking trails and a fully-restored 200-year-old timber-frame barn. During the month of July, Isham Family Farm is open for pick-your-own blueberries, raspberries and black currants. Quart and pint containers are provided. You can also hike the 1.3-mile Oak View Hill Hiking Trail that includes a pond and views of Mt Mansfield.

**Champlain Orchards**  
**3597 Route 74, Shoreham**  
**802-897-2777**  
**Champlainorchards.com**

Champlain Orchards in Shoreham is open from June to November with harvests of more than 100 kinds of apples, 20 types of pears, 12 varieties of plums, 3 types of cherries, 16 kinds of peaches and 6 varieties of nectarines. They also sell orchard-made hard cider, and gift boxes with spreads, pancake mix, crackers, nuts and fresh produce.

**Last Resort Farm**  
**2246 Tyler Bridge Rd. Monkton**  
**802-453-2847**  
**lastresortfarm.com**

Last Resort Farm in Bristol is a family-owned organic farm that uses organic farming practices and one of the first Vermont farms to offer organic pick-your-own strawberries, which they've been growing since 1983. Call for daily pick-your-own conditions and to order picked berries. Pick-your-own red and black currants, raspberries, mulberries and blueberries by appointment only.

**Lewis Creek Farm**  
**3071 Route 116, Starksboro**  
**802-453-4591**  
**lewiscreekfarm.com**

At Lewis Creek Farm in Starksboro, June is the month for strawberries. Traditionally, strawberry season started with the first day of summer, June 21, and lasted through July 4, but in the last few years, the season has started a bit earlier. Please call for pick-your-own hours and look for the strawberry sign out front.



P.Y.O. BERRIES

### **Green Mountain Orchards**

**130 W Hill Rd, Putney  
(802) 387-5851**

**greenmountainorchards.com**

Green Mountain Orchards opens July 15 for blueberries. One of Vermont's largest and oldest orchards, four generations of the Darrow family have been growing fruit here since 1914. Apples, blueberries, peaches, plums, raspberries, pumpkins and more are grown here in the hills above Putney village.

"We grow primarily apples and blueberries for the wholesale market and boast over 125 acres of apples in production and nearly 18 acres of blueberries," its website says. "We also grow raspberries, peaches, pears, plums, pumpkins and Christmas trees!"

They also press their own fresh cider using high quality, tree-picked fruit so there is no need to pasteurize it. Since state laws prohibit orchards from selling unpasteurized cider in stores, this means that you can only get it here, directly from the people who make it.

**Merck Forest and Farmland Center**  
**3270 Route 315, Rupert**  
**802-394-7836**

### **merckforest.org**

Merck Forest and Farmland Center in Rupert offers pick-your-own blueberries and raspberries during the summer and into the fall as the season allows. Berries are sold by the pound. They also have friendly animals, miles of hiking trails and camping spots. Call ahead for berry availability.

### **Wildwood Berry Farm**

**2977 Mad Tom Rd, East Dorset**  
**802-362-9805**

**wildwoodberryfarm.com**

At Wildwood Berry Farm in East Dorset, you can pick all the blueberries you can eat or freeze at this pick-your-own farm.

### **Dwight Miller Orchards**

**511 Miller Rd, Dummerston**  
**802-254-9111**

**dwrightmillerorchards.com**

Dwight Miller Orchards in Dummerston is an eighth-generation organic farm with apples, peaches and blueberries to pick. They also have already-picked fruit for sale as well as maple syrup, jam, eggs, pasture-raised pork and homemade pickles in late August.



© ADOBE STOCK

## *Ready for some fun memories and even better food?*

**C**onsider visiting a pick-your-own farm, where you can enjoy quality time outside while selecting the perfect produce or fruit to complete any meal.

### **Find the farm**

Pick-your-own farms are increasingly common, so there's likely one in your area. You might also need to search for "choose-your-own," "u-pick," or "cut-your-own" farms. If the internet doesn't immediately turn up an area option, visit your local ag extension office, chamber of commerce or tourism bureau. They'll have more details on which farms are open to the public, and often will offer additional

information on their produce selection and any additional amenities. Call ahead before you drive out, since their offerings are seasonal and that may impact operating hours. Ask in advance about pricing and parking. PickYourOwn.org notes that some farms have quantity limits.

### **WHAT YOU'LL NEED**

Pack as you would for any other day trip, including snacks and plenty of water to drink. PickYourOwn.org also recommends bringing personal containers large enough to carry your picked vegetables and fruit around the farm, and back to your vehicle. Popular options include tree fruit like

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apples, peaches and cherries, along with strawberries, blackberries, blueberries and raspberries. Pumpkins are a favorite in the fall. Be weather aware, however, in case sun protection or an umbrella is needed. Dress casually, since you'll likely get a little dirty out there.

### **SPECIAL ETIQUETTE**

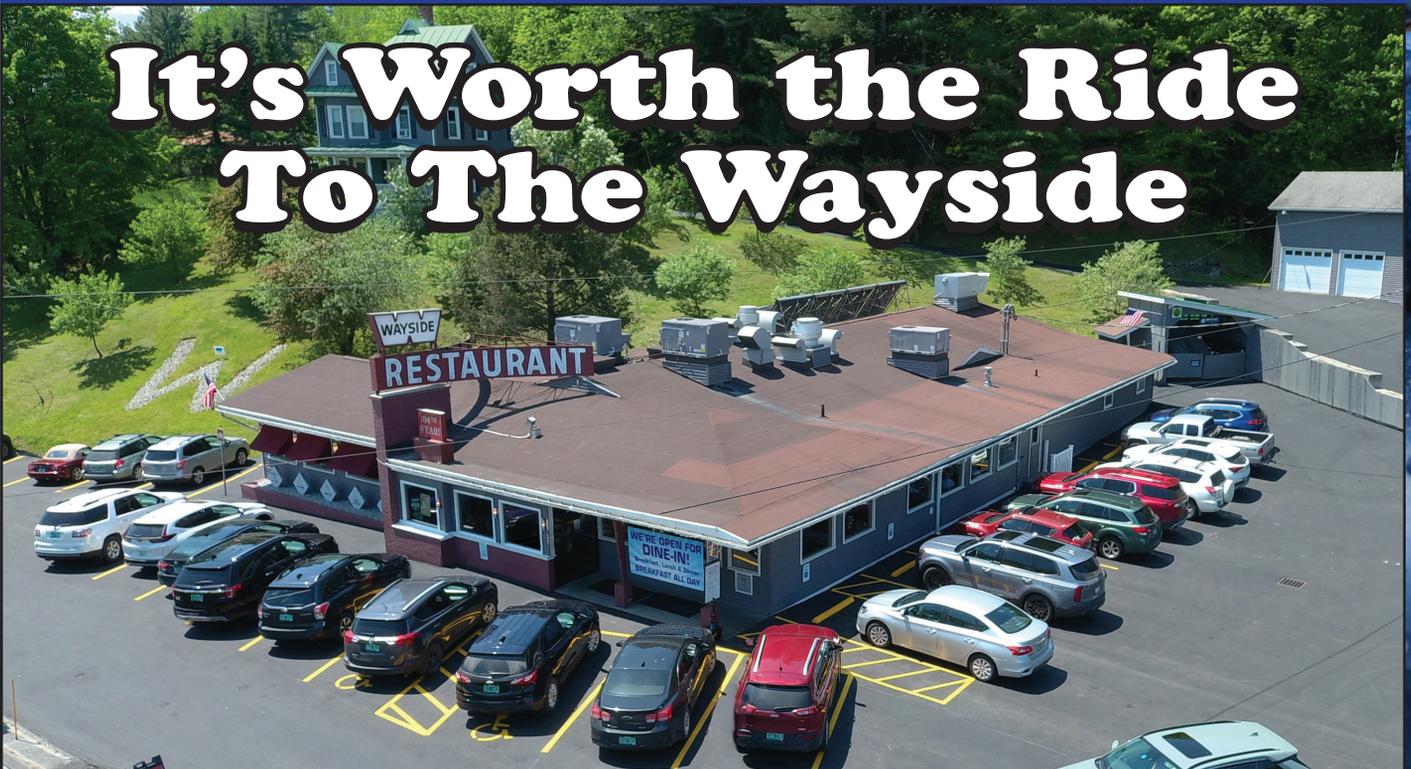
Ask about any special instructions when you arrive, and follow all posted signs. Remember that the place you're visiting is both a workplace and home for local farmers. Stay away from their equipment, since there is always a danger of injury — in particular for those who are unfamiliar with how common farm implements work. Step carefully across rows, and never walk on their plants.

### **HEADING HOME**

Newly picked fruits and vegetables must be kept dry and cool, so make any visit to a pick-your-own farm the last stop of the day. Your locally grown food will need to be transported home as soon as possible.

Once there, put away any produce that won't be consumed over the next few days, either as canned goods or frozen items. Date everything that goes into long-term storage, so you can easily identify the oldest items.

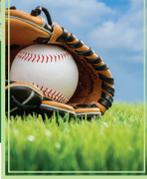
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July 4	Preston's KIA Independence Day Spectacular – Northstar Fireworks Display	7:00pm
July 7	Jack Daniel's Ready to Drink Cocktails presents the Firecracker 100 Late Model Triple Crown Finale!	7:00pm
July 11	Myers Containers Triple Crown #2	7:00pm
July 18	<b>\$30,000 DOUBLE FEATURES for ALL FOUR DIVISIONS</b> \$2,500 in Bonus for Top-Three Lowest Avg. Finishers in Each Division!	7:00pm
July 25	Times Argus Midseason Championships – Double Points, Extra Distance Double points plus double purse courtesy of FloRacing	7:00pm
August 1	WDEV Radio / Calkins Portable Toilets – World Famous Port-a-Potty Grand Prix! (SS Triple Crown #1)	7:00pm
August 4	40th Bolduc Metal Recycling Enduro 200 + Street Stock Special (SS Triple Crown #2)	6:00pm
August 8	Community College of Vermont presents the 6th Annual Road Warrior Challenge featuring: SS Triple Crown Championship!	7:00pm
August 15	Vermont Tire & Service Night Double purse courtesy of FloRacing – Kid's Poster Contest	7:00pm
August 22	Cody Chevrolet/Cadillac Night – Myers Container Triple Crown Championship 100! ACT Tri-State Flying Tiger Series Round #2	7:00pm
August 29	Jet Service Envelope/Accura Printing Night – Run-What-U-Brung	7:00pm
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By Sophia Buckley-Clement

**R**eturning with the green on Vermont's mountains and summer sun is the celebration of all things historical at many cultural landmarks across the Vermont and upstate New York region.

Providing memorable and educational experiences for all ages, locations like Hubbardton Battlefield, Fort Ticonderoga and more are prepping for a jam-packed summer of living history.

According to Elsa Gilbertson, a Vermont historic site administrator, many of these historical touchstones are gearing up for a significant milestone — the 250th anniversary of the Revolutionary War, which will be commemorated in 2025, 2026 and 2027.

## **Bennington Battle Monument**

Built in the late 1800s, the Bennington Battle Monument in Bennington is a state landmark that celebrates the Battle of Bennington — a site located in what is now Walloonsac, New York.

Part of the Saratoga campaign, the battle took place just 9 miles away from where the monument stands today. During this fight, American militiamen routed a British force trying to capture provisions stockpiled in Bennington.

According to monument site administrator Marylou Chicote, this small defeat ultimately led to Crown forces' loss at Saratoga not long after.

"We consider Bennington the 'turning point of the turning point,' since Saratoga is considered the turning point of the revolution," she said. "The British left this area alone and the rest of the revolution went down to New Jersey, Pennsylvania, New York and ended in Virginia."

A few of the larger events this summer include Flag Day on June 14, the town-wide July Fourth celebration and the weekend of Bennington Battle Day beginning Aug. 16.

On Bennington Battle Day, the monument will host a reenactor encampment on site, and several skirmishes and ceremonies will take place at the battlefield location, according to Chicote.

Chicote noted that throughout the summer, visitors are encouraged to visit the site and take in the extraordinary views available on the monument's observation floor. "It's beautiful to look around. You can see Massachusetts on a clear day. You can see Mount Greylock, which is the highest point of the Berkshires. You can see New York and the Taconic range of mountains to the west, and of course, the Green Mountains to the north and northeast. It's really a great view," she said.

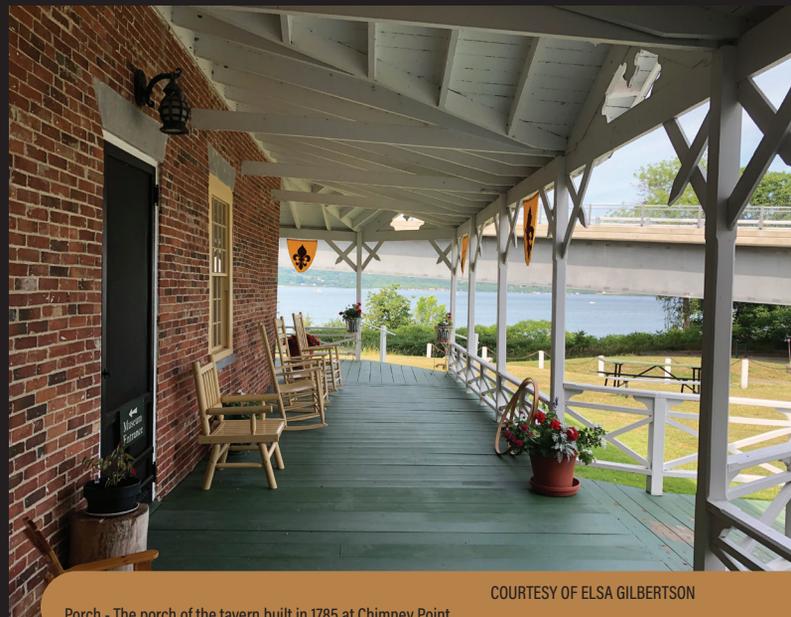
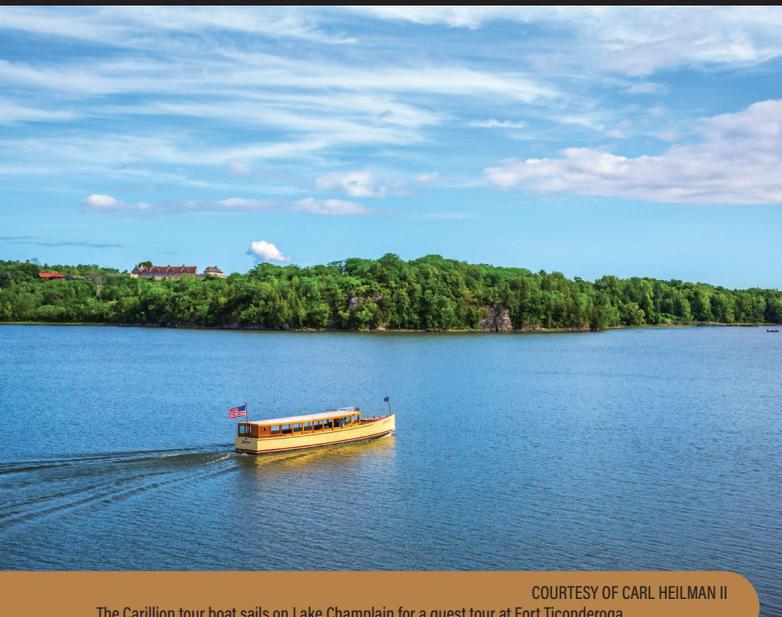
*Living history:*

# AREA HISTORICAL SITES

*prepare for summer*

COURTESY OF FORT TICONDEROGA

Two soldiers at window - A colonial shoemaker reenactor shows off his wares at Fort Ticonderoga.



COURTESY OF CARL HEILMAN II  
The Carillion tour boat sails on Lake Champlain for a guest tour at Fort Ticonderoga.

COURTESY OF ELSA GILBERTSON  
Porch - The porch of the tavern built in 1785 at Chimney Point.

## Fort Ticonderoga

Not far from the Vermont border is the historic Fort Ticonderoga, which welcomes some 75,000 visitors a year to its sprawling site.

Nestled between Vermont’s Green Mountains and New York’s Adirondack Mountains, Fort Ticonderoga boasts 2,000 acres of land and 2 miles of shoreline on Lake Champlain.

The 18th-century French fortress was built during the French and Indian War and was of strategic importance during the conflicts between Great Britain and France. It also served a pivotal role during the American Revolution, when its capture from Crown forces became the first offensive victory for American soldiers.

“Fort Ticonderoga is a true touchstone place for our nation. Defining history from which our nation was born happened here. We’ve seen visitors through the centuries come (here) because of its significance and the desire to pass that experience and understanding down to the next generation,” Fort Ticonderoga CEO Beth Hill said.

Guests can explore the grounds’ gardens and heritage apple orchard, voyage across Lake Champlain on narrated boat tours that explore the lake’s underwater archeology and participate in some 14 tours offered daily.

Hill shared that the site will also be unveiling new family programs, premium experiences, evening tours and special events that will run beginning late June into August.

“Often, I hear people talk about ‘the spark’ that they get — the Fort Ticonderoga ‘spark.’ It ignites a lifelong passion and interest in our nation’s history. I love seeing that in action when families come visit. They’re having fun, they’re building their own memories of historic proportions, but it’s also inspiring people to learn about our nation’s founding and appreciate the sacrifices of those who went before us,” Hill said.

For more information on Fort Ticonderoga ticket pricing and events, visit [fortticonderoga.org](http://fortticonderoga.org).

## Chimney Point

Located along on the sparkling shores of Lake Champlain, Chimney Point serves as a living reflection of the three earliest cultures that lived in the area — the Native Americans, the French Colonials and early Americans.

For thousands of years, the grounds were used as a place to trap, trade and gather, according to Gilbertson.

The site became the location of French forts and domestic settlements in 1731 to keep British soldiers from entering Montreal.

Also a location of military importance during the French and Indian War and the American Revolution, the site houses artifacts from various periods of history and is home to a tavern built in 1785 that has welcomed visitors ever since.

The site hosts the annual Northeastern Atlatl Championship, a spear-throwing competition that will take place this year on Sept. 21.

“The Vermont (Daughters of the American Revolution) has also borrowed an exhibit for us this year — a national exhibit relating to the American 250th anniversary,” Gilbertson said. “That will be here for the month of August.”

With a picnic area, a dock with lake access and outdoor interpretive signs along paths across the Lake Champlain Bridge into Crown Point, New York, Gilbertson shared that the site is an excellent location for learning and summer fun.

## Hubbardton Battlefield

Home to the only Revolutionary War battle fought on what is now Vermont soil, Hubbardton Battlefield in Hubbardton is known for its open meadows and spectacular views of the Green, Taconic and Adirondack mountains.

“The soldiers who were leaving Mount Independence engaged with the British at Hubbardton,” Gilbertson said. “It saved the main American army so that, in August, they were able to win the Battle of Bennington.”



COURTESY OF ELSA GILBERTSON

Many reenactors gathered - Reenactors prepare for battle during Hubbardton Battlefield's living history weekend and battle reenactment.

Historians have noted the site is one of the most evocative of battles that occurred in the same time period, as the area remains much as it was in 1777.

Gilbertson shared that the largest and most populated event of the summer season at Hubbardton is the Revolutionary War reenactment, which this year will fall on the day the battle actually took place — July 7.

“It doesn’t always happen like that since it is a weekend event, but this year, it’s going to be the day and the morning of, which is fun,” she said.

Hubbardton Battlefield is the largest Revolutionary War living history event in northern New England and invites guests to walk through the colonial encampment, speak with reenactors and listen to presentations by historians and reenactors on topics like colonial cooking and the backstory of Hubbardton before the battle.

“Our history is so important not just to us but nationally and internationally and to learn something about the history and in these beautiful places where it actually happened. It’s uplifting.”



COURTESY OF FORT TICONDEROGA

Three reenactors shooting - Reenactors at Fort Ticonderoga present a weapons demonstration

Gilbertson said. “It’s moving to see and to understand it because no matter who you are or where you came from, history takes you in. We’re all part of this human story.”

For more information on ticket pricing and other special events happening at Vermont’s historical locations, visit [historicsites.vermont.gov](http://historicsites.vermont.gov).

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## VISUAL ARTS

**Adamant**

Frank Suchomel Memorial Arts Center: Anni Lorenzini & Marianne Mullen, June 8-July 31, work by Waterford and Middlesex artists; local sculptors (outdoors), ongoing, and other works collected by the late Frank Suchomel, Meditation Garden and concert hall, Haggett Road, Adamant, [www.fsmac-quarryworks.org](http://www.fsmac-quarryworks.org)

**Barre**

Espresso Bueno: Anne Sekelsky, through June 26, digital photography — landscapes, waterways and more, 248 N. Main St., Barre, 802-479-0896, [espressobueno.com](http://espressobueno.com)

**Berlin**

Central Vermont Medical Center: “At the Edge of the Northern Ocean,” through July 7, paintings by Elizabeth Nelson, 130 Fisher Road, Berlin, 802-371-4100, [www.cvmc.org/about-cvmc/cvmc-art-gallery](http://www.cvmc.org/about-cvmc/cvmc-art-gallery)

First Congregational Church: Arthur Zorn, through July 31, “Summer Sensibilities,” paintings by Barre artist, 1808 Scott Hill Road, Berlin, 802-522-7649, email [vermontartmusic@gmail.com](mailto:vermontartmusic@gmail.com). Hours: 9 a.m. to 1 p.m. Sunday, and by appointment. Opening reception, 2 to 4 p.m. Saturday, June 15.

**Brandon**

Café Provence: “Art of the Pig,” through Aug. 15, Brandon Artist Guild’s fundraising 2024 “Art of the Pig” sale, featuring 80-plus artfully decorated piglets, Event Room, 17 Center St., Brandon, 802-247-4956, [brandonartistsguild.org](http://brandonartistsguild.org) A “piglet preview party,” open to the public, 6 to 8 p.m. Friday, June 7; silent auction, Aug. 16-18 at Brandon Town Hall.

**Brattleboro**

Mitchell-Giddings: “Woodlark,” through June 30, sculpture by Paul Bowen; “Space: An Odyssey,” through June 30, Fran Bull’s paintings inspired by the images from the James Webb Space Telescope, 183 Main St., Brattleboro, 802-251-8290, [www.mitchellgiddingsfinearts.com](http://www.mitchellgiddingsfinearts.com) Artist talk with Fran Bull, 4 p.m. Saturday, June 8.

Vermont Center for Photography: 2024 Open Juried Exhibition, through June 30, adjudicated by Crista Dix, 10 Green St., Brattleboro, 802-251-6051, [www.vcphoto.org](http://www.vcphoto.org)

**Burlington**

BCA Center: Gallery installation in progress, Burlington City Arts, 802-865-7551, [www.burlingtoncityarts.com](http://www.burlingtoncityarts.com)

UVM Fleming Museum: Reopens Sept. 3, 802-656-0750, [www.uvm.edu/fleming](http://www.uvm.edu/fleming)

**Calais**

Kent Museum: “The Quarry Project Echoes” through June 30, exhibit celebrating Hannah Dennison’s 2022 dance installation, Kents’ Corner State Historic Site, 7 Old West Church Road, Calais, [www.thequarryproject2022.com/](http://www.thequarryproject2022.com/) installation Hours: 11 a.m. to 5 p.m. Friday-Sunday; \$5 admission. Closing reception, 3 to 6 p.m. Sunday, June 30.

**Glens Falls, N.Y.**

The Hyde Collection: “Richard Estes: Urban Landscapes,” through Sept. 15, selection of screenprints and paintings by the celebrated American artist born in 1932 and a pioneering figure in the Photorealism movement; “Hyde House and the Permanent Collection,” through June 1, 2050, 161 Warren St., Glens Falls, New York, 518-792-1761, [hydecollection.org](http://hydecollection.org)

**Greensboro**

Highland Center: Susan Wahrlab, through June 23, “Fragile Resilience,” watercolors, Highland Center for the Arts, 2875 Hardwick St., Greensboro, 802-533-3000, [highlandartsvt.org](http://highlandartsvt.org)

**Hanover, N.H.**

Hood Museum of Art: “Gilded,” through June 22, 17 contemporary artists explore value and worth in a variety of media; “Gather, Move, Resonate,” through Dec. 21, textile-based sculptures by Nick Cave and Jeffrey Gibson, Dartmouth College, 4 E. Wheelock St., Hanover, New Hampshire, 603-646-1110, [hoodmuseum.dartmouth.edu](http://hoodmuseum.dartmouth.edu)

**Huntington**

Birds of Vermont Museum: “The Power of Perspective,” through October, art from a bird’s eye, 900 Sherman Hollow Road, Huntington, 802-434-2167, [www.birdsofvermont.org](http://www.birdsofvermont.org)

**Jeffersonville**

Bryan Memorial Gallery: “New England Waterways,” through July 7, artists depict waterways and shorelines in New England in all media; “40 Years Together,” through Aug.

25, celebrating gallery's 40th with historical art; Legacy 24 Collection, through Dec. 22, works of 17 contemporary artists and selected works by Alden Bryan and Mary Bryan, 180 Main St., Jeffersonville, 802-644-5100, [www.bryangallery.org](http://www.bryangallery.org)

### **Lebanon, N.H.**

AVA Gallery: "The Lift of Blue," through June 29, group show supporting mental health awareness; Solo Exhibitions, through June 8, Peter Anderson, Caleb Brown, Joan Hanley and Denis Versweyveld, 1 Bank St., Lebanon, New Hampshire, 603-448-3117, [www.avagallery.org](http://www.avagallery.org)

### **Manchester**

Southern Vermont Arts Center: "Sand to Splendor," June 8-Sept. 22, presented by the Vermont Glass Guild; "Pastel Panorama: Journeys with a Medium," June 8-Sept 22, presented by Vermont Pastel Society, Elizabeth de C. Wilson Museum; Spring/Summer Solo Exhibition, through July 14, multiple artists working in a variety of media, Yester House, 930 SVAC Drive, Manchester, 802-362-1405, [www.svac.org](http://www.svac.org) Opening reception, 2 to 4 p.m. Saturday, June 8.

### **Middlebury**

Middlebury College Museum of Art: Bread and Puppet Theater, through Aug. 11, photographs by Garrett McClean (Class of 1999), a professional who traveled with the company for more than three months in the summer of 2022; "Hunter Barnes: A World Away," through Aug. 11, based on Barnes' book of black and white photographs taken in the Eastern Province among the Tamil people; Permanent Collection Galleries, ongoing, Mahaney Center for the Arts, South Street (Route 30), Middlebury, 802-443-5007, [museum.middlebury.edu](http://museum.middlebury.edu)

### **Montpelier**

The Front Gallery: Group Show 61, through June 30, 6 Barre St., Montpelier, 802-552-0877, [www.thefrontvt.com](http://www.thefrontvt.com) Panel discussion, "The Vermont Style in the 21st Century," 6 p.m. Thursday, June 27.

Hexum Gallery: "Dewdrops in the Garden," through July 19, group exhibition born out of curator John Zaso's love for the Deee-Lite album by the same name, 16 State St. Suite 1, Montpelier, email [hexumgallery@gmail.com](mailto:hexumgallery@gmail.com).

J. Langdon Antiques & Art: Sam Thurston, through June 23, poem drawings, watercolors and drawings, 7 Langdon St., Montpelier, 802-613-3182, [www.jlangdonvermont.com](http://www.jlangdonvermont.com)

North Branch Café: Elliot Burg, through Aug. 31, "Bandstand!" a retrospective collection of photographic portraits of performers and spectators at the Middlesex Bandstand, including Myra Flynn, Tammy Fletcher, Miriam Bernardo, Dave Keller, saxophonist Chris Peterman, and artists from West Africa and Haiti, 41 State St., Montpelier, 802-229-5676, [thenorth-branch.com](http://thenorth-branch.com)

North Branch Nature Center: Nick Neddo, through June, work from artist's illustrations for NBNC Director

of Education Amy Butler's book, "Educating Children Outdoors: Lessons in Nature-Based Learning," Gallery, 713 Elm St., Montpelier, 802-229-6206, [northbranchnaturecenter.org](http://northbranchnaturecenter.org)

Vermont Supreme Court: "Material Matters," through June 28, photography and mixed media collage by Weybridge artist Victoria Blewer, 111 State St., Montpelier, 802-828-0749, [curator.vermont.gov](http://curator.vermont.gov)

T.W. Wood Gallery: Mary Admasian, through July 22, "Scraps With Nature," varied work by East Montpelier artist; "The Art of Creative Aging," through July 22, work of 25 older central Vermont artists; "Art of Thomas Waterman Wood," ongoing; "Works Progress Administration Artwork," ongoing, Center for Arts and Learning, 46 Barre St., Montpelier, 802-262-6035, [www.twwoodgallery.org](http://www.twwoodgallery.org)

### **Poultney**

Stone Valley Arts: "Capturing Time: A Neil Rappaport Retrospective," June 15-Aug. 18, major exhibition of the late Pawlet-based photographer, Stone Valley Arts at Fox Hill, 145 E. Main St., Poultney, 802-287-8197, [stonevalleyarts.org](http://stonevalleyarts.org) Opening reception, 5 to 7 p.m. Saturday, June 15.

### **Putney**

NXT Gallery: Jana Zeller, through Aug. 11, "A World Adjacent," paintings by Brattleboro artist, Next Stage Arts, 15 Kimball Hill, 802-387-0102, [nextstagearts.org](http://nextstagearts.org)



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## Randolph

Chandler Gallery: "Nature's Palette," through July 6, area art show, Chandler Center for the Arts, 73 Main St., Randolph, 802-728-9878, [www.chandler-arts.org](http://www.chandler-arts.org)

## Rutland

Chaffee Art Center: "The Equalizer," through July 19, an exhibit about originality, diversity; "Beyond the Curve," June 7-July 19, American Abenaki COVID Experience, 16 S. Main St., Rutland, 802-775-0356, [www.chaffeeartcenter.org](http://www.chaffeeartcenter.org) Opening reception, 5 to 7 p.m. Tuesday, June 11.

## St. Johnsbury

Northeast Kingdom Artisans Guild: "Off the Vine," through July 10, art of Katherine Coons, Back Room Gallery, 430 Railroad St., St. Johnsbury, 802-748-0158, [www.nekartisansguild.com](http://www.nekartisansguild.com) Opening reception, 5 to 7 p.m. Friday, June 28.

St. Johnsbury Athenaeum: "Voices of St. Joseph's Orphanage," through June 30, presented by the St. Joseph's Orphanage Restorative Society and the Vermont Folklife Center, Art Museum and Library, 1171 Main St., St. Johnsbury, 802-748-8291, [www.stjathenaeum.org](http://www.stjathenaeum.org)

## Shelburne

Shelburne Museum: "New England Now: Strange States," through Oct. 20, Pizzagalli Center; "Confected, Borrowed & Blue: Transferware by Paul Scott," through Oct. 20, Ceramics Gallery; "Lorna McMaster: Stewarding a Seed Collection," through Oct. 20, Dana-Spencer Textile Galleries; "A Grand Spectacle in the Great Outdoors: Elliot Fenander's Circus Photography," through Oct. 20, Circus Building; "Vermont Furniture Museum at Shelburne Museum," through Oct. 20, Vermont House, 6000 Shelburne Road (Route 7), Shelburne, 802-985-3346, [shelburnemuseum.org](http://shelburnemuseum.org)

## Stowe

Bryan Fine Art: "Evoking Vermont's Landscape," through July 14, art by Ken Rush, David Pound, Steve Clark, Kate Follett, James Rauchman and Matthew Perdue, The Bryan Fine Art Gallery, 64 S. Main St., Stowe, 802-760-6474, [www.bryangallery.org](http://www.bryangallery.org)

## Waitsfield

Valley Arts Festival Gallery: "Aloft," through June 27, art from an "aerial" perspective, Vermont Festival of the Arts Gallery, 5031 Main St., Waitsfield, 802-496-6682, [valleyartsvt.com](http://valleyartsvt.com)

## Waterbury

Axel's Frame Shop & Gallery: "Explorations," through June 22, group show of artworks by Axel's employees, 5 Stowe St. Waterbury, 802-244-7801, [www.axelsgallery.com](http://www.axelsgallery.com)

## West Rutland

Carving Studio & Sculpture Center: Members' Exhibition, through July 7, annual show, 636 Marble St., West Rutland, 802-438-2097, [www.carvingstudio.org](http://www.carvingstudio.org)



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