

THE North Star MONTHLY

Every Small Town's Newspaper

DANVILLE, VERMONT

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FEBRUARY 2005
Volume 16, Number 10

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on a Sailboat They
Moved to Danville**



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Took a Stab at
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Hip Would Be Easy?**

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**Walden Dairy Farm
Turns to Alpacas**

ADDIE WAS PULLING THE LAST PAN OUT OF THE OVEN

LOIS (FIELD) WHITE

Our windows were thick with frost in lovely, fernlike patterns in early February. Scraping frost off the kitchen window, I peered outside. It was a beautiful sunny Saturday. I finished filling the woodbox, did my other Saturday chores, put on all my outside clothes and went out to the porch. Snowdrifts came up to my waist. I grabbed my sled and plowed out to the road.

Rowena invited me down for dinner and for the afternoon so we could make Valentines. The plow had been through, and the road was hard and slick. I got a running start, threw myself down on the sled and clattered down the hill to Rowena's. I had to drag my feet to slow down enough to make the turn into Watson's driveway, and even so I ended up in the snowbank. Rowena noticed my arrival and came out laughing. She helped brush off the snow, and we went into the warm kitchen. I was overwhelmed at the sight.

Addie was finishing up her Saturday baking and the table was laden with apple, mince, pumpkin and berry pies, loaves of freshly-baked bread, a big pan of doughnuts and a couple of cakes. Addie was pulling out of the oven the last baking pan covered with heart-shaped sugar cookies. Later
(See *There Were Three* on Page 7)

You Can Make a Good Pair of Shoes Like New Forever



Photo By: Chris @ Foto Factory

Roy Machia has been repairing shoes since 1973. He regrets that the lure of cheap shoes and low prices has created a proliferation of footwear that just can't be repaired. When he started, he says, there was nothing he couldn't fix. Today the work he and his wife do at Roy's Shoe Service on Mill Street in Littleton includes baseball gloves, backpacks, pocketbooks, jackets, zippers in dungarees, tents, trampolines, saddles and even screen houses.

TERRY HOFFER

When World War II was over, Roy Machia walked away from his Navy cargo ship and headed back to the family farm in Vermont. He worked as a farmhand for a while and tried a few other jobs. But in the fall of 1954 he was still looking for direction in life when his uncle and aunt invited him to Littleton, NH for deer hunting.

Roy has a delightful sparkle in his eye when he tells a good story, and it shines when he says, "I didn't get a four-legged deer that year; I got a two legged deer." On Halloween night in 1954 he met a wonderful woman from Littleton, and three years later they were married. Marylin is 11 years younger than Roy, but as he says with absolute devotion, "We're both easy going, and we get along just fine."

Both worked for Connors & Hoffman in Littleton, one of the grand old New England shoe companies. Connors & Hoffman made ladies' shoes by the carload. Sears & Roebuck was its biggest customer. Marylin worked in the office, and Roy says, "I was an odd man." That is, he did just about everything. He started as a "side laster," but when the factory put in an assembly line and ramped up its production process Roy learned every job on the line - much more interesting, he says, than any specialized job.

Roy's multiple skills proved more valuable than he ever imagined

when Littleton's old line cobbler shop known, simply, as Lamont's went up for sale. "It was slow at the factory at the time," Roy says, "and I was getting done at two or three o'clock in the afternoon. Ruth and Don Miller had owned Lamont's for 14 years, and they were hoping to move on." Roy filled in for the Millers for a while and then talked it over with Marylin.

In January, 1973 the sign saying Lamont's came down, and the one saying "Roy's Shoe Service" went up.

Now, for more than 32 years Roy and Marylin have worked together in this tiny shop on Littleton's Mill Street - far longer than a lot of people stay married. Roy does the bulk of the shoe work, and Marylin does most of the sewing. She says the business needs a counter person, and she sits at her sewing machine near the counter where customers stand for advice or the diagnosis of a repair job.

Roy says, "We have nothing to fight about and no reason to be

(See *The Cobbler Business* on Page 6)

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It's More Than About the Shoes

On a cold afternoon in January on a side street in Littleton I pushed open the door to Roy's Shoe Service. A faithful *North Star* reader had said I should meet Roy. "He's a cobbler," she said, "and a character."

I stepped down into the cobbler shop, extended my hand and introduced myself. I explained the purpose of my visit, offered a recent issue of *The North Star* and Roy was immediately gracious. We spoke briefly and agreed to a time for an interview on a date that suited both of our schedules. A week later I was back.

The second time, Roy's wife was there. I learned that during my previous visit Marylin had been making deliveries, part of a job she keeps on the side. But on the day of the interview there they were, Roy, whose name appears on the sign over the door, and Marylin, his wife of 48 years. Roy and Marylin Machia have worked side-by-side in this shop for 32 years, and except for a reduced schedule she kept when their children were young, six days a week they have provided a service for the community and companionship for each other that struck me as unusual.

I asked if living and working together ever got to them, and Marylin explained that sometimes they don't say much to each other; they just tend to their work. Marylin has a dry sense of humor, the kind that will sneak up on you, and she said that never has one put the other out the window.

With complete reverence for his wife, Roy said, "We have nothing to fight about and no reason to be jealous of each other. I was 30 when I got married, and she was 11 years younger. We wanted to raise a family, and we just always got along."

As the three of us spent the morning together in the shop, I asked every question I could about the cobbler business. Roy who does most of the shoe work and Marylin who does most of the sewing answered patiently stopping only to wait on customers but never once interrupting the other or offering a word of disagreement.

I'll bet it hasn't always been easy as the demand for a cobbler's service has faded with the falling price and sagging quality of modern shoes. As a result Roy and Marylin have diversified their work as they repair things like baseball gloves, backpacks and zippers in tents. What hasn't changed, however, is that they still work side-by-side. "We're both easy going, we don't worry about the small stuff, and we just always got along."

I hope you'll read the result of the interview, which begins on the front page of this issue. But on a more personal note I'd like to say, "Best wishes and Happy Valentine's Day to Roy and Marylin Machia."

Terry Hoffer

A Call for Information

In early January Mark Breen, *Eye on the Sky* meteorologist, announced that the mid-way point of the winter heating season usually falls near January 20. "Bad news," I said to myself, as we had reached the halfway point of our woodpile in late December. Then I wondered if the mid-way point of the heating season correlated with the mid-way point of the finger split season.

Finger splits, for those blessed with never having them, are small cracks in the skin of fingertips and knuckles that produce a disproportionate amount of discomfort for their diminutive size. They are a winter phenomena, made worse by frequent hand immersion in water, as with hand washing or ungloved dishwashing, and exposure to cold. Various ointments, dressings — even superglue — have been used to treat finger splits. I have found nothing that seems to work any better than silent suffering (sometimes not so silent) until they heal on their own.

Finger splits seem to be not only a winter phenomena but also an affliction of the north. Several years ago, I stopped conversation amidst a gathering of my southern relations when I inquired if they suffered from finger splits. Fearful that I had ignorantly crossed the line of polite inquiry, I was greatly relieved to find that their silence and blank looks were the result of the total irrelevance of my question. They had never experienced or seen finger splits. This was a revelation to me; I thought finger splits were a universal winter experience, save for the lucky few with particularly sturdy skin.

I think it would be very helpful to know the average midpoint date of the finger split season. Much like passing the halfway point of the heating season, or getting beyond the day with the latest sunrise, the knowledge that the finger split season is half over would help us finger splitters bear these afflictions for the remainder of the cold, dry months. Furthermore, I think it would be a service to know at what latitude finger splits cease to occur. This information could be helpful with winter vacation plans. I suspect the north-south finger split divide is neither a fixed nor a distinct line. It may be more like the growing zones familiar to gardeners, with a higher likelihood of winterkill—finger splits—in the colder zones.

I come at last to my request for assistance. If there are any likeminded finger split sufferers among the readers of *The North Star*, please submit your estimates of the dates your finger splits begin and cease, and, if you travel to warmer climates, the approximate point on the map that you no longer have finger splits (or the locals look at you oddly if you mention finger splits). With sufficient data, I will compile and publish in a future issue of *The North Star* the average finger split midpoint date and the estimated boundary of the finger split zone.

Tim Tanner

Death and Dying

Several years ago I was a member of a group that gave talks about the importance of living wills and durable powers of attorney. Usually I began my remarks with the statement, "It is appropriate that I am here to talk about living wills and the end of life, for I am dying." This managed to wake everyone up, and if there were people in the audience who knew me, it was particularly traumatic for them. After a short pause, I would add, smugly "And I have been dying every day for the past 75 years — it is only a question of when, where and how. It is inevitable."

In the January 13 issue of the *Caledonian-Record*, there was an article featuring Patricia Burnham, of Waterford, former chair of the board of trustees of Northeastern Vermont Regional Hospital and author of "Life's Third Act: Taking Control of Your Mature Years." As a volunteer advocate she is hoping to persuade the Vermont legislature to pass a "Death With Dignity" bill. Basically, this law would permit people in a terminal situation to end their lives. Oregon has adopted such a law, and from all reports, it works well.

The experience of a close friend of ours highlights the desirability for such legislation. Lois was one of the early supporters of Hemlock Society, and when she was diagnosed with pancreatic

(See *We Should Have a Choice at the End* on Page 4)

THE North Star MONTHLY

EDITORIAL OFFICES:
P.O. Box 319 ~ 29 Hill Street
Danville, VT 05828-0319
(802) 684-1056

EDITOR:
Terry Hoffer

ART DIRECTOR:
Suzanne Tanner

CONTRIBUTING EDITOR:
Tim Tanner

CIRCULATION:
Kathy Hoffer

ADVERTISING:
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EDITORIAL ADVISORY BOARD:
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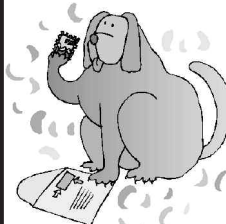
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e-mail: northstar@kingcon.com
www.northstarmonthly.com

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LETTERS: Write to *The North Star*, and let us know what's on your mind. Your point of view or observation is important to us. Letters must be signed.

ARTICLES: We don't have a big staff of writers. So we look forward to you sending your writing. If you have questions or ideas and want to ask us first, please call. We'll send our guidelines. No fiction, please.

PHOTOS: We'd like to see your photos and welcome them with a story or without. They can be black-and-white or color, but they must be clear.

PRESS RELEASES: We prefer press releases that are unique to *The North Star*.

DEADLINE: 15th of the month prior to publication.

All materials will be considered on a space available basis.

Letters to the Editor:

Thanks

Dear North Star,
We continue to enjoy the *North Star* each month. You cer-

tainly offer a wide variety of articles and information. Best wishes for your continued success.

Eleanor & Clint Ritchie
Sullivan, ME

Dear North Star,
Thank you for continued interesting and informative arti
(See *Letters* on Page 4)

Postmaster General Wants Post Office Banking to Support Postal Revenues Indian Raid Threatened Over

The North Star
"WHERE LIBERTY DWELLS THERE IS MY COUNTRY"
1807-1891
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THE NORTH STAR
FEBRUARY 6, 1874

Postmaster General Wants Post Office Banking - Postmaster General Creswell strongly advocates post office savings banks. He would confine them to the 3,068 money order offices and for the first year to the 208 offices of the first class. As the moneys will be transmitted to the central office and accounts kept there the clerical force will be increased mostly at that point, and he has reckoned just how many more clerks it will require. The total expense of the savings bank business, he thinks, would be from nine to twelve sixteenths of 1 per cent of the probable deposits. The remaining seven to four sixteenths would go into the postal revenue. Mr. Creswell thinks he could run the telegraph business with some thousands less than the 11,000 persons now employed in it. He would discharge the 2,500 messengers and deliver a

large part of the messages by letter carriers.

Embezzlement - The Boston Daily Globe of last Wednesday is our authority for the statement that Alden E. Martin, bookkeeper of E. & T. Fairbanks & Company has been arrested on charge of embezzling \$600.

Almost a Big Fire - Last Sunday morning at about nine o'clock Franklin McMillan built a fire in the STAR office as was his custom, then went back to his house and returned in half an hour when he found the room filled with smoke and the woodwork of the partition where the stovepipe goes through all on fire. He threw on what water he could find and went into the street and gave the alarm. Very soon a large number of people were present, and the fire was subdued. Had twenty more minutes elapsed before it was discovered the fire could not have been controlled, and the whole block on the east side of the street could have been swept off and probably the hotel and other buildings on the west side would have gone as well.

FEBRUARY 13, 1874

Lake Champlain is again frozen over, and stages are running from Burlington via South Hero to Plattsburgh.

A cure for Small Pox - A correspondent of the Stockton (California) Herald gives the following as a cure for small pox. "Here is the recipe as I have used it and cured many children of the

scarlet fever and as I have used it to cure the small pox when learned physicians said the patient must die: Sulfate of zinc, one grain; foxglove (digitalis), one grain; half a teaspoonful of sugar; mix with two tablespoons of water. When ingredients have been thoroughly mixed, add four ounces of water. Take spoonful every hour. Either disease will disappear in twelve hours. For a child provide smaller doses according to age. If counties would compel physicians to use this there would be no need of pest houses. If you value advice and experience use this for that terrible and dreaded scourge."

Another Great Indian Raid - Dispatches from the West confirm the rumor that an extensive Indian raid is imminent between the North and South Platte. It is to be no petty affair this time but an organized onslaught on the forts and scattered white settlements by half a dozen tribes numbering over thirty thousand warriors. The settlers are greatly troubled. The cause of the trouble is said to be on account of the supply of beef furnished by the government to these Indians being exhausted and their inability to procure more either by purchase or agreement with the government. They claim they will not suffer as long as there is a herd of cattle on the plains that they can draw from. The future policy of the government for their treatment must be to either give them all they ask for in order to stave off trouble or else bring them up

with a round turn to a realization that they are in a decided minority and must submit.

FEBRUARY 20, 1874

Very Tall Tower - The proposed centennial tower is to be 1,000 feet high. The material for the tower is American wrought iron made in the form of Phoenix columns united by diagonal bars and horizontal struts. The section is circular and is 150 in diameter at the base diminishing to 30 feet at the top. A central tube 30 feet in diameter will carry four elevators. The elevator cars are to ascend in three and descend in five minutes so as to transport 500 persons per hour. There will be spiraling staircases winding around the central tube. The site will probably be Fairmount Park, Philadelphia in proximity to the buildings of the Centennial Exposition. The summit of the spire will form a magnificent observatory while the view of the country will be unparalleled.

The rolling mill at St. Albans is nearly in full operation again without the aid of the strikers.

FEBRUARY 27, 1874

Another Ring Discovery - The next development of corruption promised concerns the whiskey rings in St. Louis and Pekin, Illinois. Large quantities of whiskey are manufactures in those cities and shipped to New York where it is to be exported. The whiskey is drawn out of the

barrels and they are refilled with water and sent to Europe. The whiskey is either sold or reshipped to various destinations in the country. The parties engaged in the business have grown very wealthy and the ring is said to be composed of Ohio and Indiana men exclusively. The head of the ring is said to be an intimate friend of the President and the Supervising Inspector of Internal Revenue has been seen going in and out of the rooms where secret and late hour meetings are held by agents of the ring. This is said to be but the beginning of the revelations, which will be of the most startling nature.

Newsboys Hotel - The Newsboys Hotel, recently completed in New York City, promises to be productive of something more than the bodily comfort of the six hundred street waifs that flit about the city. A bank is to be an important part of the establishment where the boys will put their surplus change. On the first of each month the Aid Society will match the savings There will be wash and bathrooms for fifty boys at one time and a dormitory with windows on three sides. The cost to a newsboy will be six cents for a meal and six cents for lodging or free if he has no money. The finishing touches are being put on the interior and a formal reception is scheduled within the week.

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Letters to the Editor:

(Continued from Page 2)

cles. I enjoy keeping up with Danville and the area between my trips to fall foliage festivals.

Vera D. Rooker
Greensboro, NC

Up On the Farm Early

Dear North Star,

Having very strong "roots" in Vermont, in the Northeast Kingdom region: Barnet, Peacham and Danville, I cannot tell you how thrilled I was when my sister gave me as a gift this past Christmas, a subscription to *The North Star Monthly*. On January 8, my first issue arrived. My excitement in receiving *The North Star Monthly* soon ended when I read the column on page 15, "Up on the Farm Early," written by Lorna Quimby.

Lorna Quimby devoted her entire article on my grandfather, and I quote: "Henry's concern with his health went beyond simple hypochondria" and she continued by saying, "When you met Henry anywhere, you always said 'Hello' and never added 'How are you?' unless you had an hour or two to kill." The rest of the article goes on to say how brave, wonderful and "neighborly" Lorna Quimby was to drive my grandfather's car to the doctor's office when "Jane Doe" (note that Lorna Quimby

referred to her neighbor across the street as "Jane Doe" but yet mentions my grandfather by his name) thought my grandfather was possibly having a heart attack.

During the time period mentioned in this article, Lorna Quimby failed to mention that my grandfather was in his early 80's, who after being married to my grandmother for 53 years lost her due to several months of her suffering from a malignant brain tumor. Did Lorna Quimby run out of subject matter? If she wanted to write about my grandfather why did she not mention his gentle kindness, his genuine warmth, his honesty, integrity, strength of character, humor and that he was a veteran of World War I and fought in France for our freedom?

Why did Lorna Quimby write this article making fun of my grandfather in his time of need? Was it to make her look like a hero for doing a "neighborly deed" for a man she failed to mention had been through a lot? Her comments, i.e., "His color was bad, but it was never too good," "he grunted," "groan," "moan" and "burping now and then" are upsetting. I do not think this article to be funny or entertaining. I do find this article to be extremely hurtful and very insensitive to my family who loved him very much.

My grandfather passed away in 1976. My wonderful Dad (Henry's son) passed away this past week on January 12, 2005.

We Should Have a Choice at the End

(Continued from Page 2)

cancer at age 68, it was natural for her to consider ending her life at a time convenient for her. She had about six months of comfortable living ahead of her. She was not interested in an operation that would do little more than add a few months to her life.

Lois decided to spend her final six months enjoying life, seeing relatives around the country and doing important things she had put off for too long. She knew it was illegal to commit suicide and that it might be difficult to get the drugs and advice necessary to accomplish her goal. Eventually, with the help of a doctor friend with whom she consulted while in the west, she acquired the drugs (he knew she would use them in New York City) and the advice she needed to end her life painlessly when the time seemed right. She arranged for two trusted friends to be with her at the end.

On a Tuesday evening she went to the Metropolitan Opera to see a favorite opera. When she returned home that night, filled with pleasure, she called her friends and told them that Thursday morning would be the time; and she asked them to come around eight o'clock in the morning. Her friends found Lois in good spirits, with all preparations made so that all they had to do was observe her. She took two shots of whiskey that I know she enjoyed and ate some applesauce while swallowing the pills. She was unconscious within 10 minutes. After about an hour of being in a coma, it was apparent that her breathing had stopped, and that she was dead. At no time did she appear to be in distress. The friends called Lois's doctor, who knew what she was going to do, and he took over from there.

In this age of medical marvels, with the help of caring doctors, hospice volunteers and painkilling drugs, probably most people would not need to suffer substantial pain or discomfort during the final hours of their lives. But for those terminally ill for whom painkilling drugs do not work, or who for whatever reason want to terminate their lives, it should be legal to do so under conditions established by the medical profession and the legislature.

Burnham asks the question, "Don't I have a right to have this choice?" The answer should be a clear and unequivocal "Yes!"

John Downs

My Dad received and looked forward to *The North Star Monthly*. He did not live to see or read Lorna Quimby's article.

It is my understanding Lorna Quimby has in the past written wonderful articles. I look forward to future issues.

Judi Odell
Groton, CT

Editor's Note: With regret at the offense taken, we extend our condolences to Judi Odell and her family for the passing of her father. We understand that he was a wonderful man.

Spring Vandalism

Dear North Star,

I am one of the three boys that took part in the streetlight shooting back in May. I cannot sit here and blame my actions on any of the other boys and say I was being a follower or a leader. I feel we all played equal roles, we all were shooting, and not one of us told the other one to stop at any point.

I was asked by the community justice center to make a formal apology to each person so I tried

to do so, but I was not able to make personal contact with all the victims.

Therefore, I am writing this letter to extend my apology to everyone that was affected by my childish act on that night. I can't ask for people to forgive me for what I did. I just wanted the chance to say I am truly and deeply sorry for the part I played in the act.

The last thing I would like to say is about the North Danville Church. I was not able to meet with these particular victims due to miscommunication on both sides and other events that took place. I would like to make my apology to you. I realize the impact my actions had on you after reading a strong piece in *The North Star* about damage at the church. It truly touched home for me and made me see how my actions impacted the people that cared so much about the church. I deeply regret my part in this heartless act and wish I had that night to do over. Regrettably, all I can do is say I am sorry and hope people truly believe me. I assure you I will never act in such a careless manner again.

Kyle Harney
Hardwick

Dear North Star,

This is to tell all persons involved in the shooting spree on May 9, 2004 that this incident was not anything personal



Experiencing any of these symptoms?

| | |
|--------------|-----------------|
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Civil Liberties and Personal Privacy

Recent mention on Vermont Public Radio about making permanent the Border Patrol checkpoint on I-91, south of White River Junction, has made me think more about American civil liberties and personal privacy. The creation of a permanent border checkpoint 100 miles from the border seems to me to be a great and unnecessary infringement on the civil liberties of law-abiding citizens.

To quote a spokesperson for the Border Patrol, "It gives us another opportunity to apprehend those folks, [illegal immigrants]. Plus checkpoints assist us in our intelligence gathering so that we see what's going on throughout an entire area." If this checkpoint is legal, which it apparently is, then why not checkpoints all over the place? Is this what has to happen to protect this country from terrorists? Or is it just another way to discourage foreign students from wanting to study and work here? Is it another way to discourage foreign nationals from spending their tourist dollars here? Is it another way to insulate us from the rest of the world?

A reader of one of my recent articles labeled me "Ultra Liberal Isobel" for which I was quite pleased, but liberal or not, I am not naive! I have had a few experiences in this country that make me question some of our government's attitudes towards aliens, and its actions affecting personal privacy for all citizens.

I came to the United States in 1965, not for political asylum but for love and to visit and work in the mother country of many students I had taught in Europe. I came by sea and experienced the excitement and awe of the Verrazano Narrows Bridge, the Statue of Liberty and the New York skyline from the harbor. It was thrilling to think of a huge land stretching ahead of me, as wide as the ocean that I had just crossed in four days. I came with a hard-won resident visa (green card) and a job. I also came clutching my chest x-ray. As we prepared to debark, all new residents passed through a checkpoint similar to a customs control where our immigration papers were examined and our x-rays flashed on a large screen visible to all others in the line. Nothing private about those medical records! This was my first taste of the American government's attitude toward personal privacy.

In a year almost to the day, I was married and the next year a mother. For 20 years I sat at town meeting in an area segregated from "citizens", not allowed to vote on my children's education, but able to teach in the school system, be a 4-H leader, a church deacon and, of course, a taxpayer. Whenever our family left the country I had to carry an official document showing I had paid my taxes for the current year, or I would not be allowed to leave.

I started the painful process of becoming a citizen about four years after I was married. The application form with its 50+ personal questions was so insulting, and the need to study and be ready to be questioned on any of 100 questions about American history by an Immigration and Naturalization Services officer, was too much for this British citizen to accept. But after 20 years I took the plunge and finally became a U.S. citizen here in Vermont.

What I didn't know was that I was entitled to see my Immigration and Naturalization dossier at that time! In fact, I have never seen it. A close friend, who became a U.S. citizen in Maine a year after I did, was offered the opportunity, by her Immigration Officer, to see hers. It was an incredibly chilling experience, as she later described it. Her large file showed every detail of her application for a visa, all the supporting personal materials, sponsor information, travel in and out of the country and other material that she chose not to examine. She chose not to examine it because all she wanted was to get her citizenship, and the Officer sitting across the desk was watching her. As she later said, "It was not the time to be asking, how long do you keep this stuff?" All of this information had been on file for more than 25 years without her knowledge. Where is the right to privacy in all this?

These experiences have made me aware of just how significant legislation like the U.S.A. Patriot Act is, and why we should seriously question any attempts to curtail civil liberties and personal privacy, or why we need a border checkpoint 100 miles from the border? Our government already knows far too much about our private lives.

Not long ago, we used to joke about the Soviet Union and "Big Brother." In the Soviet Union surveillance was so blatant and well known that citizens, though fearful, were careful. Here in the U.S. we think we are "free," but with electronic records zipping to and fro, anyone can know much too much about you without your knowledge. It's time to wake up and be aware, and pay attention to legislation that can open private lives to more government scrutiny. Do you really know what your government knows about you?

Isobel P. Swartz

Letters to the Editor:

(See Letters on Next Page)
(Continued from Page 4)

against anyone of you, and we did not intend to harm or hurt you or your property. We understand how immature and disrespectful it was on our part. We know how some of you have had real emotional difficulty with

this, some were mad and others were scared or frightened.

We claim full responsibility for our actions, and we assure you we have learned our lesson. We hope you will forgive us for any trouble we have caused. And we hope that by doing our community service in Danville, Walden and Hardwick we will gain your respect and trust again.

Richard Cole
St. Johnsbury

Peacham Library

Monday, Wednesday,
Friday and Saturday
10:00 a.m. - noon

Tuesday and Thursday
1:00 - 7:00 p.m.

Celebrate Groundhogs and Pending Spring in Peacham

People are looking for a way to ease the gloom of winter. Groundhog Day is on its way, and why do we celebrate it?

Groundhog Day comes half way between the first day of winter and the first day of spring. We wait for the Groundhog (Woodchuck, Marmot) to predict the end of winter.

Of course we know that there will always be six more weeks before the calendar says it is spring, but the fun of seeing whether we will have "an early spring" or "six more weeks of winter" is hard to resist.

Groundhogs are the largest hibernating mammals (not counting bears) in North America, and we look upon them with wonder at their ability to "wait out" the harshness of winter and arouse in the spring.

Join us on Groundhog Day, February 2 for a "rousing good time" as the Peacham Historical Association hosts the 7th Annual Groundhog's Day Dinner on Wednesday, February 2, 2005 at 6:00 p.m. in the Peacham Congregational Church.

All proceeds will be divided equally between the Peacham Historical Association's *Carrie Thresher Memorial Gift Program* and the Acquisition Fund for the Peacham Historical Association's Collection.

The featured entertainment this year is the "KlezChucks,"

The Nisht Geferlach Klezmer Band from Plainfield, VT. Nisht Geferlach translated literally from the Yiddish of the Jews of Eastern Europe means "not dangerous" but more colloquially it means "Relax, it won't kill you." The band plays songs from the golden age of New York's Yiddish Theater, which displays the Dixieland influence on Jewish immigrant musicians. It will be a relaxed evening of fun and food.

Of course, we will also be visited by "Peacham Paul," Peacham's own groundhog. You are welcome to bring along your favorite groundhog or woodchuck if he or she is friendly and likes crowds.

The menu this year includes the Peacham Traditional Groundhog's Day Dinner: Punxsutawney Phil's Punch (Mulled Cider), Woodchuck Salad Ground Chuck en croute (Ground Beef/Chicken and Biscuits), Woodchuck's Garden Peas, Whistle Pig Potatoes, Marmot Bread with Butter, Groundhogs on Snow.

Reservations should be made by calling Laura Fickes at (802) 592-3171 or email: reservations@peacham.net

The cost for the dinner and entertainment is \$8.00 for adults and \$4.00 for children 3-12.

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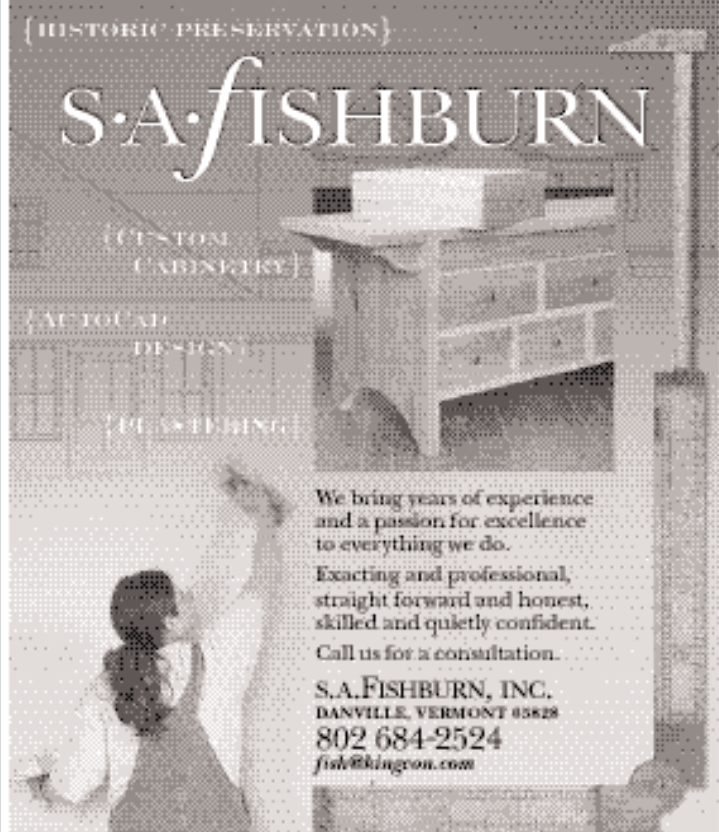
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The Cobbler Business Is a Dying Art

(Continued from Page 1)
jealous of each other."

"We have the same hours," Marylin says "and only one vehicle. When the kids were young I only worked three days a week, but now ... what would I rather do?"

Roy is 78, and he laughs about trying to work part-time. "I was going to retire after 20 years, but somehow more than that slipped by." Honestly, he doesn't regret it,



Photo By: Chris @ Foto Factory
Marylin Machia and her husband have worked side by side for over 32 years. She does much of the sewing, but her wisdom and good humor is an integral part of the service at Roy's Shoe Service.

and neither does Marylin. They still work side by side. Roy says, "If I didn't get up in the morning, I'd sit around and watch TV, and I'd fade away to nothing. I don't want to do that."

"The doctor told him not to retire," Marylin says. "We take a few days off here and there, and we take a week at Christmas to be with our children." The Machias have a son and a daughter and three grandchildren all in Littleton.

"The cobbler business won't feed anyone," Marylin says. "You know, it's a dying art."

Roy says, "We do this because we can afford to, and we like the people, and we like what we do."

"I suppose we're foolish," Marylin says, "but we feel sorry for the customers. Where else can you get shoes built up, a baseball glove restitched, a knife sheath made or a Vibram sole replaced?"

"Maybe we should charge more," Roy says, "but I'd feel badly if we did. Sometimes it's a labor of love."

Roy and Marylin describe their routine with absolute contentment. Sure, they take a few more days off than they did when they started, but they are no less committed to their customers. "Nobody complains about the job we do," she says with all kidding

aside.

Roy worries about the extent of the wasteful consumption in our modern culture. "We've become much more of a throw-away society," he says. "You buy shoes in a 'box store' for \$9.99 while a good pair of shoes cost a hundred dollars or more. If you buy shoes for almost nothing, people don't care about fixing them or the fact that they can't be fixed."

"It's hard to persuade people to spend \$20-\$30 for new soles," Marylin says, "if the shoes didn't cost that to begin with."

"Most of our repair work is stitching," Roy says. "Marylin does a pile of zippers, and we do shoes, baseball gloves, pocket-books, backpacks, jackets, zippers in dungarees, tents, trampolines, saddles and even screen houses. Gosh," he laughs, "I hope we get the ones we have in the shop finished before fly time."

Marylin says, "We can always tell when there are sales at the box stores. The prices are so low, people buy anything - even the wrong size, and they bring them in here to make them fit. We do a lot of stretching and putting stuff in shoes that are too big. Leather stretches well, but plastic is tough."

Roy finishes up the new soles he's putting on a pair of dark leather ladies' boots. "When we started," he says, "I'll bet a quarter of our work was Frye boots. Now they were nice, and you could make them like new forever. But shoes have changed. They used to be leather, rubber and neoprene. Now there's a lot of plastic. When I started there was no shoe I couldn't fix. Now we have to turn a lot of them away.



Photo By: North Star Monthly

Marylin and Roy Machia provide an uncommon but valuable personal service in an age when consumers tend to "buy cheap stuff and expect to throw it away."

"Today everybody has a car and a couple of credit cards. They think nothing of driving to Concord or West Lebanon to get a pair of sneakers. Everyone buys cheap stuff and expects to throw it away. If you stop to think about it, it's scary."

Roy gives the repaired black boots a quick buff and puts them on a shelf to be claimed by their owner, and he shakes his head. Finally he says, "I worry about the debt my grandchildren will have. I don't understand how the government can keep up with its spending and borrowing and where it will all end up."

"I'm 78, and it probably won't matter to me in the end, but I think about it every day, and I just don't see a happy ending."

Before the conversation gets too serious a customer enters the shop, and Roy and Marylin explain patiently why one pair of her shoes are finished and the other just can't be fixed. The customer pays and leaves, and they kid each other about the way it used to be.

Marylin smiles with dry humor. "I take it one day at a time. When the Lord comes to get me,

I'll be ready ... I just hope it isn't today."

Roy laughs, and he says, "I'll do this as long as I can, but I figure when I turn 80 - I'll look for a high paying job."

Roy's Shoe Service is on Mill Street in Littleton. Mill Street meets Main Street across from the Berlin City Bank, between Northern Lights Music and the Village Bookstore. If you have a repair job for Marylin and Roy, you'll generally find them there from 9:00 - 5:00 on weekdays and from 9:00 - noon on Saturday. If you want to be sure, call first. Their phone number is (603) 444-6547. ★



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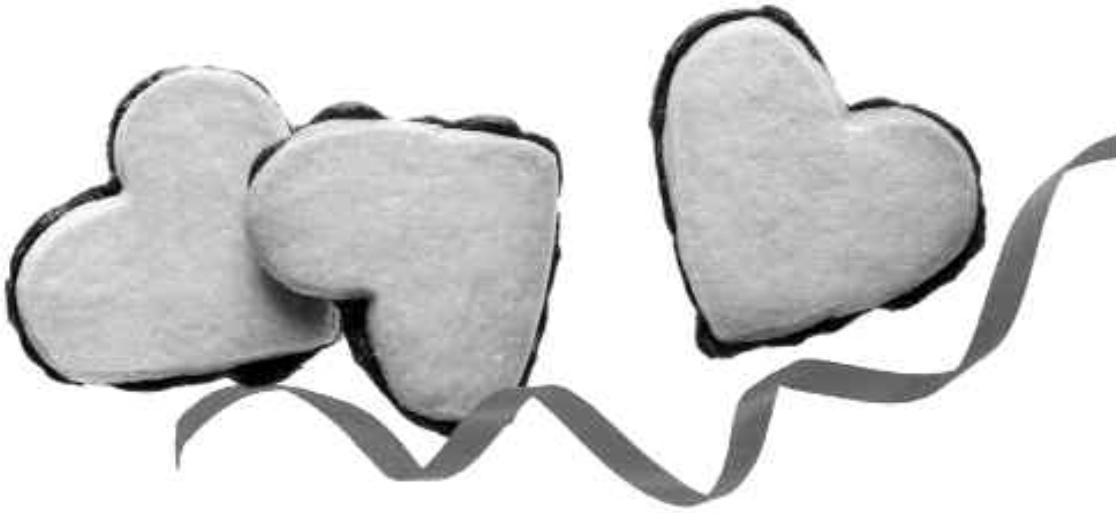
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There Were Three Holidays in February But Valentine's Day Was the Most Exciting



(Continued from Page 1)

she would cover these with pink frosting for our school's Valentine party.

Addie helped us set up a card table in the sitting room and gave us red and white construction paper, crayons, pencils, blunt-tipped scissors, paste, some left-over white paper lace doilies and an old catalog from which we could cut pictures to decorate Valentines. She gave us some instructions and ideas, then left us to our own devices. We set to work.

The men were gone to the neighbors with the wood-sawing machine for the day, so there were just the three of us for dinner. The beans for supper still sat baking in the beanpot in the oven, and brown bread steamed on the stove top.

Addie made us corn chowder. She fried bacon, then cut up onions and fried them in the bacon fat. She added a quart of canned corn, left-over cut-up boiled potatoes, creamy milk and salt and pepper. We took a break from our Valentine efforts to eat the chowder, crackers and pie, and we returned to our labors for the rest of the afternoon.

February was an exciting month. We were out of school for winter vacation part of the time, so we could play outside as long as we wanted on the longer, brilliantly-sunny days. There was a good crust on the hills for sliding and tobogganing. We could go over to Martin's Pond to watch the men and older boys cutting

blocks of ice, dragging them across the pond and piling them on horse-drawn sleds to take home to the farm ice-houses. We could watch men taking horses down the hills to pull their stuck cars home. We could watch the snowplows go back and forth. We could go to the creamery with our fathers or visit grandparents when the roads were open.

February was most interesting at school, too. There were three holidays to celebrate! All year, Presidents George Washington and Abraham Lincoln looked out solemnly from their portraits above the blackboard. Their heads and shoulders rose above the clouds and we thought they must be looking down from Heaven. We studied their lives and drew pictures of young George cutting down a cherry tree and Honest Abe splitting rails in front of a log cabin.

But Valentine's Day was the most exciting. The older girls, Agnes Payette, Faylene Robinson and Roberta Taylor, found a box and decorated it elaborately. For several days before our Valentine party we brought Valentines to school and deposited them (a few boughten, mostly home-made) in the box. We had also been allowed some time during school days to work on our cards.

There was much giggling and whispering to the older kids, asking how to spell names. There were two Alberts in school, Albert Payette and Albert Petrie, so we had to write out their full

names on the envelopes. Each of us planned to give everyone a Valentine, and we made a special one for our teacher, Miss Mabel Watson.

When the great day came Addie arrived with the Valentine cookies, cups, napkins and cocoa to be warmed on the woodstove and served with marshmallows. The whole afternoon was devoted to the party. Someone who could read all the names was chosen to be the "mailman" and distributed the Valentines.

There were several levels of artistic expression, from elaborate creations made by the older girls to cruder, plain red hearts made by first-graders. The girls rhapsodized over their Valentines and hoped that the boys really meant it when ones from them asked "Be My Valentine." The boys, however, did not take all this too seriously - they were more interested in the cookies and cocoa and time away from the books.

As the school day drew to a close we put all our Valentines into paper bags or into our dinner pails to take home and tidied up the schoolroom. The empty Valentine mailbox was placed on a shelf for further use. Miss

Watson banked the fire for the night. Addie packed up the cups and napkins — the cookies were long gone — and we were dismissed for the day.

We bundled up for the walk home and started through the waning sunshine, discussing another great Valentine's Day made even better with Addie's cocoa (with marshmallows) and her Valentine cookies.

Valentine Cookies

- 1/2 c. shortening
- 1/2 c. sugar
- 1 egg
- 2 tsp. cream of tartar

- 1 tsp. baking soda
- 3 c. flour
- 1/2 c. milk

Cream shortening and sugar and stir in egg. Combine cream of tartar, baking soda and flour and add to shortening mixture alternately with milk. Chill, then roll out on floured board and cut with heart-shaped cutter. Bake on greased cookie sheets in 350° oven for about 10 minutes. Remove from pans and cool on wax paper, then frost with confectioner's sugar frosting tinted pink. ★



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That's the Way the Boys Are from Texas

DAN SCHMIECH

The last day of winter, March 19, 2004 may be a permanent date in my memory bank. That was the day my wife and I drastically changed our way of life and moved to the Northeast Kingdom, Danville to be exact.

Most simply say, "You're not from around here."

Before the move, we spent seven years living and cruising on our sailboat. And before that, we were flatlanders. My wife, Donna, has had some experience with long winters. Before moving to Texas she spent much of her life in Manchester, NH. But I never experienced a long, cold winter. All but the last seven years I spent in southeast Texas.

My new friends and neighbors on the Walden Hill Road tell me not to worry. Living in the Snow Belt, they say, will provide the experience I lack.

Because of our nautical lifestyle, we owned no furniture as we headed for Danville. Our first purchases were mattresses. Thanks to a very kind seller, we had them delivered before the closing. We were so excited about our new home that we moved our suitcases right in and spent the night, sleeping on a mattress on the floor. The next morning, anxious to go out and

purchase a chair or two, we went to open the automatic garage door. We didn't anticipate any problems; it was the first day of spring. When we pushed the button to open the door there was a hideous screeching sound and the door appeared to buckle in the middle. It was frozen solid to the ground. Without any tools, we hunted for something we could use and finally settled on two old license plates and a piece of wood. Using the wood as a hammer and the license plates as wedges, three hours passed before we finally worked it open, and thus ended our first lesson of living in Vermont.

The second lesson followed a few days later. We were driving our new, used four-wheel drive Toyota pick-up truck. As we were turning into our garage, we got stuck in what Vermonters call "the road" - an area of ice, snow and mud on which cars travel. We were partly in the road and stranded. We could go neither forward nor back. I was still trying to figure out the problem when two neighbors in separate vehicles stopped to help. One was driving a Toyota similar to our stuck truck. He said, "No way a Toyota four-wheel drive truck can be stuck in that." He reached down and locked in the front wheels on our truck. With a grin he said, "Now you can go anywhere." I was wishing I had read the manual.

I introduced myself to both neighbors and they drove off. I told Donna, "They're probably laughing about the new flat-

landers."

"Yes," she said, "and your Texas accent."

My accent has been noticed a few times by the citizens of the Northeast Kingdom. Most simply say, "You're not from around here."

One salesclerk in Lyndonville asked, "Where are you from?"

I replied, "Danville."

She said, "Before Danville."

But it seems that many citizens of the north country find my slow speech fascinating. Likewise, I have come to appreciate the unique accent of many older citizens of northern Vermont. My first introduction to their manner of speaking was while Donna and I were first looking for a home to buy. We asked our real estate agent to show us a farm in North Danville. After looking over the home and property we decided it wasn't what we wanted. Donna and the real estate agent couldn't understand why I kept gabbing with the owner. I explained later how I really enjoyed listening to him talk. They laughed and agreed that he was also enjoying my vocal verbiage.

After the first couple of lessons of life in Vermont, others followed in quick succession. I learned to concentrate on what I'm doing when walking on an icy road. Donna and I love to walk for exercise. Our neighbors have become accustomed to seeing me walking with my red sweatshirt. On one of my early outings I came to a beautiful opening in the woods and a marvelous view of the Vermont hills and the White Mountains of New Hampshire beyond. BAM! In an instant I was sprawled across the road, stunned, shocked and not sure for a few minutes that I was actually all right.

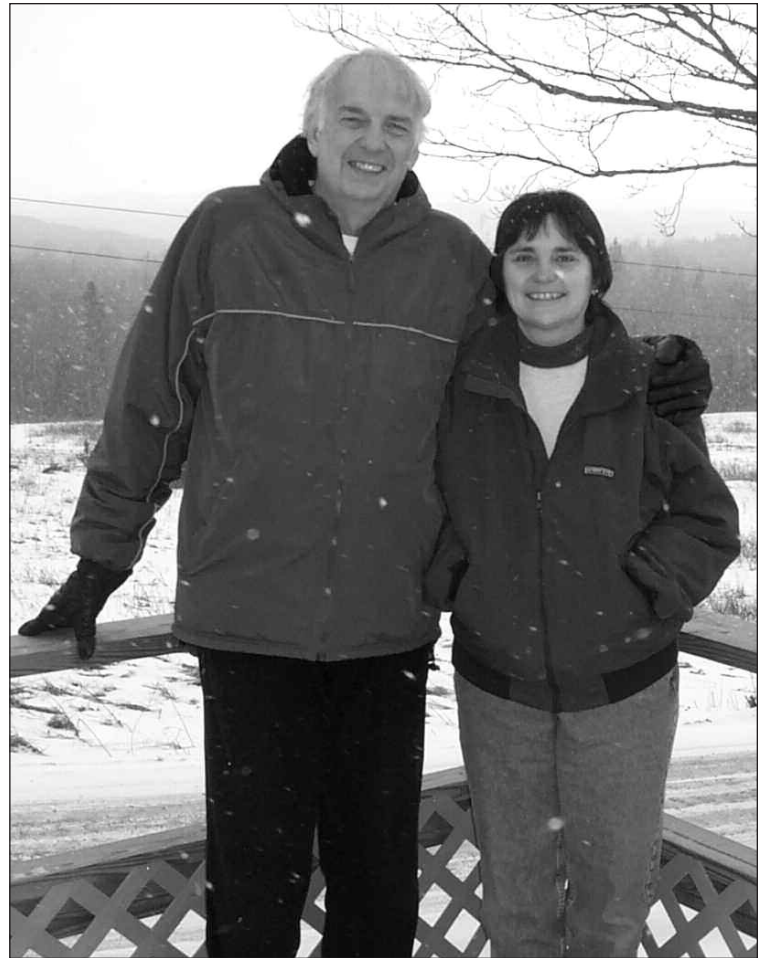


Photo By: North Star Monthly

In March 2004, after seven years on a sailboat, Dan and Donna Schmiech packed up their seabags and relocated to the solid ground on Walden Hill over Danville.

The following day I learned that you can fall when you are concentrating. After the second fall, Donna laughed and suggested I may need more insurance.

In choosing to live in this part of Vermont, the initial attraction for Donna and me was the scenic beauty and abundance of wildlife. Often as we are working around the house one of us will look off toward Mount Moosilauke or Cannon Mountain and ask, "Can you believe we live in such a beautiful place?" We have seen many types of birds at the feeder, chipmunks scampering, a wild turkey with

two poult close behind, squirrels gathering food for winter and a young doe feeding along the road. One of our most exciting sightings occurred as I was on the phone talking to my sister in Texas. While staring out the front window I was shocked to see a mother bear slowly cross the road with two small cubs.

In mid conversation, I jumped up and hollered for Donna. She missed the mother but saw the two cubs that had carelessly stopped to roll around on the surface of Walden Hill Road. Meanwhile, my sister Kay was laughing at my description of the event. This was the most exciting sighting until one morning in the first week of October. As I poured myself a cup of coffee I heard what I thought was a horse galloping down the road. I looked out the kitchen window and saw a very large moose go past. I scurried to the front window and watched as this magnificent creature with huge antlers turned into an open field and

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Photo Courtesy of Dan and Donna Schmiech
Dan and Donna Schmiech lived aboard Avant Garde their 35-foot Dufour sailboat from 1997 to 2004.

major problem. To be honest, I don't think they measure up to some of the nuisances in Texas such as poisonous snakes, fire ants and termites.

Seven years ago when Donna and I set out on our sailing adventure we told friends and family that we were going to cruise for a while and then probably settle in a place with a cooler climate. We wanted a home either on the coast, overlooking the ocean or someplace with wonderful views of mountains and hills. After visiting Vermont's Northeast Kingdom the choice was easy.

After moving to the area our most pleasant surprise was finding so many friendly people. At the time we arrived in our home we knew only the real estate agent. She assured us that Danville was a great community and that we would be on a road with some very nice people. She was right on all accounts.

The first neighbors we met were Jeff and Ellen Gold. We first got in touch with Jeff on his website and admired his graphics and photos, many taken near our new home. We started reading Ellen's Walden Hill Journal in the *North Star*. Now we read it regularly. From across the road we met the Petersons. They made us feel welcome and told us not to worry about a mailbox. They had already put one up. How can you beat that for neighbors?

By now we've met neighbors all over the area. Donna and I concluded quickly that the folks in the Northeast Kingdom are some of the most friendly and helpful people we ever met. This was reinforced one day when Donna took a walk in the woods, took a wrong turn and followed a snowmobile trail three miles into

Danville. Knowing that I would be worried she walked up to the home of a local resident and asked him to call me. He graciously allowed her into his home to make the call herself. Hospitality like this is rarely found in urban areas.

We're still learning as we go. Next spring I won't plant my tomatoes quite so early. After only two lessons, I'm able to start the chainsaw on my own. And Donna and I are much more observant when we walk in the woods.

We moved in on the last day of winter last March, and I'm finishing this commentary on the first day of winter, December 2004. The past three seasons have been special in their own ways. Last spring, otherwise known as mud season, we decided it might be a good time to visit family and friends in other parts of the country. Summer was an absolute delight. After years of summer temperatures in Texas often over 100° I found the summer to be a pure joy. I laugh at neighbors who complain that it isn't warm enough.

The beauty and colors of fall completely swept this Texas boy away. It was my first chance to witness a New England autumn at its peak and take in all the changes in color over time and

place. The only full season we haven't been through is winter. Donna assures me it will be fine, even as I remind her that I come from an area that rarely sees temperatures below 40°. I love Vermont, especially the Northeast Kingdom, but I've decided not to draw any final conclusions about the winter until I see the other side of March. I look forward to the experience.

I'm sure there is much more this Texas boy will learn. See y'all around! ★



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raced to the woods. I phoned Donna immediately. She was visiting her parents in New Hampshire, and I knew she would be riddled with jealousy.

We also found some of nature's creatures that we truly dislike. I note the black flies, deer flies and houseflies. Initially I didn't think much of black flies and even chuckled at one of our neighbors who covers herself from head to toe when she works in the yard. However, after a nasty bite behind my ear swelled up and took forever to heal, I, too, have become what I had thought of as an overdressed gardener.

Late in the summer we were hit with swarms of houseflies. Their invasion seemed to happen overnight. One day it seemed there were hundreds in the house. We started swatting them like crazy, and just when we thought we were making progress there was a whole new batch. Donna and I quickly established a basic routine to try and regain control. We called it "swat, wash and vac." We would swat flies, wash their body parts off the windows and vacuum

their bodies off the floor throughout the day. At the Danville Hardware Store I explained that there seemed to be a hundred flies at a time. The owner replied, "Oh, a hundred? Not bad at all!" I still don't know if he was kidding. Whether it is our new Cluster Buster or the winter weather, our problem is slowly subsiding. All things considered the seasonal battles with some of Mother Nature's creatures fall into the category of nuisance not really a

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Follow the Money

by Rachel Siegel

Follow the Money "The Almighty Dollar"

Lately the value of the dollar has been falling, relative to other currencies in the world. We don't know quite how far or how

fast it will fall, but the fall will have consequences – some obvious and some subtle – for our economy.

As the value of the dollar decreases, as dollars become cheaper, it becomes less costly

for foreigners to buy our goods and services, which they have to buy dollars to get. At the same time, it becomes more expensive for us to buy foreign currencies and thus foreign goods. So we would buy less from others while they buy more from us; imports would decrease and exports would increase.

That sounds good, especially given the historically large and worrisome size of our trade deficit (right now, we import half again as much as we export). We don't just import finished goods, however, we also import resources that we use in our production processes, and they will become more expensive, too. If imported resources – capital, labor and materials – become more expensive, the products made with them become more expensive. Ultimately, that could mean that our own finished goods could have higher prices for us.

This shift in trade would also mean that fewer foreign brands on the shelves or fewer foreign resources in our factories would create fewer choices and less competition in consumer markets. That competition – on price, quality and service – has brought us the quality and quantity of consumption that we have come to enjoy at "everyday low prices."

The dollar will become worth less as an investment as its value falls, so it will be harder for our government to sell Treasury bonds (which pay off in dollars), which is how we finance our federal debt. In order to entice investors, yields (interest rates) on the bonds will have to rise, making it more expensive for the federal government to borrow, adding to our fiscal difficulties.

Other long term interest rates – mortgage, auto and consumer loans, for instance – will typically follow Treasury bond yields

and rise as well, making it more costly for businesses and consumers to borrow. With household debt at historic highs, that may be a good thing, but since our economy is driven by consumption, anything that slows that down will decelerate the economy as well. The increased expense of businesses' borrowing may be passed on to consumers as higher prices, or in very competitive industries, it may drive some businesses out, leaving consumers with fewer choices. Either way, higher interest rates mean costlier consumption.

More subtly, the dollar could lose prominence as the world's dominant currency, a position it has held since for the last 60 or so years. Right now, about 65 percent of the world's currency reserves – most of the world's savings – are held in dollars.

A currency becomes the "reserve currency," the currency of choice, because of the liquidity and depth of its financial markets, the stability of its value and the world's faith in its economy. After all, a currency is only as valuable as the uses to which it can be put; the more productive the economy, the more uses for its currency, the more value it will have. Reserve currencies have changed throughout history, from the Roman denarius to the Dutch guilder to the British pound to the U.S. dollar. In every case, the reserve currency is the currency of the most promising and productive economy of the time – the economy that dominates world trade.

Being the world's reserve currency makes the dollar the dominant or "default" currency in world markets. Is there real economic value to this or is its importance just measured by a tourist's advantage – dollars are accepted almost everywhere – or an imperialist's conceit?

Many commodities – oil, for instance – are priced in dollars, giving us a unique trade advantage because we incur neither transaction costs (the cost of exchanging money) nor exchange rate risk (the risk that currency values will change to make the trade more expensive) in trading for these commodities.

Since our economy is driven by consumption, anything that slows that down will decelerate the economy as well.

We don't have to change our currency in order to trade, so we don't assume the cost or risk of trading currencies. Not only can we trade in our own currency, we can borrow in it too, so we assume no additional transaction costs or exchange rate risk in borrowing.

The dollar still dominates world markets: 89 percent of all currency exchange transactions involve the dollar; many of the world's currencies peg their value directly to the dollar – and yes, it will still buy you a cup of coffee from Tianjin to Timbuktu. Its fall in value will have consequences to us here at home, however, and perhaps in the long run, will threaten its dominance – and our advantage – in world trade.

Rachel S. Siegel, CFA, consults on investment portfolio performance and strategy and on accounting and tax dilemmas. She has an MBA from Yale; she is a professor in the business administration department at Lyndon State College.



Photo Courtesy of St. Johnsbury Athenæum

The 2005 Athenæum Award will be presented to Frank Mason. Mason is an internationally recognized artist and scholar and a 50-year instructor at the Art Students League of New York. He lives in New York and has a home in Vermont. Mason's work has been commissioned and admired by some of the world's most distinguished appreciators of fine art, and his students remain faithful admirers long after their formal classes have ended.

The presentation of the Athenæum Award will take place on February 5 at St. Andrews Church in St. Johnsbury with a reception to follow at the Athenæum. For information or reservations please call (802) 748-8291.



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2005 ATHENÆUM AWARD WINNER

Frank Mason

This year the Athenæum will honor the internationally recognized artist, scholar and instructor Frank Mason. The award recognizes Mr. Mason's extraordinary body of work and his passionate dedication to keeping alive the traditions of the Old Masters.

International recognition of Frank Mason's work has earned him a legacy of honors and awards, including election to the National Academy of Design. Mr. Mason lives in New York City and has a home in Vermont, where he has taught a landscape painting class on plein air each summer for fifty years.

THE ATHENÆUM AWARD celebrates St. Johnsbury Athenæum's founder, Horace Fairbanks, who recognized the importance of literature, art, and architecture.

His generosity and vision strengthened this rural community. The Athenæum Award is presented to honor Vermonters for their lifelong dedication and distinguished achievement in the arts and humanities.



Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

I've been engaged for four months to a wonderful man.

Dave is kind, bright, hard-working and has a sense of humor and play that makes being with him a delight. The problem is that my family disapproves entirely of this match. From the beginning Dave has been open about being a recovering addict (both alcohol and cocaine).

He's been "clean" for a little over two years. My folks say I'm buying a life of misery and trouble. Can you tell me things that will make my folks feel better?

- Torn in the North Country

It's hard for us to imagine we can make your folks feel better about this marriage. As parents they have been watching out for your well-being since you were born. So at this point in your life, part of their role is to be loving and supportive of you in your choice of loved one and in your new life, and part of their role is also to be protective and frightened for you.

There is one strategy that may ease the tension between you and your parents. You write that Dave has been open about his addiction problem from the beginning. We assume therefore that this is something that the two of you have discussed at length. Have you ever had any fears or misgivings about having a relationship with someone who is a recovering addict? We imagine that you have. This may sound contrary, but tell them you, too, have had misgivings and fears. Tell them that, although you are in love and committed, you are not crazy, and you know that a life with a recovering addict involves some restrictions and some risks that

wouldn't be there if he were not an addict.

The reason this might work is that when people have ambivalent feelings toward something they often manage their ambivalence by ardently supporting one side and letting others be the opposition; letting others express the unspoken (and sometime unconscious) opposed position. By opening your ambivalence to

others you give them a chance to get in touch with, and express, their own mixed feelings. We wonder if, given your expression of ambivalence, they will soften, and be able to see more than one facet of Dave's character. If Dave is the kind, hardworking and wonderful man that you say he is, we hope that these characteristics stand out for them, at least in time.

In our opinion recovering addicts are as varied and complex as nonaddicts: they are as capable (or incapable) of long term commitment, and as adequate (or inadequate) at being caring parents. If the recovery

involves an ongoing involvement in a 12-step program then there are some positive probabilities. One would expect a stronger belief in the need to be honest and straightforward in relationships. When you add to this that the programs include training in making amends for past wrongs you have a good part of the formula for a worthwhile spouse. All couples could use the advice to look to their own inventories first. In fact, many of the twelve steps work as a practicum for building a healthy relationship.

There is a stigma attached to addiction in our culture. This is

understandable; many lives and families have been destroyed by this serious problem. We all know of tragic situations caused by addiction. However, there are multiple causes and paths to becoming addicted. Someone is not simply flawed or weak. Sometimes spiritual searching is an underlying and unconscious purpose for drug taking. For these reasons, each individual's addictive problem, recovery or potential recovery, or lack of recovery, must be evaluated singularly. Isn't this personal attention and patience something that each of us desires anyway?



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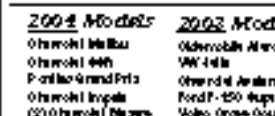
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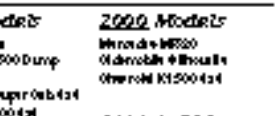
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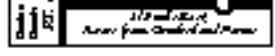
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GUINNESS DRAUGHT

Farmers in Vermont Took a Stab at Silk Farming

TERRY HOFFER

Robin Russo describes herself as a "spinner." She has a day-job with the New Hampshire public defender's office, but on any given evening she is in her basement studio near her spinning wheel, carding, knitting, spinning or simply savoring the texture - the handle that is - of natural fibers. On weekends she is often away from her Bradford home teaching classes and giving presentations on fiber arts. But as her husband and her friends say, Russo's true avocation is the story of silk.

For 3,000 years, the mystery of silk and how it was produced was a secret locked in the mountains of China. But in much of the world, silk enjoyed status as the coin of the realm. Russo says, "Silk was worth its weight in gold to the Roman Empire, and as much as the Romans wanted - they couldn't explain the source of the beautiful material."

On a cold night in Bradford, Russo tells the legend of a 14-year old Chinese princess who discovered a silkworm's cocoon. According to the ancient story, a cocoon fell from an overhanging branch into the princess' teacup, and as she watched in amazement the cocoon unwound, and there appeared the most beautiful and seemingly endless thread. According to legend, that moment in 2640 B.C. is the beginning of the story of silk, and the princess is still the center of

traditional religious ceremonies associated with the production of silk.

Over the millennia the Chinese patiently studied and improved upon the art of harvesting cocoons of the bombyx mori, the species of moth that produces the finest and most sought-after thread we call silk. The Chinese collected eggs from the moths and were fascinated by the emerging worm, which feasted only on Mulberry leaves and during the period of 30 days grew 10,000-fold into a caterpillar. Then as the caterpillar entered the process of metamorphosis, it regurgitated its body waste and over three days spun a cocoon as an enclosure for its transition to moth.

Farmers in China gathered the cocoons and carefully unwound the spectacular thread. They learned to take the fibers and unravel or "reel" them together to be twisted into skeins and woven into silk yardage to be made into any number of silk fabrics. As the fabrics were traded and carried across the world the mystery and questions about how they were created followed close behind. Where in the world did the material come from, the admirers of silk must have asked. Was it animal, vegetable or mineral?

To Russo, the spinner and historian, this is all very much part of silk's appeal. On this night in Bradford she holds a silkworm's cocoon, and she smiles. "It's almost unbelievable that nature



Photo By: North Star Monthly
Robin Russo is a fiber artist and an historian with a particular interest in silk. She has studied the long history of silk and raised as many as 5,000 caterpillars (see inset) for their cocoons and the resulting lustrous thread. Here in her studio in Bradford she displays her work including fine silk embroidery and felting.



would contrive this little worm for the purpose of consuming Mulberry leaves and spitting out its body waste in the form of lovely soft thread."

Russo says that by 400 A.D. the secret of silk had spread to Japan, and sericulture, the labor intensive industry of farming and harvesting raw silk, began to grow. Today Japan is the largest producer of raw reeled silk followed by China, India and Korea.

Most sericulture takes place in hot humid climates primarily by families that produce less than 200 pounds of cocoons from some 70,000 caterpillars thereby producing approximately 17 pounds of reeled silk each year. Although silk is admired and almost universally sought out, the industry depends on vast quantities of cheap labor and for that reason has never flourished in Europe or the Americas.

Nevertheless even farmers in the Green Mountains of Vermont took a stab at silk farming.

Russo found records in the archives of the state legislature and in personal diaries from the 1830's describing one of Vermont's early attempts at economic development. In 1835 the state's governor and its legislative council agreed to offer a bounty to stimulate the cottage industry of silk raising in Vermont. They

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wrote, "There can be no reasonable doubt about the ultimate success of silk culture to reward labor and enrich the government." Their vision was silk as a "domestic production, in the charge of ladies of leisure ... a very pleasant and not unprofitable amusement in Vermont." The state offered a subsidy in the form of 10 cents per pound for silk cocoons grown within its boundaries.

One year she hatched 5,000 caterpillars hoping for that many cocoons.

Russo discovered that a minister from Westminster purchased eggs from a silk merchant in Bellows Falls and "despite setbacks due to low temperatures and the challenge of finding Mulberry leaves he had income from the effort to pay his taxes, settle an outstanding loan and pay a member of the parish to knit some silk stockings." That minister's diary is a mother lode of history of one Vermonter's experience under the state's program.

In 1838 the legislature offered an additional 20 cents per pound for unraveling the thread and 20 cents more for throwing or twisting the threads for weaving. In 1840 another 20 cents per pound was offered for weaving the silk.

Russo understands that the cards were stacked against the Vermont program. She says, "The silk industry depends on a division of labor and lots of it. Where the industry succeeds there is cheap (and often child) labor. There are farmers who raise worms and gather the cocoons. They ship their product to factories where the reeling or unraveling takes place. Reeled silk is shipped to throwing factories where the threads are twisted and prepared for weaving, and finally the skeins of thrown silk are shipped to industrial looms and made into fabric yardage." Each step requires lots of hand labor.

In 1845 the Vermont program

and the subsidy for its ladies of leisure came to an end. Dairy was on the horizon, and farming in Vermont was about to experience a revolution. According to the census, the state produced only 260 pounds of cocoons in 1850, and by the time of the Civil War the lack of labor and the harsh northern New England weather had brought an end to Vermont silk on any commercial scale.

Russo conducted her own experiments, and for 13 years she raised bombyx mori silkworms in Burlington. "I guess I'm like that," she says. "I'm curious about history and science, and I like to know where things come from. I used to buy fleece from Lucien Benedict in St. Johnsbury, and I spin my own wool. I planted my own flax to make linen, and I wanted to try my hand at making silk. If a minister in Bellows Falls could do this in the 1830's I wanted to see it happen myself. It just seems natural to find out how people did things." And so she did.

Russo acquired her first eggs from California in 1989 and watched in awe as the process unfolded. She describes the silk worms as "eating machines" and compares their astounding growth over 30 days to that of an infant child growing into a dinosaur before its first birthday.

One year she hatched 5,000 caterpillars hoping for that many cocoons. Keeping up with their collective voracious appetite was more than she could manage. "I cut back to 3,000," she says, "but even that was too much." At the end of the season she had about half a pound of useable silk. "Generally I would hatch out 1,000 and have enough silk for one major project of spinning, felting or embroidery."

Russo has experimented with coloring silk and created dyes from leaves, lichen, wildflowers, chemicals and so forth. She has created fascinating effects but acknowledges that silk is sensitive to most acid solutions required to fix (or make permanent) the color and to the sun. Even at its best silk is susceptible to water at high temperature, direct sunlight and the wear and tear from sweat and deodorant. A fragile but remarkable product, silk is still admired and sought

out for its lustrous sheen. Synthetics such as nylon and polyester, which are stronger and cheaper than silk, have turned silk into a luxury product, yet silk is still in demand for its superior look and feel.

Russo has used the fine threads (some from her own worms and cocoons and some she has purchased) to spin, felt, embroider, make silk paper and Kumihimo. Kumihimo, she explains, is an ancient form of Japanese braiding. "Samurai garb and kimonos all have yards and yards of Kumihimo. These

silk braids or bands are both utilitarian and beautiful." Last year Russo made Christmas gifts for her family using Kumihimo and silk paper.

Russo has become more practical (perhaps just more protective of her spare time) in recent years. She has no regret for her efforts to understand silk and its origin, and her experience has taken her to workshops and classes across the country. But she won't be a serious advocate for silk farming in the Green Mountains. "Globally," she says, "the silk industry can only be

viable in countries with cheap labor and the right climate. The silk we see in this country is predominantly from China. There is no reason for someone in the fiber arts to be raising their own silkworms unless they have some compelling scientific curiosity." But that will not stop Robin Russo. She finds delight in explaining the life cycle of the bombyx mori and the fruits of her labor, and although she has hung up her own silk farmer's hat she clearly understands the lure of the mystery and its appeal for almost 5,000 years. ★



Silk is an agricultural and industrial process that dates to approximately 2640 B.C. For thousands of years the process remained a mystery and secret locked in the mountains of China. These 19th century embroidered illustrations show the collection of the silkworm eggs, the gathering of the silkworm cocoons and the process of reeling or unraveling the silk thread from the worms' cocoons.



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Soweto Gospel Choir Heads for Hanover

The Soweto Gospel Choir will light up the North Country at Hanover's Spaulding Auditorium on Tuesday, February 8. With members chosen from the very best singers in their churches and communities, the exhilarating Soweto Gospel Choir carries forth powerful vocal traditions with heartfelt, joyous spirit. Twenty six singers, ages 16 to 40, joined by live musicians and drummers, inspire and uplift the soul with a universal message. Known for their boundless energy and vibrant, colorful costumes, the ensemble presents the complex rhythms and heart-stopping a cappella singing of traditional African Gospel with a mix of modern Western spirituals. Their awe-inspiring performance is sure to move "anyone who just loves any kind of music...it will renew your faith in the power of songs to stir your heart." For ticket information call (603) 646-2422.

French Legion of Honor Pianist to Perform in St. Johnsbury

In 1802, the Emperor Napoleon established the Legion of Honor, now France's highest civilian award. In 2002 the President of France gave the maximum honor to Jean-Claude Penneret, pianist of the Paris Piano Trio.

Described as a composer, conductor, teacher and chamber player Penneret is above all a remarkable soloist and recitalist. Beginning his piano studies at age 3, he was enrolled at 6 in the Conservatoire National Supérieur de Paris. When he was 10, Penneret was recognized for his

extraordinary talent, winning first prizes in piano, chamber music and theory. He went on to take the First Prize Gabriel Fauré at 18, First Prize in the International Montréal Competition at 23 and First Prize in the International Geneva Competition at 25.

On February 5 Penneret will join violinist Regis Pasquier and cellist Roland Pidoux in concert at the South Congregational Church in St. Johnsbury. The concert is presented by the Northeast Kingdom Classical Series.

Acclaimed through Europe as *Les Musiciens*, the trio receives high praise wherever it tours. The musicians are all master teachers at the Paris Conservatory.

The February 5 program will include works by Beethoven and Brahms as well as by the French composer Ernest Chausson.

The concert is scheduled to begin at 7:30 p.m. following an introduction and lecture by Professor Bill Cote of Lyndon State College at 7:00 p.m. Call (802) 748-5451 or (802) 626-9204 for information.



February

- 3 Stacey Earle and Mark Stuart, Middle Earth Music, Bradford. (802) 222-4748.
- 4 Jake Armerding & Rachel Davis, Middle Earth Music, Bradford.
- 4-10 *Primer* (2004, US) [R] Director: Shane Carruth. *Primer* is set in the industrial park/suburban tract-home fringes of an unnamed contemporary city where two young engineers are members of a small group of men who work by day for a large corporation and at night conduct experiments in their garage. The engineers realize their invention is Pandora's box beyond anyone's imagining. Catamount Arts. St. Johnsbury. (802) 748-2600.
- 5 Eileen Ivers, Celtic fiddler and her world music band, Barre Opera House, (802) 476-8188.
- 5 Los Blancos, Middle Earth Music, Bradford.
- 5 Jean-Claude Penneret and *Les Musiciens*, South Congregational Church, St. Johnsbury.
- 6 Vermont Philharmonic Youth Concert, Barre Opera House, (802) 476-8188.
- 6 Donavon Frankenreiter, Higher Ground, Burlington.
- 8 Soweto Gospel Choir, Hopkins Center, Hanover, NH. (603) 646-2422.
- 11 Dave Mallett, Middle Earth Music, Bradford.
- 11-17 *A Very Long Engagement* (2004, France) [R] Director:

- Jean-Pierre Jeunet. Mathilde's relentless search for her husband in World War I France is slow, but the investigation exposes the arbitrary nature of secrecy, the absurdity of war, and the enduring passion, intuition and tenacity of the human heart. Catamount Arts. St. Johnsbury.
- 12 Yankee Chank, Middle Earth Music, Bradford.
- 12 Keane, Metropolis, Montreal, PQ.
- 12 Josh Grobon, Verizon Arena, Manchester, NH.
- 12 Dan Hicks and the Hot Licks, Clarence Gatemouth Brown and The Hot Club of Cowtown, Opera House, Lebanon, NH. (603) 448-0400.
- 12 Barbary Coast, Hopkins Center, Hanover, NH.
- 13 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.
- 17-19 *Dear Brutus*, Dartmouth Department of Theater, Moore Theater, Hanover, NH. (603) 646-3691.
- 18 Palace Professional Productions in H.M.S. Pinafore, Opera House, Lebanon, NH.
- 18 Dartmouth College Gospel Choir, Hopkins Center, Hanover, NH. (603) 646-2422.
- 18 John Gorka, University of Vermont, Burlington.
- 18-24 *Tarnation* (2003, US) [R] Director: Jonathan Caouette. *Tarnation* is the documentary epic portrait of an American

- family torn apart by dysfunction and reunited by the power of love. Catamount Arts. St. Johnsbury.
- 19 Dartmouth Wind Symphony, Hopkins Center, Hanover, NH.
- 19 Gilbert & Sullivan's *HMS Pinafore*, Barre Opera House, (802) 476-8188.
- 19 35th Parallel, Middle Earth Music, Bradford.
- 25 Angelique Kidjo, Opera House, Lebanon, NH.
- 25 Set Yacovone, Middle Earth Music, Bradford.
- 25 Dartmouth Chamber Singers, Rollins Chapel, Hanover, NH.
- 25-March 3 *Bad Education* (2004, Spain) [R] Director: Pedro Almodóvar. *Bad Education* is a bald noir melodrama tricked up with overlapping narratives and haunted by a violated past and dubious present. The past in question involves a Franco-era priest and his unrequited love for a young boy named Ignacio. The present involves Ignacio's radiant reappearance as a struggling actor and karaoke drag queen. Catamount Arts. St. Johnsbury.
- 26 Dartmouth Symphony Orchestra, Hopkins Center, Hanover, NH.
- 26 Drunk Stuntmen, Middle Earth Music, Bradford.
- 27 Sally Pinkas, piano, Hopkins Center, Hanover, NH.
- 27 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.

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It Was a Treat for Our Best Friend

BETS PARKER ALBRIGHT

It was a cold winter's night. We had invited guests for dinner shortly after Christmas. It was to be a simple meal of leftover holiday goodies - sliced ham and turkey with stuffing, plus a few small but tasty items from the local specialty store. Our guests would supply a nice salad.

The table was set, and modest platters of food were out with cheese and crackers on the counter. Our friends were due at 6 o'clock. At five past 6:00 the phone rang, and a familiar voice said, "We are fine, but we skidded into a ditch. We're getting some friendly help, but could you come and get us?" Having taken a wrong turn in the dark, they were three miles away. It was in turning around that they got into the ditch.

My first instinct was to stay put and keep an eye on the warming food, but Peter said, "Oh, come along, and keep me company." I decided to go. The

dog would be okay for the time we would be gone. Not enough room for him anyway, with all of us in the car.

So off we went to rescue our friends - not an unpleasant adventure with four-wheel drive and good tires. They had good help from passing folk in the neighborhood. A tow truck was on its way to whisk the car to the garage to be put right again. Our friends piled into our car to return to our cozy house, and all seemed well again.

We stomped into our kitchen, peeling off coats as we went, and we were greeted with the usual excitement and tail wagging by our dog. We scurried around putting the last touches on the meal. Each of us was wondering where the other had put the meats and cheeses, and it took a minute or two to realize they were missing from where we had placed them. After staring at each other and scratching our heads, the only conclusion we could reach was that our dog had enjoyed a won-

derful feast while we were out! This was something he had never done before, but then, we had never left the house with such tempting food sitting about.

The platters were licked clean, the counter was bare of cheeses and there was no edible food in sight. There was simply no other explanation — no one else had been in the house, there were no signs of depredation by unknown creatures! Our faithful canine friend had apparently done the job and very neatly and thoroughly so.

Help! What do we do? That was to be our supper.

We all had a good laugh about it and then seated our guests on the porch by the Christmas tree where they could enjoy a sip of wine as we tried to come up with Plan B. Hopefully we phoned our neighbors down the road. Oh, yes, they still had plenty of Christmas ham left over, even though they had already shared some with us. After a quick run to pick it up we sliced bread generously and heated up the turkey soup I had just made and which had not been available to our dear dog!

In the end we couldn't say that we suffered at all, especially with the delicious couscous salad supplied by our guests.

Although we were startled and a trifle perplexed initially, the experience has not caused an alienation from our beloved dog, since it was we who practically served him the goodies he obviously relished. He certainly wouldn't have understood if we had scolded him for what appeared at first to be unacceptable behavior. He is still our best friend, and after this unexpected treat, he surely looks upon us with the friendliest of feelings!



Photo By: Bets Parker Albright

On a cold night after Christmas while the dinner guests gathered, Abu cleared the kitchen counter.

Closing the Circle

Artemus, Susannah, Sophronia.
Who were these people that stared at me from
sepia tinted page?
For months that question haunted me.
Stern looking men, starched collared and bewhiskered.
Stout women, coifed and corseted in Sunday best.

No smiles of course,
Those early cameras couldn't catch emotions.
These people shared a common family name,
Pioneers to the dark, forbidding north.

I found some hints in local history books,
And records of the Civil War.
A friend laid out a genealogy,
But still the faces came to mind.
Aurilla, Royal and Nettie

Quite recently, while on another search,
I found their family Bible.
Details of daily life, and who belonged with whom,
Came springing into focus.

And on one sunny winter day, with little snow
upon the ground
An unplanned walk led past a cemetery.
There, in a distant corner under massive pines,
I found their graves.
Ira, Jerome and Massillon

In truth, I knew they should be there,
But seeing names engraved upon the stones,
The circle closed.
Now all of us may rest in peace.

Isobel P. Swartz

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Susan Taney, Nurse Practitioner (Adult Care)
Donna Ransmeier, Behavioral Health Counseling
Jeniane R. Langmaid, PA-C

Danville Health Center (802) 684-2275

Tim Tanner, MD (Pediatric and Adult Care)
Sharon Fine, MD (Pediatric and Adult Care)
Debra Bixby, Nurse Practitioner (Pediatric and Adult Care)
Mariel Hess, Nurse Practitioner (Pediatric and Adult Care)

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Who Said a Broken Hip Would Be Easy?

LORNA QUIMBY

It's official. I am "elderly." December 13th I fell on snow-covered ice and broke my right hip. I heard on the scanner that "an elderly woman had fallen." There you have it straight from the horse's mouth. I thereby entered the world of health care, a world in which the patient's comfort may be way down on the priority list.

Never go into a nursing home on a Friday.

The 13th was a Monday. By Friday I had to leave the hospital – not my choice, for the hospital personnel were kind and thoughtful. I was well taken care of, the food was surprisingly good, and I was making progress.

Alas, hospital and insurance policies required that I go to another level of care before the weekend was over. So I was

transferred to the Rehab Center, across the street from the hospital.

The room was extremely hot. I commented about the heat. Everyone smiled and agreed, "Yes, it is very warm. It's warm all over the Center." Never a suggestion that perhaps a slightly lower temperature could be reached. No. It was very warm – and that was that. For most of my stay, except for twice when an aide opened a window and let in some fresh air, my roommate and I sweltered.

Never go into a nursing home on a Friday. Don't choose to be there during a holiday, especially Christmas. And don't expect any physical therapy on a weekend.

Monday PT was backed up. I continued to do the things I'd been told to do at the hospital, ate the meals provided and waited to see what developed. All I'll say about the food is that I never want to see a bowl of plain bran flakes again nor a glass of prune juice. It will be some time before I can look at a canned string bean without being nause-

ated.

I learned the routine. During the day the nurses and aides, mostly aides, were busy with all the patients (I almost wrote "inmates") on the wing. When I rang my bell, I heard it compete with other calls. I knew I must wait my turn. The evening shift got us ready for bed – and they were busy, too. By 8:00 p.m. all was quiet. And then came the night shift.

I wonder why it took so long to answer a bell during the night shift. No other bell was ringing. My calls were calls of nature. I wanted a quick response. Quite a few minutes would elapse, then I'd hear a shuffle, shuffle as the aide came to help me to the commode.

As I lay waiting for a response, I imagined all sorts of activities for the night shift. Perhaps a floating crap game, I thought. No. I decided they probably had a nightly game of poker going, and whoever was coming to answer my bell had to play out a hand before they could leave.

I'll never forget the night both my commode and walker

went missing. I'd rung, waited. Scuff, scuff down the hall, turn on the light. "I need to use the commode," I said.

The commode was nowhere to be seen.

Chuckle, chuckle. "Imagine that?" Moreover, where was my walker?

Chuckle, chuckle. "No problem! We'll use the bed pan, Dearie."

I didn't want to regress to a bed pan. When you've had hip surgery, your flesh is screaming from the trauma, and you've got 20 staples in the wound. It hurts to move onto a bed pan. One thoughtful nurse at the hospital powdered the rim, so it would slide under me easily. The members of the night crew had no truck with such mawkish consideration for the comfort of a patient.

At intervals that night I asked for a commode. Once I was told I should report the loss the next day to nurse so and so. Groaning, I rolled on and off the damned bedpan.

"Sorry! Did I hurt you, Sweetie?" didn't ease the hurt a bit. When the morning shift came on, I pulled the call bell.

The aide asked, "Did you want to use the commode?"

"Yes," I said, "I would like very much to use the commode. Where is it?"

"I'll get you one somehow," the aide said. She was gone a few minutes. When she returned she had a commode and a walker. If she could find one so easily, why couldn't the night shift?

There was another incident that compared the treatment I'd received at the hospital to that meted out by the night shift. Monday, while I was waiting for surgery, I could have nothing to drink. The nurse provided a sponge on a stick, sort of like a lollipop, which sat in a cup of ice cubes. I could use it to relieve the dryness in my mouth.

At the Rehab., I had a fasting blood sugar test scheduled the next day. "Take a good drink," barked the nurse. "You won't have any more until morning." To make sure, she carried away the pitcher and glass. My mouth felt like it was full of flannel by the time they drew the blood.

Another fond memory of the night shift stays with me. On the last night I was at the facility, at 2:00 a.m., I rang the bell. My right leg was still too weak for me to move it over the edge of the mattress. Once that was accomplished, I could sit up, get the walker and go into the bathroom.

The aide came, stood at the foot of the bed and reported, "They say you'll be going home tomorrow. You'll have to be able to get out of bed yourself. So you can start now."

Why had no one told me before that hour? I'd done the usual ring the bell and wait. If I'd known I was on my own, I would have been working my way out of bed as soon as I woke. I decided it was just more of the Dark Side on the night shift.

Mostly I remember how kind people were – how promptly the Peacham Rescue Squad made me comfortable, used an air-supported cast to stabilize me and placed me, like a piece of cord wood on the porch at the Guild to wait for the ambulance. I've mentioned thoughtful acts at the hospital. And I must mention an aide at the Rehab named Donna.

Donna, who was as busy as all the other aides, went the extra mile to make me comfortable. After she took off the support hose I had to wear, she put lotion on my legs and rubbed my back. She worked the evening shift, and I gave her plenty of excitement one night. I'd been dozing, realized my mouth was parched and reached for a drink. Donna had replenished my pitcher and glass with ice water. I hadn't expected a full glass and tipped the whole thing into my bed.

Dressed in a dry johnny, I sat in a chair while Donna changed the bed. I'd had problems with my phone. At first Verizon couldn't bring it until a Wednesday, but when I said we might as well cancel if it took that long, they came with one on Monday. However, the line was too short, and there was only one or two places the phone could rest. It had fallen to the floor several times. While Donna was changing the sheets, crash! went the phone. She picked it up, and

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Walden Volunteers Created a Popular Recreation Program

BETTY HATCH

As in many towns, recreation for Walden's citizens and especially its young people became a celebrated cause for volunteers. In the late 1970's folks were looking for something to do in their idle hours. They liked to be neighborly and not have to travel too far for their relaxation and fun.

The Walden Recreation Committee was organized on May 8, 1979 with seven people interested in addressing the recreational needs of the community. The group discussed what facilities were needed and where they would get money to meet

their needs.

The recreation committee spent its first year holding street dances, turkey shoots, a skating party and several luncheons to raise funds for its cause. By 1980, they had accumulated enough money to hold a free Halloween party for all children in Walden.

In 1979 a parcel of property in Noyesville (part of the Audet Mill property) became available from Arnold Martin. The Town voted revenue sharing money totaling \$3,500 to purchase the land. With volunteer effort, the property became a field for Little League, men's baseball and

women's softball teams. The volunteers established a picnic area and held several barbecues. Their efforts and improvements continued. They built a backstop behind the catcher to keep the ball on the playing field. Materials from Morrisville Lumber Co. became team dugouts. The fans had bleachers, and the teams had a scoreboard.

The Walden Pee Wee team was organized in the spring of 1979. Boys and girls between the ages of 6 and 9 years were coached by David Brown. Fundamental exercises and basic rules of the game gave the youngsters practice playing together and having fun.

The next year a Little League team was organized with Jack Strong as coach, and they became a member of the Hardwick League. Both teams were scrounging for a playing field. By the spring of 1981, they were able to use the recreation field for practice and for games with teams from area towns. Organizations, businesses and individuals provided uniforms as encouragement for players.

Over the last 25 years, many parents have volunteered to coach teams, and for several years Walden had three or four teams in the Hardwick League including Pee Wee, Minor League, Little League and a girls' softball team one year.

Rules of the game, team play and good sportsmanship and fun were stressed. Walden has had its share of outstanding players, and each year some were named to an All-Star team from the Hardwick League.

Newspaper clippings in the historical file show that Walden's first Little League team was active in 1973 when Michael Johnson was coach and Peter Crosby of St. Johnsbury was the assistant. "Nine games were played with teams from Cabot, East Calais, East Montpelier, Marshfield and Plainfield. Reg Allen carried most of the pitching chores with an assist from Mike Hale and Bobbie Gendron. Steve Hale did the catching." The clipping goes on to say that the team "looks forward to another year and hopes to find a place in town where they can build their own playing field for practice and games."

When the scattered small school buildings were closed and

all the young people were consolidated at the new school, the recreation committee took on soccer and basketball. Teams are formed by grades and more young people get to play and enjoy the games. The soccer field is set up at the town recreation field in the fall. Basketball games are played in the multi-purpose room at the school. And in May the baseball season starts again at the recreation field. Parking facilities for the fans have been set up on either side of the driveway to Martin's property to the east of the field.

In 2004, Forrest Menard planned and built a snack building at the field as his Eagle Scout project. The building provides room to store some of the game equipment, as well as a window to sell snacks, candy and beverages to fans at the games.

For the last several years the town has voted money to the recreation committee for field improvements, awards and other expenditures for running the programs. Bottle drives and other sales add to their treasury.

Members of the recreation committee are happy with the number of young people involved in the sports program.



Photo Courtesy of Betty Hatch

Walden Pee Wees were given an early start taking turns at bat in 1979.

There Was Only One Place for the Phone

(See *There Was Only* on Page 17) (Continued from Page 16)

it started ringing. It wouldn't stop. The noise sounded twice as loud in the silent ward. Donna kept pressing the receiver on the rest. Finally it stopped ringing, but then came the artificial voice that tells you to hang up and redial.

After some frantic minutes, Donna silenced the phone – it was totally dead. I got a replace-

ment the next day – and that one died, too. My last day at the Rehab I realized I had been without a phone for nearly two days!

On the day before Christmas, our family celebrated with a dinner and tree. The Danville Rescue Squad brought me home in an ambulance. How kind they were! I remember the Sunday School children singing, Jennifer Moore playing her saxophone, the many visitors and the cards

people sent. People sent in food for Dick, for some people did not realize how self-sufficient he is. But their thoughtfulness warmed our hearts. Best of all, I remember walking (with a walker) out to the Senturias' van for my ride home on New Year's Eve. That night, Dick fried potatoes for supper, and they had flavor!

Yes, I'm elderly – but anyone who calls me "Dearie" or "Sweetie" is going to get a belt



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From left: Cindy White, Donna Percy, John Blackmore, Joan Field, George Coppentrath, Betsy McKay, Sam Kempton, Darlene Pilbin, Sue Coppentrath and Cindy Hastings.

What's Happening at the Town Hall?

Barnet

Town Clerk: William Hoar
Selectboard: Ted Faris, Stanley Robinson and Gary Bunnell

January 10, 2005

Barnet Library – Following request by representatives of Barnet Library to increase Library's annual appropriation from \$13,500 to \$20,000 this year, Board agreed to increase appropriation by 4% to \$14,000 and to add the additional request to the warning for discussion and vote at March town meeting.

Theater Curtain Restoration – Sherry Tolle informed Board that three theater curtains from Lakeview Grange, McIndoes Academy and the Town Hall are being restored with grant money.

Town Equipment – After presentation by Road Foreman Maurice Gingue Board agreed to purchase a 10-wheel dump truck from Clark's Truck Center for \$76,372 less trade allowance of \$17,000 for 1998 International truck and to purchase dump body with hydraulics and wing from Howard Fairfield for \$44,250. The purchase will be financed through state's heavy equipment loan fund with three year loan at 2% interest.

Snow Plowing – Board noted it is illegal to plow snow across town roads leaving snow on the highway.

Access Permit – Board approved access permit for Sarah & Geoffrey Spence on Field Road.

Certificate of Highway Mileage – Board approved certificate of highway mileage showing no change from 2004 and total mileage of 103.38 miles including 21.19 miles of state highways.

Town Meeting – Board reviewed articles for 2005 annual town meeting.

January 24, 2005

Town Meeting – Board signed warn-

ing for 2005 annual town meeting. One article regarding genetically engineered foods was added in accordance with voter petition.

Highway Access Permit – Board approved temporary highway access permit for Jason & Robin Bergman for logging access on Joe's Brook Road.

Overweight Permit – Board approved overweight vehicle permit for Allen Lumber Co.

Town Garage – Board reviewed letter from company doing testing of contaminated soil at town garage. Soil removed from the site has been stored at the Passumpsic pit since 1998 and the State is recommending that it be thin spread and checked during Spring of 2005. Board asked for more information before approving the suggested plan.

Cabot

Town Clerk: Chris Kaldor
Selectboard: Larry Gochey, Caleb Pitkin and William Walters

January 5, 2005

Tax Bill Errors – Board discussed letter from Bruce Corrette & Associates regarding tax past bill errors for Myra Houston. Board suggested Houston submit appeal to board of abatement.

Budget Review – Board reviewed highway fund budget figures and Board accepted proposed highway fund budget for 2005

Old Saw Mill Building – Larry Gochey reported he is preparing a UDAG grant proposal to offset restoration costs for old saw mill building near the wastewater treatment plant.

January 19, 2005

Town Meeting Warning – Board agreed, in accordance with a petition to do so, to place an Iraq War Resolution on the warning for annual town meeting.

Budget Review – Board reviewed various budget material for 2005.

Annual Audit – Board voted to accept proposal from Fothergill Segale and Valley for a 2004 year-end audit in an amount not to exceed \$6,000.

Road Mileage – Board voted to sign 2005 certificate of highway mileage.

Old Sawmill Building – Board voted to apply for \$15,000 UDAG grant to offset restoration costs of old sawmill building located near wastewater treatment plant.

Personnel – After executive session to discuss personnel issues, no action was taken.

Danville

Town Clerk: Virginia Morse
Selectboard: Marion Sevigny, Larry Gadapee, Rick Sevigny, Gary Turner and Michael Walsh.

January 13, 2005

Fire Department – After Keith Gadapee's presentation of 2005 fire department budget request for \$22,265, including \$7,145 for repair of the fire station driveway, Board agreed to take budget under advisement.

Fast Trash – On Jim Ashley's request that town continue fast trash program Board agreed to vote it at next meeting.

Road Crew – Kevin Gadapee reported road crew is busy with winter road maintenance.

North Shore Road - Kevin Gadapee presented specifications for the upgrade of North Shore Road from class 4 to class 3. Board requested that they be reviewed by Mr. Johnson of North Shore Road before Board's vote.

Employee Reimbursement – Board discussed town's reimbursement for CDL licensing and agreed reimbursement is made when license is renewed. Further, receipt will be required prior to payment for boot allowance.

Road Repairs – Town received FEMA grant payment of \$26,725 for summer rain damage.

Water Andric – Town received Better Back Roads grant of \$5,547 for stream bank repair on Water Andric.

Town Hall – State has approved plans for chair lift for town hall second floor access. Board voted to approve down payment of \$6,300 for lift.

Greenbanks Hollow Bridge –

Board voted to approve final payment of \$1,166.51 for Greenbanks Hollow covered bridge restoration.

Danville School Prom – Board voted to authorize use of the town hall for 2005 junior class prom provided permission is granted by fire marshal.

Joe's Pond Beach – Board voted to seek voter approval of town's purchase of Joe's Pond Beach, for an amount not to exceed \$10,000, for continuing use of the property as a public beach for the benefit of the town.

Deputy Health Officer – Board appointed Michael Walsh as deputy health officer.

Overweight Permits – Board approved overweight permits for Robert Turcotte of Barton and Kermit Weed of West Burke.

Grand List – Board reviewed changes to grand list submitted by board of listers and voted to approve the list of errors and omissions.

Budget Review – Board reviewed budgets prepared for general fund and highway fund and discussed the best way to fund larger projects.

Lyndon

Town Clerk - Lisa Barrett
Selectmen: Martha Feltus and Bruce James

January 6, 2005

Board Opening – Board met in executive session to interview candidates for the opening on the Board.

Budget Work Session – Board reviewed proposed budgets for general fund, highway fund and sanitation fund.

Block Grand Close Out – Board voted to close out the Mathewson Block Community Development Block Grant project.

Lyndon Housing Partnership Close Out – Board voted to close out the Lyndon Housing Partnership Community Development Block Grant project.

Peacham

Town Clerk: Christina Fearon
Selectmen: Gary Swenson, Richard Browne and Mike Hartong

January 5, 2005

Peacham Historical Association – Board discussed letter from Peacham Historical Association proposing that the sale of the former town office not be voted at the 2005 town meeting and that the Association would like to rent the space in such a way that all expenses to the town are covered. Board voted to withdraw sale of the old office from consideration at town meeting and enter into negotiations with the Historical Association.

Discontinuance of Legal Trail #18 – Board resumed discussion of its discontinuance of Legal Trail #18 and received considerable public com-

m e n t .
Tim McKay presented a petition asking that the trail stay open in accordance with the town plan. Francis Carlet noted proper procedure had not been followed in giving notice for the decision. Board agreed it had not formally notified planning commission and after considerable discussion voted to rescind decision to close the trail. Discussion continued until Board voted to table the discussion, and Board agreed to reconsider the matter if Frances Woods, the original petitioner, so desires.

Road Crew – Phil Jejer reported road crew has been keeping up with ice and sleet. Board and others present expressed their commendation for the work of the road crew.

Dump – Board discussed whether burning at the dump was being done properly and reminded those concerned that proper procedure must be followed at all times. Beatrice DeRocco suggested that town needs a recycling shed and that two people should be at the dump when it is open. Board thanked Dick Blair and DeRocco for their work. Barry Lawson noted that planning commission was surprised by large decline in recycling in Peacham over last few years and town should make recycling more convenient. Board will place recycling shed on warning for March town meeting.

Budget – Board discussed various budget materials.

Town Forest – Board discussed proposal from cemetery committee to sell town forest and voted to forward proposal to planning commission.

Land Transfer – Following the recommendation of the planning commission that a certain parcel of land be transferred from the state to a private property owner, Board voted to express no objection.

January 19, 2005

Legal Trail – Board discussed proposed repositioning of legal trail #18. Gib Parrish inquired about variances to other restrictions on use of trail #18 allowing other landowners to work on it. Hartong replied that Board's proposal involved only the portion through Frances Wood's property. Dale Roy asked for clarification on the proposal. Board discussed a certain letter from Mr. Bent. Board voted to have Swenson write a response on Board's behalf to Bent. Board agreed to continue discussion after it gets response from Bent. Board noted public hearing will be based on its proposal.

Road Crew – Phil Jejer reported town received money from FEMA for 2004 storm damages and that a substantial amount of contract work is to be done. Road crew has been busy with winter maintenance.

Town Auditor – Karen Joyce noted that material has not been made available for auditors' review and inquired about access to town records. Gary Swenson noted that Board does not



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Excerpts from Selectboard Minutes from Area Towns
See your Town Clerk for complete minutes of the meetings

have a role in this. Town clerk explained that all records have been made available as requested and that office is open every Wednesday evening. Auditors will start to audit town and school records on January 31.

Budget Review – Board discussed 2005 budget and town meeting warning.

St. Johnsbury

Town Manager: Michael Welch
 Town Clerk: Sandy Grenier
 Selectboard: Elwin Cross, Bryon Quatrini, Dale Urie, Reg Wakeham and Jerry Rowe

December 27, 2004

Planning Grant – On recommendation of town manager Board approved \$30,000 planning grant agreement for investigation of cooperative energy generation at St. Johnsbury Lyndon Industrial Park.

Liquor License – Board approved liquor license for Center One.

Labor Agreement – After executive session to discuss labor relations agreement with employees no action was taken.

January 10, 2005

Labor Relations Agreement – Following executive session to discuss labor relations agreement Board voted to approve a three-year agreement with the International Association of Firefighters Local 2934.

Depot Square Parking – After discussion, Board voted to adopt a one year parking agreement with Depot Square Apartments such that property owner will pay \$120 per space per year for 12 spaces - a total of \$1,440 per year. Further, tenants will be responsible for an additional \$10 per month or \$120 per year per space for a total of \$240 per space.

Budget 2005 – Town manager reviewed draft budgets for general fund, special service fund, highway fund and recreation fund.

Highway Budget – Highway Superintendent Larry Gadapee discussed proposed highway budget including purchase of a small loader and the currently rented Holder sidewalk plow and sander. Projects for 2005 include sidewalks on Concord Avenue, Pleasant Street and Railroad Street, reconstruction of South Main Street Wall and repairs of Mt. Pleasant Street.

Police Department Budget – Chief Leighton reviewed proposed police budget for 2005. Leighton is seeking funding for replacement of 2002 police cruiser and plans to replace computer systems not covered under grant programs. Leighton reviewed personnel changes that will provide additional evening administrative coverage and help reduce overtime costs.

Dispatching Budget – Mark Gilleland, dispatch supervisor reviewed draft dispatching budget. Budget shows increase in part time personnel and replacement of phone system.

Budget Review Schedule – Board set schedule for budget review.

St. Johnsbury Center Bridge – Larry Gadapee presented recommendation for repairs to Iron Bridge in St. Johnsbury Center. Highway department employees can do the work, however bridge will need to be closed for the rest of the winter. Project will cost about \$35,000 and 80% of which will be paid by state grant.

Neighborhood Organizations – Deborah Roberts and Newcomb Greenleaf representing Four Seasons Neighborhood Organization, asked for help in securing organizational liability insurance. After discussion, Board asked town manager to inquire of options through Vermont League of Cities and Towns.

Liquor License – Board approved liquor license for New Garden City Restaurant.

First Night – Town manager reported St. Johnsbury First Night was successful and commended all event volunteers.

Waterford Land – Town manager advised Board as to an individual's request to buy from the town a parcel of land off VT 18. Board directed manager to determine if property should be preserved by town and if not to investigate possible sale.

January 18, 2005

Budget Review – Fire Chief Ruggles reviewed budget for 2005. Other than those for personnel, expenditures have been level funded. Ruggles described the rotation plan for vehicle replacement. Replacement for Engine 2 will be ordered in 2005 at an estimated cost of \$325,000. Next vehicle will be due for replacement in 2013 and the tower truck will be next in 2015. Board discussed Homeland Security resources. St. Johnsbury is a regional center and has received specialized training and equipment.

Town Manager reviewed estimated revenues for all funds and Board discussed potential impact on property tax rates.

St. Johnsbury Development Fund – Board appointed Bryon Quatrini and Jerry Rowe as Board representatives to St. Johnsbury Development Fund Executive Committee.

Walden

Town Clerk: Lina Smith
 Selectboard: Randolph Wilson, Daniel Lamont and Douglas Luther

December 27, 2004

Board Meeting Minutes – Board discussed meeting minutes, what should be included and how they

should be written. Dan Lamont discussed Robert's Rules of Order and apologized for saying that he would have another board member removed at the last meeting. Lamont conceded that he did not have the right to act independently as road commissioner and noted that in the future, he will call other Board members when appropriate.

Gravel – Doug Luther reported what needs to be done on the road for the Maskell Pit. Board asked Luther to follow up with Mr. Maskell and Dennis Demers on pricing and availability and report back to Board.

Budget Planning – Board discussed capital improvements for next year.

Road Signs – Lamont reported that he will report back to Board on road signs at Richard Crossing and Orton Road.

Board Resignation – Mark Wright submitted a letter requesting Randolph Wilson's resignation.

Road Improvements – Board considered petition to upgrade Stevens Hill from Class 4 to Class 3. Board voted to start process of road upgrades in the first week of May. Board voted to continue plowing Class 4 section of Cobb Road.

All Terrain Vehicles – Board resumed discussion of ATV's on town roads and noted lawyer's opinion on the matter had been placed in the file but no action was taken.

Reappraisal – Board directed town clerk to ask Diane Banister to start putting together recommendations for reappraisal firms.

Employee Wages – Board voted to grant road crew and town clerk a 2.7% cost of living raise to begin January 1, 2005.

January 10, 2005

Board Controversies – Dan Lamont referred to recent Board controversies and read letter recently sent to *Hardwick Gazette*. Lamont said that contrary to his earlier plan to resign from the Board at town meeting, he will finish his term.

Reappraisal – Bill Half from Walden School Board encouraged Board to proceed with town-wide reappraisal as soon as possible. Listers are researching reappraisal process.

School Plowing – Half explained that Schoolboard is open to having anyone do plowing at the school but it

decided to have a single person do plowing required rather than part by the town and part by a private contractor.

School Budget – Half reported a school budget surplus from year 03-04 totaling about \$20,000 and that how it should be spent will be decided by town vote.

Special Appropriations – Board agreed to include special appropriation letters in town report and add requests to town meeting warning.

Regional Policing – Board agreed to include an advisory article in town meeting warning for regional policing.

Road Reclassification – Half suggested establishing a policy on road reclassification prior to taking action on petition requests for change.

Snow Machines on Town Road – On request of Coles Pond Sledgers Board agreed to allow Sledgers' use of Maple Lane from Harry's Repair to Justin Keenan's property.

Board of Listers – Board authorized town clerk to pay two former listers for help in filing an appeal and other work they may do for town.

Petition for Resignation – Board noted petition calling for resignation

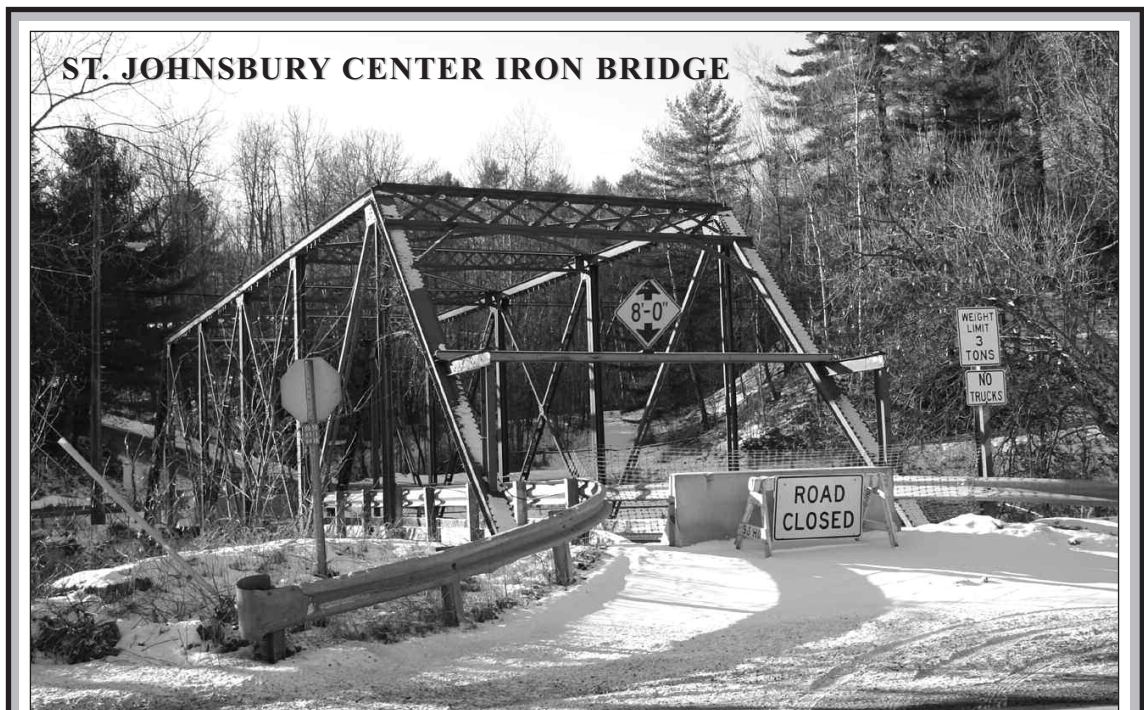
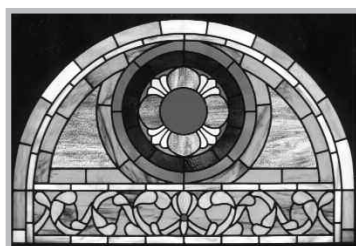


Photo By: North Star Monthly

The Iron Bridge in St. Johnsbury Center is closed for repairs. According to St. Johnsbury Town Manager Michael Welch, the bridge has been slated for replacement for many years, but state and railroad officials have failed to reach agreement on plans for reconstruction of the railroad crossing, which is on the east (and other) side of the bridge. As Welch says, the bridge carries a great deal of traffic from the Stark District and from Interstate Exit 22 to the Green Mountain Mall, and the option of permanently closing the bridge is undesirable. As a result the Town of St. Johnsbury has nursed the bridge along with its own repairs. The blockade will allow the town highway department to make temporary repairs at a cost of approximately \$35,000, and Welch expects the bridge to be repaired and reopened by the end of the winter.



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|--------------------------------|--------------------------|----------|
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| Kathleen Mayhew, 748-8267 | Tues. & Thurs. | Yes |
| Norman Sleeper, 748-2244 | Thurs. | Yes |
| Lloyd Rainey, 748-9094 | All Evenings & Saturdays | Yes |
| George Hollos, 748-2786 | All Days | Yes |
| Clara Badger, 748-9040 | Thurs. & Fri. | Yes |

| | | |
|---|----------|-----|
| LYNDONVILLE Senior Action Center s12055851 | | |
| Marion Mohri, 626-4544 | All Days | Yes |
| Bill Mohri, 626-4544 | All Days | Yes |

February - April 15

Walden Dairy Farm Turns to Alpacas

TERRY HOFFER

Alpacas are hard to ignore. Native to the rocky crags and high plateaus of the Andes, alpacas are related to the llama and vicuna. All are South American, but the alpaca distinguishes itself for its striking appearance and colorful wool.

An adult female alpaca (nemma) weighs about 125 pounds; a full grown male (mancho) may tip the scale at 175. Gestation is 11 months, and a female will have a single offspring (cria) at a time. The appearance of an adult alpaca fits somewhere between that of a carefully coifed French poodle and the easygoing demeanor of a golden retriever. They are sure-footed and light on their feet.

They are wary of the unfamiliar, but their faces are full of expression, and their personalities are gentle.

The alpaca's natural habitat is the sharp cold and high elevation of Peru and Chile, where herds graze almost wild at 16,000 feet or more above sea level. Their first known record is found in cave drawings high in the Andes, and there is evidence that alpacas were among the world's first domesticated cattle. At shearing time in the spring ranchers gathered their flocks, clipped off the naturally colorful wool, and the hollow fiber was woven into blankets and panchos or spun or knit into sweaters for cold weather wear in the winter.

Peruvians considered alpacas a national resource, and export of

live animals from Peru was illegal until Chile and Bolivia pushed open the door to the North American market in 1984. In 1993 the first Peruvian stock made its way to United States, and subsequent marketing by breeders and other promoters in Australia, Canada and the United States has fueled a luxury market for alpaca fibers.

The mysterious alpaca, once hidden away in the remote plateaus of South America, has found its way to the hearts and designer boutiques of contemporary consumers.

The number of North American herds is creeping upward, but the Alpaca Owners & Breeders Association in Colorado maintains that demand for the fiber and opportunities for breeders is practically unlimited. The Association publishes a glossy quarterly journal with feature stories and advertisements that describe alpaca as both classic and high fashion and picture ocean-front ranches owned by rock stars and movie celebrities. The mysterious alpaca, once hidden in the remote plateaus of South America, has found its way to the hearts and designer boutiques of contemporary consumers.

Michael Michaud and Nicole LeBlanc live on a spectacular 350-acre Walden dairy farm with views that spill away to Vermont's Green Mountains in the west. Like many farmers they understand the risk of specialization, and they sought the means



Photo By: North Star Monthly

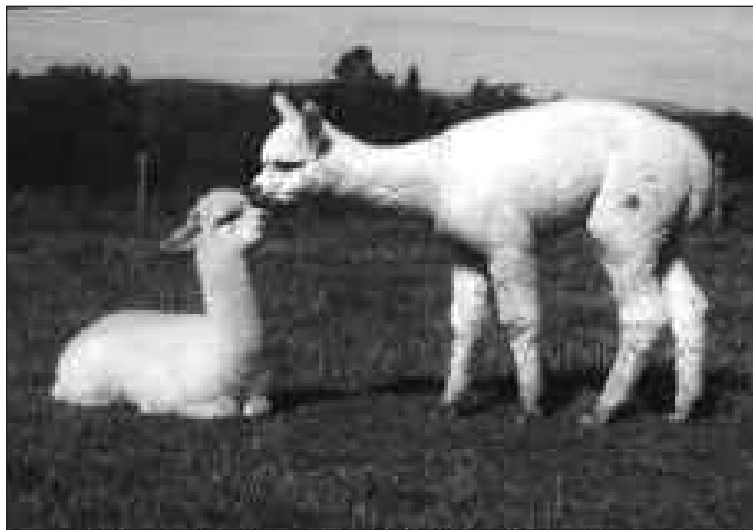
Michael Michaud and Nicole LeBlanc raise alpacas on their Walden Mountain farm. The fiber from their animals is soft and colorful. There are some 50,000 alpacas in the United States and breeders hope to see that number grow and the volume of the sale of the luxury wool increase.

to cost-effectively diversify their business beyond dairy. In 1999 they purchased the first four of their flock of alpacas. Today the herd totals 42 including three generations of these curious animals, and a sign identifies the dairy farm as "Walden Mountain Alpaca Farm."

Alpacas are registered for their lineage and judged against a standard of physical attributes and fleece color. The Registry has established 22 natural and distinct colors ranging from white to gray to tan and brown to black. As a result, an alpaca fleece (and thereby its wool) will be part of a broad spectrum of completely natural colors. Undyed woven or knit alpaca

wool may have spectacular color combinations, and the fiber is described as softer and warmer than wool from sheep or goats. Those familiar with the feel or the "handle" of alpaca say it is as soft as cashmere but less expensive to produce.

"We did the research," Michaud says, "and it seemed like alpacas fit what we were trying to do. They like rough terrain, and they don't mind the cold." And as Michaud and LeBlanc both describe it, the care required by a flock of alpaca is far less than a herd of dairy cows. Michaud says, "An acre of good pasture will support 8-10 animals through summer, and in winter the same group is satisfied



Michaud Family Photograph

Alpacas distinguish themselves by their striking appearance and colorful wool.



Photo By: North Star Monthly

As alpacas wait in turn for grain from a plastic bucket, they suggest a dignified state of cooperative politeness as their enormous brown eyes follow the activity around them.

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St. Johnsbury Academy

Winter 2005 Sports Schedule

| Boys Basketball ~ Varsity and Junior Varsity | | | |
|--|-----------------|---|--------|
| Varsity Game follows JV Game | | | |
| February | | | |
| 1 | @ North Country | A | 5-6:45 |
| 4 | Essex | H | 5-6:45 |
| 7 | @ Spaulding | A | 5-6:45 |
| 12 | @ Rutland | A | 1-2:30 |
| 15 | So. Burlington | H | 5-6:45 |

| Girls Basketball ~ Varsity and Junior Varsity | | | |
|---|-----------------|---|--------|
| Varsity Game follows JV Game | | | |
| February | | | |
| 1 | North Country | H | 5-6:30 |
| 3 | @ Rice | A | 5-6:30 |
| 8 | @ Essex | A | 5-6:30 |
| 11 | Burlington | H | 5-6:30 |
| 16 | @ North Country | A | 5-6:30 |
| 18 | CVU | H | 5-6:30 |
| 22 | Rice | H | 5-6:30 |

| Wrestling | | | |
|--------------------|--|---|---------|
| February | | | |
| 5 | Mt Anthony Duals | A | 10:00 |
| 5 | JV @ Middlebury | A | 10:00 |
| 12 | NVAC Meet @ Mt. Abe | A | 10:00 |
| 19 | JV States @ Spaulding | A | 9:00 |
| 25,26 | Varsity State Tournament | H | 5/10:30 |
| March | | | |
| 4,5 | New England Wrestling Tournament @ New Haven, CT | A | 7:00 |
| Host is underlined | | | |

| Hockey | | | |
|----------|---------------|---|------|
| February | | | |
| 2 | Lyndon | H | 6:00 |
| 9 | @ Brattleboro | A | 5:00 |
| 12 | Burr & Burton | H | 7:00 |

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February 5 @ South Burlington A 2:00

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Lyndon Institute Athletic Events Winter 2005

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| BOYS BASKETBALL (JV/V) | | GIRLS BASKETBALL (JV/V) | |
|------------------------|---------------------------------|-------------------------|---------------------------------|
| February | | February | |
| 2 | Lyndon @ Montpelier, 6:00/7:45 | 1 | Lake Region @ Lyndon, 6:00/7:45 |
| 4 | Lamoille @ Lyndon, 6:00/7:45 | 3 | Lyndon @ Harwood, 6:00/7:45 |
| 9 | Lyndon @ U-32, 6:00/7:45 | 8 | U-32 @ Lyndon, 6:00/7:45 |
| 11 | Lyndon @ Lake Region, 6:00/7:45 | 10 | Lyndon @ Montpelier, 6:00/7:45 |
| 15 | Lyndon @ Harwood, 6:00/7:45 | 14 | Lyndon @ Lamoille, 6:00/7:45 |
| | | 17 | Lyndon @ Oxbow, 6:00/7:45 |
| | | 24 | Randolph @ Lyndon, 6:00/7:45 |

| NORDIC SKIING | | ICE HOCKEY | |
|---------------|----------------------|------------|-----------------------------------|
| February | | February | |
| 5 | @ Lyndon, 10:00 a.m. | 2 | Lyndon @ St. Johnsbury, 6:00 p.m. |
| | | 5 | Lyndon @ Colchester, 8:30 p.m. |
| | | 9 | Lyndon @ North Country, 6:30 p.m. |
| | | 12 | Lyndon @ Northfield, 3:30 p.m. |

| ALPINE SKIING | |
|---------------|------------------------------|
| February | |
| 4 | @ Smuggler's Notch (Essex) |
| 5 | @ Smuggler's Notch (Essex) |
| 8 | @ Burke Mt. (St. Johnsbury) |
| 12 | @ Bolton Valley (Colchester) |
| 17 | @ Burke Mt. (Girls District) |
| 21 | @ Middlebury (Boys District) |
| 28 | @ Mt. Ellen (Girls State) |
| March | |
| 3 | @ Bromley (Boys State) |

GO VIKINGS!



Michaud Family Photograph

Alpacas, once hidden in the remote plateaus of South America, have found a growing market for their luxury fiber, and those familiar with the feel or the "handle" of their wool describe it as soft as cashmere but less expensive to produce.

with water and a daily 50-pound square bale of hay and a small pail of grain."

LeBlanc says, "Alpacas are timid and independent, but they have a herd instinct that prompts them to stay together. They don't bite, and they are graceful as they walk and run." She never fails to find their company appealing at the end of the day. Alpacas communicate by humming to each other, and there is something almost Zen-like in their behavior.

As they wait in turn for grain from a plastic bucket they suggest a dignified state of cooperative politeness as their enormous brown eyes follow the activity around them.

Michaud says, "If someone is

animal friendly alpacas are a relatively easy and pleasant form of farming." And as far as a cash investment goes he'd much rather put his money into alpacas on this hillside than into stock in some company subject to management conditions and market forces far beyond the Vermont horizon.

Michaud is 44 and in his 25th winter milking cows on this beautiful farm. "I'm not getting any younger," he says, "and doctors tell me I need two hip replacements. Milking cows is not something anyone wants to

do forever, and when the time comes that I can't put off the hip replacements any longer that could be the end of our milk business."

Michaud looks off and away from his farmyard and doesn't say anything for a minute or more. "My biggest fear is that of looking out the window some summer evening and not seeing anything in that pasture. It would be a sad day if an excavator rolled in here and started carving up building lots and digging out cellar holes. I hope that doesn't happen as long as I'm around.

Our hope is that there is a future for us with alpacas and a few beef cows ... and maybe a blanket or a sweater made from alpaca fibers that were raised on that field." One of the female alpacas nudges Michaud almost as though she understands the dilemma.

LeBlanc says there are something like 50,000 alpacas in the United States - 3,000 or so in

Vermont. Recently one of the 160-year old woolen mills in Johnson, VT was refitted to cater to the milling needs of specialty breeds such as alpacas, and if Michaud and LeBlanc get their way and the Walden Mountain Alpaca Farm vision for the future becomes a reality - the numbers will grow, and the volume of North American alpaca fiber will compete with that from Peru. ★

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Don Tescher

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DANVILLE SCHOOL

2005 Schedule

Athletic Director: Merlyn Courser CAA

BOYS BASKETBALL

FEBRUARY

| | | | |
|----|-----------|-------------------------|-----------|
| 2 | Tuesday | Williamstown @ Danville | 6:00/7:30 |
| 4 | Friday | Winooski @ Danville | 5:00/6:30 |
| 7 | Monday | Danville @ Concord | 6:00/7:30 |
| 9 | Wednesday | Hazen @ Danville | 6:00/7:30 |
| 14 | Monday | Stowe @ Danville | 6:00/7:30 |

GIRLS BASKETBALL

FEBRUARY

| | | | |
|----|----------|-------------------------|-----------|
| 1 | Tuesday | Danville @ Blue Mt. | 6:00/7:30 |
| 5 | Saturday | Stowe @ Danville | 1:00/2:30 |
| 8 | Tuesday | BFA Fairfax @ Danville | 5:30/7:00 |
| 10 | Thursday | Peoples @ Danville | 6:00/7:30 |
| 15 | Tuesday | Williamstown @ Danville | 6:00/7:30 |
| 17 | Thursday | Danville @ Richford | 5:00/6:30 |
| 21 | Monday | Enosburg @ Danville | 5:30/7:00 |

Walden Hill Journal



ELLEN GOLD

February 2, 2004 - It's a sunny 20° day, a beautiful way to begin the month of February. It's ground hog day, but whether or not the woodchuck awakes and sees his shadow, we're in for more than just six more weeks of winter. We made it through January without a thaw. The temperatures barely rose above 0° let alone above freezing. Let's hope February will bring more normal weather with fresh snow, sunshine and only minimal subzero readings. Perfect afternoon for a snowshoe through the woods.

February 4, 2004 - Had our first major February snow dump overnight. Six inches of fluffy white snow refresh the winter scene. Unfortunately another cable broke on the snow thrower so we spent the morning shoveling the drive. Fortunately it was a

light snow, and the snow banks are not too high to shovel past. To add insult to injury, the roof dumped its massive pile just as we finished the drive. Oh well. What is particularly striking this winter, is the deep blue color of the "glaciers" covering the massive rocks in the road cuts. It's probably a combination of the amount of ice, lack of thawing and scarcity of snow cover that makes the ice look more impressive in size and color this winter.

February 8, 2004 - Massive lenticular clouds stretch across the mountains, telling of high winds in the upper atmosphere. At ground level the wind is swirling yesterday's fresh snow into drifts along the road. Trees bend and sway in the relentless wind. The sun, which has been out most of the day, is just beginning to disappear behind clouds in the west. A spectrum sun dog

effect paints the edge of the clouds in a rainbow of colors. Winter may appear to be black and white, but the turquoise sky, colorful clouds and rust-tinged tamaracks bring out unique colors amid winter's bleakness.

February 10, 2004 - It's been a day of snow flurries, showers and squalls interspersed with full sun and clear skies. This rapidly revolving weather wheel brought changes every 20 minutes or so. Unfortunately cloudy skies prevailed. The temperature stayed around 30°, warming the roof to bring that heavy water-laden snow cascading down. Fortunately it's off the roof, but unfortunately it landed in front of the garage door, providing an afternoon workout for Jeff. I had my exercise yesterday snowshoeing through our latest snowfall. The trail was obliterated in the field and barely visible in the woods. This new snow has a higher water content and undermined the firm icy base that helped snowshoes stay on top of the accumulated 3 feet or more. Now it's sink down and bring up a very heavy, slush-coated snowshoe. Hopefully my walk helped repack the trail.

February 13, 2004 - Friday the 13th; so far so good. Sun triumphed over the clouds today but not until mid-afternoon. Took advantage of extra warmth to

walk our trail and pack it down. It is better footing than a few days ago. In the open field the wind had a bite to it, but within the shelter of the woods and with directional afternoon sun shining through, it was quite pleasant. Chickadees are beginning to add a short trill to their raspy call. Faint wing impressions of a grouse landing and its narrow, "chain-link" tracks highlighted my afternoon snowshoe. Fresh snow on the White Mountains casts a rosy glow in the setting sun.

February 16, 2004 - We're back in the deepfreeze. Temperature has been well below 0° for the past two mornings. At least it manages to warm up 20° or so during the day. Mother Nature compensates for bitter cold with bright blue skies and strong full sunshine (winter strength that is). At least it helps to keep the house warm and inviting. The cold is icing up the snow a bit, making it easier to pack and excellent for snowshoeing. I cut a new path to the logging road to hook up with the well-used snow machine trail. There is no shortage of snowshoe hare activity this winter. Seems like last winter's scarcity of rabbits may have been due to the early snowfall that whitened the woods before the hares' coats changed. Being brown against white rather than their usual camouflaged white on white made them easy prey, and their numbers were down. This winter the snowfall was late, giving the bunnies a chance to be prepared with their winter wardrobe.

February 19, 2004 - We're beginning to feel that winter may be losing its grip. While we have yet to see the thermometer above freezing, it held near 30° for the past few days. Even the road is beginning to ooze a bit. Odor of skunk slightly perfumes the air as those black and white rascals leave their shelter to seek a mate. Crowns of maple trees are taking on a rusty tinge. Spring is still far into the future, but it's refreshing to get a quick glimpse of change here and there.

February 23, 2004 - Bright clear day, the calm after a two-day storm. Fresh powder on the mountains, trees and fields make a picture-perfect Vermont winter postcard. It stayed well into the 20°'s with little wind. Great weather for a leisurely snowshoe to remark the trail. All the animal tracks have been erased, leaving a clean slate for future explorations. Twilight lingers in soft pastel tones. The end of February gives a true feeling of progress to

moving away from winter's shortened days. A setting crescent moon lays comfortably on its back with a very bright Venus shining above, a striking twilight overture to the star show to come. The night sky is as brilliant as can be, with clusters of stars and constellations shining with various levels of intensity. No moonlight to outshine the stars or clouds or haze to mute them.

February 24, 2004 - Took my exploratory walk through the woods today and found new tracks "abounding." Snowshoe hare prints of course and many, many long "chain-link" trails from grouse. They were abundant in the wetlands and on the "island." Fanlike lines indicated where birds landed and softened their landing with outstretched wings. Long trails radiated out from there. I even found an excavated site at the base of a tree with fresh droppings. I kept expecting to be startled by grouse in flight, but they remained elusive. I don't ever remember seeing so many and such lengthy grouse tracks. The occasional delicate tailless vole (or is it mole) tracks decorated the snow.

February 26, 2004 - More sunshine with a full day of solar heat. No need for the wood stove until after 5 o'clock. It's a cold night with the thermometer close to 0°. We'll be seeing the minus side of it by morning. While it was pleasant and calm on our hill today, Mount Washington boasted winds of 55 to 60 mph. Visibility from its 6,000 ft. vantage point was reported as 110 miles. People must have been "blown away" by the view. I just settled for a glorious armchair vista of the stately snow covered mountains.

February 29, 2004 - It's leap year, the extra day to bring us back in sync with our 365¼ days per year calendar. There's mist in the valley with mackerel clouds above. The serigraphic mountain view is highlighted by subtle colors of sun rays. We're ending February with a week of sunshine and no precipitation, a welcome respite from shoveling snow. We've had six uninterrupted days of sunshine. The last time this occurred in February was recorded in 1961. The snow pack is shrinking, and roads are beginning to soften. My sister reported that sap buckets are hung in northern Massachusetts. Another few weeks and we'll be seeing the same sight here. The land is beginning to awaken from its winter sleep.

Photo Above By: Jeff Gold

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String Worth Saving

Bill Christiansen

Here we are in the depths of **W i n t e r**. As if low temperatures were not enough for normal conversations, in recent years we have introduced a new concept, wind chill. If you listen to the weather people, on some days you might conclude that just stepping outside will quick-freeze most human beings. What is this wind chill we hear so much about, and where did it come from?

The understanding begins with some physics. As materials change state, from gas to liquid, from liquid to gas, from solid to liquid and so forth, energy is given up or accumulated by the material. In the case of the transformation of liquid to gas, heat is required to accomplish the change. This is the essential cooling system for most mammals. Humans are constantly generating heat as they burn sugar for energy. We have to get rid of this excess heat. We have sweat glands. Moisture is secret-

ed by these glands and evaporates from the skin changing from a liquid to gas. Heat from the body is carried away, and our temperature is lowered.

For other animals, the process is basically the same. However, for those that are covered with fur, sweat glands would be impractical. So, with a dog, the moisture is evaporated from the nose, which is always wet, the tongue as it hangs out of the mouth and the pads of the feet. Other animals use the wet nose strategy as well.

This cooling process can be speeded up by moving air. In the summer we have "cooling breezes." If there is no breeze, we create one with a fan. After a swim, stepping out of the water into a breeze makes you feel cold. Water covering the skin evaporates taking body heat with it at a much greater rate than sweating. As soon as the excess water has evaporated, you feel warm again.

Back to wind chill. This

increased cooling effect has been observed since the beginning of human history. As with so many things, man decided to quantify the phenomenon and put numbers to it. This was done in Antarctica, of all places. Scientists who were spending the winter there had endless debates about how winter winds affect the freezing time for water.

An experiment was devised in which coffee cans of water were set in the wind. A similar can of water was placed in a shelter, and the time it took the cans to freeze was compared. Why coffee cans? Because they were available. This experiment was done over and over at different wind speeds and at different temperatures. The data was recorded, and low and behold, the water froze faster in the cans in the wind.

The data was circulated within the scientific community and it was described as a **W i n d C h i l l C h a r t**.

Thereby emerged a relationship between the evaporation rate of water at low temperature and wind speed.

As the wind speed increased, the water evaporated faster and the water in the can lost heat more quickly than it would in a sheltered location. It was just what was expected. When you are in Antarctica for the winter, there is a lot of time to watch water freeze in coffee cans.

When this idea is applied to human activity, things get confusing. First, with no evapora-

tion, things cannot be at a lower temperature than the surrounding environment. If the temperature is -10°, the engine in my car will be at the same temperature, as will the trees and all of the other things outside. The fact that the wind is blowing has no effect. With no liquid to evaporate, no heat is removed. The argument is made that the skin is constantly trying to cool the body, so moisture is being evaporated all of the time. Exposed skin will be subject to the evapo-

When you are in Antarctica for the winter, there is a lot of time to watch water freeze in coffee cans.

ration forces of wind, and wind chill comes into play.

People are not coffee cans. One big difference is the fact that humans are producing internal heat all the time.

We are like furnaces walking around. The more you exercise the more heat you produce. Children out sliding are generating enough heat to keep them warm in most any weather. Their cheeks get red because of the increased blood flow to the area. The increased blood flow gets rid of some of the excess heat generated by activity. As long as the children are exercis-

ing, the wind is going to have little effect on them.

Looked at another way, most of the cases of frostbite we read about are to the toes and fingers. These parts of the body are usually well covered and not exposed to wind. Why do they freeze? It's not from wind chill. They freeze because they are farthest from the core of the body. As the body tries to conserve heat, blood-flow to the far reaches of the body is diminished. The nose and cheeks can also suffer frostbite, but they are part of the head, which the body tries to conserve at all costs. Again, wind chill is not the really big factor.

With all of this said, what does wind chill tell us about our environment? The answer seems to be very little. Am I going to freeze to death in two minutes if I go outside? If I'm wet and naked, I'm going to be cold, but my body is going to continue to generate heat to keep me alive. Yes, I will eventually freeze, but not in two minutes. What about exposed skin? If you live in this country, and have not learned to wear a hat and mittens in the winter, you probably will suffer frostbite. One of the lessons we learn early in life is how to dress for the cold. This may be evolution in action. Those who did not learn the lesson are no longer among us to serve as bad examples.

This should not be interpreted to mean that animals left outside in the winter should not be sheltered. Just as we seek shelter

Stay Safe Out on the Ice

Ice fishing is popular and great fun in Vermont. Each winter thousands of anglers venture onto the frozen surfaces to fish through the ice. And, each winter there are accidents often caused by poor judgment or bad decisions based on inadequate information.

Here are some safety tips everyone venturing out onto frozen lakes should observe according to Vermont's Fish & Wildlife Department.

Leave information about your plans with someone - where you intend to fish and when you expect to return.

Wear a personal floatation device, and don't fish alone. Always carry an ice spud or chisel to check ice thickness as you proceed.

Be especially cautious crossing ice near river mouths, points of land, bridges, islands and over reefs and springs. Current almost always causes ice to be thinner over these areas. Avoid ice if it has melted away from the shore. This indicates melting is underway, and ice can shift position as the wind changes direction.

Waves from open water can quickly break up large areas of ice. If you see open water in the lake and the wind picks up, get off! Carry a set of hand spikes to help you work your way back onto the surface of the ice if you go through. Holding one in each hand, you can alternately punch them into the ice and pull yourself up and out. You can make these at home, using large nails, or purchase them at stores that sell fishing supplies.

Carry a safety line that can be thrown to someone who has gone through the ice.

Leave your car or truck on shore. Every year several motor vehicles go through the ice on Vermont lakes, and people have drowned as a result.

Heated fishing shanties must have good ventilation to prevent carbon monoxide poisoning. Open a window or door part way to allow in fresh air.

Enjoy the outdoors over Vermont's mountains and fields and lakes and streams, but use caution. For centuries people have taken advantage of easier long distance travel over frozen ice on such places as Lake Champlain and the Connecticut River, but accidents happen. Use caution and good judgement.

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In the Garden

Doris Stebbins

The week before the 15th of every month used to be something like this ... Hurry up; it's time to get my article for the *North Star* on my computer and headed on its way to Terry Hoffer.

How much I enjoyed writing my "In the Garden" offering, a food article under the name of Molly Sharpe and a poem.

It was a race each month to get it all in by the 15th, but what a pleasure it was. Sometimes I was late, and I struggled over the typewriter to get it all in on time because I knew the *North Star* was waiting. Some months I was late and crowded it all in at the last minute to catch Tom, the mailman.

Then suddenly there came a day when it all came to a screeching stop. I suffered a stroke that put me in the hospital. It has been nearly a year now, and there are but many memories.

Now I spend my days dreaming about what used to be. I am now whiling away my days at the St. Johnsbury Health and Rehabilitation Center on Hospital Drive. I invite my

friends to come and visit.

Think May!

Tear drops on my glasses
Are turning to ice
And the wind tries to
blow me away;
But I see apple blossoms
And little green buds
As I try really hard
To think May.
I tackle the drive
On a cold winter day
When the wind is much
more than a breeze
And it tingles my face
And waters my eyes,
And the snow is up
over my knees.
But I must get that mail
That the carrier brought...
"I can do it," I stubbornly
say,
"If that letter is there
It's well worth the trip...
But Lord, how I wish it was
May." ★

Mt. Whitney Is No Walk in the Park

GEORGE D. CAHOON, JR.

Aside from the photograph and caption of Alice Anton on, I assume, the top of Mt. Whitney [January 2005 *North Star*], nothing was mentioned of her experience in mountain climbing. If the photograph I took at some distance from the mountain in 1997 provides any clue, I would say her climb was an accomplishment worthy of another interview. Perhaps the west face presents a less formidable aspect than the east and north faces in my photo, but I have great respect for people who undertake such adventures, foolhardy though they may seem to me.

Other readers might be interested in the route to the place where the photograph was taken and gain some insight as to exactly where and how difficult the climb might have been.

A little background on how I happened to take the photograph might be of interest. My wife and I have been to California a few times to visit my sister and her husband. They have a winter home in a resort park near Desert Hot Springs in the Mojave Desert. Desert Hot Springs is next door east of Palm Springs.

We usually take some trips to see the country near and far there, and on this particular trip we visited Death Valley. This was the last of March or first of April so it was not unbearably hot yet. Actually the weather was perfect the days we were there. Contrary to popular belief Death Valley is



Photo By: George D. Cahoon, Jr.

Author George Cahoon remembered visiting the Sierra Nevada in California and this view of Mt Whitney as he read about Alice Anton in the January issue of the *North Star*. Anton (below) is a native of Switzerland, and between Europe and Bogota, Columbia and her home now in Lyndon she climbed Mt Whitney.

not a completely barren and inhospitable place.

There are oases where tourist villages have been established and made quite comfortable. There are small mountains eroded into myriad shapes and colors including a huge crater caused by an underground steam explosion long ago. While this isn't primarily an article to describe Death Valley it seemed pertinent to mention that it is a most interesting and amazing piece of our great western heritage.

As arid as the territory is, there is a place called "Bad Water" where there is water most of the time at the end of a mile-long sloping valley. It is called Bad Water because it is alkaline and poisonous. Standing there at



Photo Courtesy of Alice Anton

the sign that proclaims it to be 282 feet below sea level, (the lowest dry land area on earth) it seemed odd to look west and see snow-capped mountains that didn't look to be all that far away in the clear air.

Driving west over and through the mountains on scenic Route 190, we watched the upthrust range of the Sierra Nevada become increasingly prominent. Leaving Route 190 it was a short drive north to the small city of Lone Pine on an Indian reservation. We stopped at the visitors' center south of the city and had lunch. Leaving there we visited a barren, boulder-strewn and rock-piled area where early western movies were staged and filmed.

The Sierra Nevada seemed close-by rising to 14,491 feet at Mt. Whitney – aside from the high peaks in Alaska, the highest point in the United States. As seen in the photo, the pinnacle would seem to be impossible to climb, but obviously it has been climbed many times. Compared to Mt. Everest at nearly twice the height it probably seems like a piece of cake. There was one place that afforded a clear view of Mt. Whitney between the foot hills, and that is where I stood to take my photograph through a telephoto lens.

One of the interesting characteristics of many of the western mountains is the near absence of significant foothills. Low valleys run to the base of upthrusts towering from 7,000 to 10,000 feet or more without a lot of small hills in between. It is difficult to imagine the size of our western geography without actually seeing it.

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| 6 A.M. BBC World Update (5 to 6 a.m.) | 6 A.M. Music Through the Night | |
| Morning Edition with Steve Delaney | 7 A.M. Only a Game | Sunday Bach |
| | 8 A.M. Weekend Edition | |
| Classical Music with Walter Parker | 9 A.M. Car Talk | Sunday Baroque |
| | 10 A.M. What, What... Don't Tell Me! | |
| Performance Today | Noon Interlude | A Prairie Home Companion |
| Fresh Air with Terry Gross | 1 P.M. Saturday Afternoon at the Opera with Peter Fox Smith | All The Traditions with Robert Reardon |
| All Things Considered with Neal Chamoff | 2 P.M. Weekend All Things Considered | |
| Marketplace | 3 P.M. A Prairie Home Companion | From the Top |
| Marketplace (Wed & Thurs) / Marketplace (Fri & Sat) | 4 P.M. The Prairie Home Companion | Country Home Folk |
| Riverwalk | 5 P.M. The Prairie Home Companion | See Ya |
| The NPR 100 with George Thomas | 6 P.M. The Prairie Home Companion | The American Life |
| Classical Music | 7 P.M. My Place | Sound and Spirit |
| | 8 P.M. Hearts of Space | Classical Music |
| | 9 P.M. Hearts of Space | |
| | 10 P.M. Hearts of Space | |
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Feb. 12 *Le Nozze Di Figaro* (Mozart)
Feb. 19 *La Boheme* (Puccini)
Feb. 26 *Nabucco* (Verdi)

Camel's Hump Radio airs Sundays at 7:00 p.m.

Feb. 6 *Fog Magic* by Julia L. Sauer
Feb. 13 *The Tale of Despereaux* by Kate DiCamillo
Feb. 20 *Loser* by Jerry Spinelli
Feb. 27 *Heir Apparent* by Vivian Vande Velde

College Level Lectures Geared for Low Pressure Learning

According to Paul Nussbaum in his new book *Brain Health and Wellness* we should continually engage in novel and complex ideas and activities as we get older.

Nussbaum's hypothesis comes from primate studies that compared the brain structures of non-human subjects exposed to a regular series of unique situations to those that were not. Results show that neural connections in the former group were much more numerous and complex, leading him to conclude that the human brain needs to experience different and challenging thoughts in order to grow and stay healthy.

With support of this theory, the Osher Lifelong Learning Institute provided a grant to UVM to produce lecture series at several sites in Vermont. Local committees develop programs that are dedicated to providing college-level learning opportunities for those 50 and older but open to all who are interested in mentally stimulating experiences without tests, papers or grades.

The next series in St. Johnsbury, called "Lectures for

the Mind and Spirit," will run from March 10 to May 12, 2005. All presenters are professionals in their field.

The first eight programs will be held at the St. Johnsbury House; the last two at the gallery at the St. Johnsbury Athenaeum.

All sessions are on successive Thursdays, begin at 1:00 p.m. and last about an hour and a half. Lunch is available at noon at the St. Johnsbury House meal-site. Please call Diane Coburn at (802) 748-5467 one day in advance for reservations.

A forty-dollar membership entitles one to attend all 10 sessions in St. Johnsbury as well those in Rutland, Brattleboro, Montpelier and Springfield. A limited number of scholarships are available, and single sessions are \$5.

Brochures with program details are widely available or for information call RSVP at (802) 626-5135. Fees are used for developing future programs.

Titles and presenters for "Lectures for the Mind and Spirit" are as follows

March 10 "Metaphor and Meaning" Bill Eddy

March 17 "Myth and Meaning" Jim Doyle

March 24 "Symbol and Meaning" Dorian McGowan

March 31 "The British Ballad Tradition in New England" Burt Porter

April 7 "Vermont Folk Art" Jane Beck

April 14 "An Afternoon of Harp Music" Bill Tobin

April 21 "The Many Stories of Jazz" George Thomas

April 28 "The Roaring '20's in Foxtrot Tempo" Martin Bryan

May 5 "The Hudson River School Tradition" Larry Golden

May 12 "Nature, Culture and Art: Reflections on African, Asian and Western Art" Lois Eby ★

February Lecture will Feature Hudson River School and Athenaeum Collection

On Wednesday, February 2 at 7:00 p.m., Cannon LaBrie will give an illustrated lecture on *Landscapes of the Sublime: Bierstadt and the Hudson River School* at the St. Johnsbury Athenaeum.

Landscapes of the Sublime will describe the search for the grand style in American landscape painting in the nineteenth century. Through slides and lecture, LaBrie will explore the development of American painting from Thomas Cole to Frederic Edwin Church and Albert Bierstadt.

In Bierstadt's monumental paintings of western landscapes, such as the Athenaeum's *Domes of the Yosemite*, we see both the culmination and collapse of the Hudson River School aesthetic. Following the lecture, LaBrie will lead a tour of the Athenaeum collection.

LaBrie teaches at Vermont College in Montpelier. He is

working on his doctorate in American Civilization from Brown.

This talk is part of a series of lectures sponsored by the Vermont Humanities Council on the first Wednesday of every month from October through May. The eclectic series, called First Wednesdays, brings interesting and informative lectures to the Athenaeum. The lecture is free, accessible to people with disabilities, and open to the public.

In March, Amherst College Professor Ilan Stavans will talk about Isaac Bashevis Singer, on the centennial of his birth. In April, Vermont Folklife Center Founder and Director Jane Beck will speak on *Catching People's Stories*, sharing some of the gems in the Folklife Center's archives. All community members will want to reserve the first Wednesday of every month for this interesting series. ★

Signs of Hope Appear Appear By Surprise

VAN PARKER

Most New Year's resolutions tend to fall short at the end of January. I guess that's why I've been a bit skittish about making them. But just after 2005 started I saw a list of resolutions that intrigued me.

They were posted on the Internet and they had a do-able, down-to-earth flavor. They were four in number: 1. Continue to recycle just about everything; 2. Drive less; 3. Walk more; and 4. Use tomato cages this year. We will never know how our Internet author did with these resolutions, but they had a refreshing quality about them, especially the one about tomato cages.

I decided to make one resolution: Don't give up hope. It seems as though there are plenty of reasons to be less than hopeful. I have a winter volunteer job at Hartford Hospital. It involves, among other things, bringing copies of the local paper to people who ask for them.

On January 7 I went in to the hospitality office to look for the

list of people who wanted the paper. For the first time I can remember there was nobody on the list.

When I asked the person in charge about the phenomenon, he shrugged his shoulders and said, "There's nothing in the paper anyway." There certainly wasn't much good news in that paper: an article about the Tsunami victims, a story of a community leader who'd been caught selling crack cocaine, a difficult grilling of the candidate for Attorney General centering on a memo about what constituted prisoner abuse and a piece saying the army planned to expand the role of reservists.

Then, coming up empty on paper deliveries, I started passing out e-mail greetings to some of the patients. One was to an elderly woman who couldn't understand how anyone could send her such a greeting. How did they do it?


I explained what little I knew about the process and gradually her face broke into a broad smile. The e-mail spoke of how

much her friends and family loved her and how they hoped she would soon be out of the hospital. There was no fanfare, but in that message and in the recipient's amazed smile I saw hope.



So this year I'm determined not to give up hope, all sorts of hope - hope that the raspberries will do better than last year and that the blueberries will continue to improve. Maybe I can even coax the tomato plants into doing a little better.

Then there is the hope you discover, often unexpectedly, even in the newspaper. For instance, a piece about Colin Powell, in his element at last, rallying help for victims of the Tsunami. Or it could be much closer to home.

Two people publicly committing themselves to one another. A child adopted into a loving family. An elderly woman, smiling about an e-mail greeting she received. ★



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No Small Potatoes

Vanna Guldenschuh

My favorite cooking anecdote is the *Stone Soup* tale. From a stone and water is concocted a fragrant meal – with the help of a piece of beef, carrots and potatoes and some simple herbs. It is the perfect explanation of how soup is made and why it has become a culinary staple. I think once you understand the mechanics of making a good soup, you can make it from almost any leftovers and enjoy them in a way you never thought possible.

While it may seem labor intensive to make a good soup, consider that it will give you a satisfying dinner and still be good the next day for lunch. And, since soup usually contains all the major food groups it is truly the multi-vitamin of meals.

I give you some of my

favorite soups and some basic helpful hints.

Helpful Hints:

1. As I said you can make soup from many leftovers. But, don't just throw everything in your refrigerator in a pot and expect a tasty result. Think it through a bit. Decide on a theme and use seasonings that match the vegetables and meat you use.

2. Soup is always better with a homemade stock. But don't let lack of a real chicken, beef or pork stock keep you from making soup. The next best substitute is a tinned or in-the-box stock. There are really good organic stocks on the market now. I don't recommend powdered or cubed bouillon, but if it's all you have you can use it in a

pinch. Your soup will not have the depth that a real stock imparts, but it will still be tasty and warm you on a cold day. One trick is to lift the flavor of a soup with the addition of a tablespoon or two of butter stirred into the pot at the very end of the cooking process.

Simple Homemade Stock - Put 6-8 quarts of water in a stockpot and add unpeeled, quartered vegetables (carrots, onion, celery and garlic), meat (chicken, beef or pork) and a bouillon cube or two. Cook for an hour or two, strain the stock and reserve the meat. There are more sophisticated stocks and it is often fun to experiment with other recipes on a cold windy day in February.

3. Adding pasta, rice or noodles to soup - The two problems encountered in adding these starches to soup are: 1. Soggy and overcooked starch and 2. An overabundance of the ingredient, turning a good soup into a pasta or rice dish. The simple solution – precook and cool the starch then add just before service. It will not be overcooked, and you can add the perfect amount for soup. When a pasta is called for I like to use pasta pearls (also called acine de pepe or soup-mac) or ditalini.

A trick for keeping pasta available for your soup is to cook it "al dente" and rinse it with cold water. Add a little olive oil to the rinsed pasta and store in a covered bowl until ready for service. Use this method for any type of pasta or noodles. This will keep it from sticking and make life easier all around. The rice I favor is an American converted style – it holds its own in soup. Do not use instant rice or sticky rice. I have a simple formula for cooking rice that works every time. Use 1 part rice to 1½ parts water (it's the same proportion no matter how much you make.) Stir the rice and water together in a heavy saucepan and bring to a boil. Give it a quick stir, cover the pot and turn down to low heat. Cook about 15 minutes or until the rice is done.

Chicken Florentine Soup

A variation on an old standby. This chicken soup includes spinach to make it Florentine and pasta to make it hearty. Use a cheese tortellini as the pasta in

this soup and make it a meal. A dash of Parmesan on each bowl tops off the flavor.

- 6 quarts chicken stock
- 6 cups of chicken – cut in good-sized pieces
- 4 cloves garlic – chopped
- 2 medium onions – finely chopped
- 2 lbs. fresh spinach or 1 lb. frozen spinach leaves (not chopped)
- ¼ cup olive oil
- ½ cup acine de pepe pasta or
- 1½ cups cheese tortellini
- 1 lemon

Stock:

This is a brothy soup, so the stock is important. For a quick stock, buy boneless skinless chicken thighs or breasts and cook them in 4-6 quarts of water and/or boxed chicken broth with the lemon (squeeze the lemon into the broth, and throw the rind in as well) for about a half hour. Remove the chicken and cut into chunky pieces and rough strain the broth. This provides you with the chicken and the stock without much fuss.

Make the soup:

In a large stockpot sauté the garlic in the olive oil until barely colored. Add the onions and cook until very soft. Add the stock and heat to boiling. Turn to simmer and add the spinach and cut chicken. Simmer for about 15 minutes.

Boil about 2 quarts of chicken stock in a large saucepan. Add ½ lb. of pasta pearls (also known as soup-mac or acine de pepe) and cook thoroughly, stirring occasionally. If you start running out of liquid add water or stock. Instead of straining this pasta for the soup, I leave it in the stock (that has turned quite starchy) and add it directly into the soup. It thickens the soup and adds to the flavor.

For a heartier soup you could use prepared tortellini in this soup. Cook the tortellini then drain and rinse them with cold water. Toss with a little olive oil and reserve for service. When the soup is ready to serve add the tortellini to each bowl, cover with hot soup and top with a sprinkle of grated Parmesan.

An Italian loaf and a tossed salad are good accompaniments to this soup.

Tomato Bisque

A simple soup that was very popular at my café. Everyone is always asking for the recipe. So here it is!

- 6 quarts hearty chicken stock

- (can use boxed)
- 4 onions – chopped
- 3 tablespoons butter
- 2 quarts canned tomatoes
- 1 cup heavy cream
- 1-2 teaspoons coarse ground black pepper

In a large stockpot sauté the onions in the butter until they are very soft and translucent. Add the stock and bring to a boil. Turn down to a simmer. Put the canned tomatoes in a bowl and squeeze them with your hands or use a masher to break them up a little. Add the tomatoes and pepper to the pot. Cook until the soup is somewhat reduced. Add the heavy cream (don't substitute milk or even half & half – it will break in the soup) and bring to a boil. Turn the soup off immediately and serve when ready. This soup can be reheated.

A hearty salad and croissants go well with this tomato bisque.

By North Star reader request Vanna gives her favorite soups and basic helpful hints.

Chicken Vindaloo

A fairly fiery stew or soup that is very easy to make. If you want a hearty stew don't add the broth. It gets its name from a hot Indian curry paste called Vindaloo. You will find it at most specialty or health food stores. If you can't find it substitute any tinned hot Indian curry paste.

- 6 lbs. boneless chicken - dark meat is preferable (thighs) but boneless chicken breast can be used. Just don't cook it as long or it will be dry.
- ¼ cup sesame oil
- 5 cloves garlic - chopped
- 2 large onions - chopped
- 4 oz. Vindaloo paste or hot Indian curry paste
- 1 tablespoon curry powder
- 1 8-10 oz. can chick peas - drained
- ½ bottle dark beer or ale
- ½ cups currants or raisins
- 4 quarts chicken stock
- 1 cup plain yogurt
- 3 cups cooked rice (1½ cups uncooked rice to 2¼ cups water)

(See Vanna's Soups on Next Page)
(Continued from Page 26)

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Pope Notes
Dee Palmer,
Library Director



Consider the Heavens
Elsa Ph. Walberg

The staff and Board of Trustees of the Pope Memorial Library thank the Danville community and all others who supported the Library in its 2004 Annual Appeal fund drive. We hope we can count on your continued support at Town Meeting on Tuesday, March 1.

The Pope Library will serve our traditional luncheon at noon during town meeting. The menu includes: Ham, Baked Beans, Cottage Cheese, Coleslaw, Rolls and Butter, Beverage and Dessert. The price for adults is \$7.50 and children \$3.50.

Tickets will be sold during town meeting and at the door of the school cafeteria. Please join us for a delicious meal and a great chance to visit with friends and neighbors.

Our 2005 raffle item is a hand-planed, six board blanket chest with a till and vinegar-grained finish. The chest is handcrafted by Sally Fishburn and Susannah Morlock and will be on display at town meeting.

Tickets are \$1.00 each or 6/\$5.00. The blanket chest will be raffled off at the August 6, 2005 Danville Fair.

Please join us for our book discussion series "Jane Austen's World." On Wednesday, February 23 at 7:00 p.m. we will discuss *Sense and Sensibility* with scholar Francett Cerulli. Books and

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It's up there, high in the sky, and brighter than predicted. Comet Machholz gained naked-eye visibility last month, a smudge of light shining close to the Pleiades. It's on a north-northwest course traveling 2.2 degrees a day, sweeping high across familiar constellations Taurus, Perseus, Cassiopeia.

The Comet will be circumpolar, up all night during February, March, and April, but slowly fading from magnitude 5 to 9. (The higher the number, the dimmer the star.

On clear nights in Vermont most people can see stars as dim as 6th magnitude.) That means that while you may be able to spot Machholz with sharp eyes this month, you'll need to begin tracking it with binoculars or a telescope thereafter.

For more than a week around

March 11 it will appear to travel within 6° of Polaris, the North Star, which is of 2nd magnitude brightness. By mid-May the comet will intercept the bowl-end of the Big Dipper's handle.

Where I now live in Bloomfield, near West Hartford, CT, I am not able to see Comet Machholz. Light pollution and city smog dim the heavens so that only the brightest stars and planets appear on the clearest nights.

How I miss the dark skies of the Northeast Kingdom! Don't ever take them for granted, and do what you can to discourage the encroaching light pollution that seems inevitable when the countryside becomes more populous.

During my 15-year sojourn in Danville I could see that slowly happening as new residents established their outdoor lighting, often without concern to focus it downward.

Recently I spent a week in Albuquerque, NM, arriving there on Epiphany, January 6, just in time to see Comet Machholz come within 2° of one of my favorite asterisms, the lovely Pleiades star cluster in Taurus, high overhead. It was breathtaking to be back under wide-open starry skies again, able to keep track of that smudge, that soft glow of light with a barely perceptible comet tail, all week long.

About 400 discoverers have had their names attached to comets. Don Machholz of Colfax, CA, discovered his tenth comet last August. It took him 1,458 hours of sweeping the skies, using binoculars and reflectors, after his previous find in 1994. He quickly e-mailed his sighting to the world comet-discovery's Central Bureau for Astronomical Telegrams.

Sure enough, within a few hours two astronomers in New South Wales, Australia, made confirming reports. For the books, the new comet is known as Machholz (C/2004 Q2) since he was the first to report it.

Happy hunting. ★

Vanna's Soups Are Made for Winter Weather

Cut the chicken into medium sized pieces and set aside. In a large saucepan brown the garlic and onions in the sesame oil. Add the chicken and cook for about 10 minutes over low heat stirring and combining the ingredients. Add the vindaloo paste, curry, chickpeas, currants or raisins and dark beer. Cook for about 10 minutes, and add the stock if you are making it into soup. Combine well and simmer for about 20 - 30 minutes depending on the type of chicken you are using. When the chicken is cooked through add the yogurt and bring back to temperature.

Add the cooked rice to the soup at service. Sprinkle with some chopped parsley or cilantro.

French Pork and Cabbage Soup

A great way to use a leftover pork roast or fresh ham. I buy a piece of fresh pork shoulder especially for this soup and make my own stock. You may also substitute ham for the fresh pork if that is what is available, although it does change the character of this wonderfully fragrant soup. I describe it as French because of the herbs (rosemary and thyme) used.

4-6 quarts of stock – For your own stock you will need

- unpeeled carrots, onions and garlic
- Cooked pork cut into cubes, fat removed
- 3 cloves garlic – chopped
- 2 large onions – chopped
- 2 tablespoons butter
- 4-6 cups coarsely shredded cabbage
- 4 large potatoes – cut into cubes
- 4 carrots – peeled and cut into small pieces
- 1 bunch leeks – cleaned and chopped (can substitute scallions)
- ½ cup chopped parsley
- 2 tablespoons fresh rosemary (can use dried)
- 2 tablespoons fresh thyme – chopped (can use dried)
- Salt and pepper to taste

Stock:

From Scratch: Use a fresh pork shoulder or any darker pork meat for the stock. Cover with 6 quarts of water or light chicken stock. Add 2 carrots, one onion cut in half and a couple of cloves of garlic. If you have any extra rosemary or thyme toss that in the pot. Cook for two hours and strain. Discard the vegetables and let the pork cool. Refrigerate the strained stock and remove the fat from the top of the cold broth. It is now ready to use for the soup. Remove the excess fat from the

pork and cut into cubes. You can do this a day or two in advance.

Store Bought:

Use a chicken stock in the tin or from bouillon cubes.

Make the soup:

In a large stockpot sauté the garlic in the butter. When it is browned lightly add the onions and cook until soft but not too colored. Add the stock and bring to a boil. Turn to a simmer and add the pork, cabbage, potatoes, carrots, leeks or scallion and the parsley, rosemary and thyme. Cook until all the vegetables are tender. You may have to add water or stock to the pot depending on the amount of pork you use. Salt and pepper to taste.

All you need is good bread for a hearty meal.



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Complete Flooring Sales & Installation. Carpeting, Vinyl, Hardwood, Ceramic Tile, Area Rugs. Stanley H. & Joanne C. Martin, Hollister Hill Road, Plainfield, VT 05667. (802) 454-7301.

Florists

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All occasion florist featuring fine silk flowers, unique dried designs and the freshest flowers in town. Wedding and funeral arrangements for all budgets. Customized gift and food baskets available. 10% senior discount not applicable with other discounts. 196 Eastern Avenue, St. Johnsbury, VT 05819. (802) 748-5656 or (800) 499-6565.

Artistic Gardens
Florist & Greenhouse. Unique floral arrangements for weddings and all occasions. Specializing in sympathy arrangements for funerals, fresh flowers, gourmet fruit baskets and balloons. FTD & Teleflora. Memorial Drive, St. Johnsbury Center. (802) 748-5646.

Forestry

McMath Forestry
Complete Ecological Forestland Management Services. David McMath, Forester, 4875 Noyestar Road, East Hardwick, VT 05836. (802) 533-2970. Toll Free: (866) 462-6284. www.mctree.com

Everts Forest Management
Timber Inventories & Appraisals. Timber Sales. Tax Assistance. Forest Management Plans. NH License No. 207. Peter Everts, 278 Cloudy Pasture Lane, West Barnet, VT 05821. (802) 592-3088.

New England Forestry Consultants, Inc.
Forest & Wildlife Management Planning Services. Green Certified Resource Managers. Contact Kurt Zschau at (802) 684-9900 or e-mail: woodlot@charter.net www.cforesters.com

Furniture Restoration

Chair Care and Klappert Furniture Restoration
Authentic restoration of old finishes and techniques for antique & fine furniture. Specializing in chair repair & all seat replacement. 90 5th Avenue, St. Johnsbury, VT. 05819-2672. (802) 748-0077.

General Store

Walden General Store
Full Deli, Clothes, Groceries, Megabucks & Lottery Tickets, ATM, Hunting & Fishing Licenses and Supplies, Fuel. Open Every Day. VT RT 15 in Walden. (802) 563-3001.

Click & Clack Talk Cars

Tires Don't Need Fancy Air

Dear Tom and Ray:

I recently heard about filling my tires with nitrogen gas to maintain their pressure and lengthen tread life. Since air we breathe is 78 percent nitrogen, I fail to understand how much benefit you would actually get from changing from air to nitrogen. The creators of this are selling it as a safety issue. I'd hate to pay for premium air. I'm seeing Starbucks-style gasoline boutiques in our near future. What do you guys think?

- Rob

TOM: My first thought is, I'm putting all my money into Airbucks!

RAY: Like many sales pitches, the nitrogen idea has a molecule of truth in it. You're right that normal atmospheric air is about 80 percent nitrogen already. The rest is made up of oxygen, argon, water vapor, cat dander, bad breath and coal-plant particulates. And the truth is, atmospheric air is absolutely good enough for filling your tires.

TOM: Pure nitrogen has a

couple of advantages. One is that it expands and contracts less under hot and cold temperatures than a mixture of nitrogen, oxygen and water vapor. That can be an advantage if you're in, say, a car driving at 200 mph around a track for 500 miles where tiny differences in tire pressure and handling can really make a difference.

RAY: Nitrogen also doesn't support combustion like oxygen does. So it's unlikely to fuel a fire started in some other part of the car if a tire explodes. Of course, there's already plenty of combustible air all around the car, regardless of what's in the tires.

TOM: And finally, both the oxygen and the small percentage of moisture in the atmospheric air can contribute to degradation of the inside of your tires and wheels. But think about it: The out-sides are exposed to the air all the time, so what are you worried about the insides for?

RAY: So, none of these advantages is important to the average driver. They just don't matter enough to ever think about. And they certainly don't

Preventive Maintenance is No Scam

Dear Tom and Ray:

I have a 2000 Toyota Camry with 118,000 miles on it. I bought the car new in November of 1999. I've been getting routine and preventive maintenance at the local Toyota dealer and have never had any problems with the car. My question is this: Given the age and mileage, is it worth continuing expensive preventive measures (they tell me I should do \$400-\$500 worth at 120,000 miles, including transmission flush, plugs, coolant flush)? I don't plan to get rid of the car anytime soon, and I want to avoid unexpected repairs. Your thoughts?

— Carol

TOM: A lot of people DO give up on preventive maintenance when the car gets old. They figure it's going to fall apart any day now, so why fiddle with the curtains on the Titanic?

RAY: Yeah, it's like my brother combing his hair. I mean, what's the point?

TOM: But let me put a question to you, Carol. If you live to be 75, would you stop eating then because you probably wouldn't live much longer anyway?

RAY: Of course not! So, you should absolutely continue your regular maintenance. You've been doing it since the car was new, and you've had almost 120,000 miles of trouble-free driving. That's a pretty good endorsement right there, isn't it?

TOM: When you have a car like yours, Carol, it's capable of going 200,000 miles or more, there's no reason to stop maintaining it. In fact, by not doing the regular maintenance, you actually MAKE the car fall apart.

RAY: For instance, servicing the transmission costs about \$100. But if your transmission fluid breaks down and

stops lubricating and cooling properly, the transmission could croak, and you'll be faced with choosing between a \$2,000 transmission or a new car payment every month for three or four years.

TOM: Same thing with the coolant. Flushing it out and replacing it is relatively cheap. But if you don't do it, it'll cost you a thousand bucks to take out the dashboard and replace your plugged-up heater core.

RAY: So, if you have a car that you plan to keep for more than another 10,000 miles, it's always worth it to do the regular maintenance.

TOM: The only caveat is that sometimes, some mechanics might ALSO be tempted to give up on your car when it gets old, and not check every single thing that's called for in the maintenance schedule. So be sure to let your mechanic know that you plan to keep the car for another 120,000 miles, and that you'd like him to be sure to check everything.

RAY: And if he looks at you funny, just mouth the words "boat payment," and he'll understand that you're willing to pay for the work. Good luck, Carol.

New Beetles Really Are Better

Dear Tom and Ray:

My college roommate and I are avid fans of your column and radio show, and now I have a question. I have always been interested in purchasing a pre-1998 VW Beetle convertible. Is this just a dumb idea, or do you think I can find a reliable old Beetle that I can love and take care of? I was wondering if you could give me a few pointers on what I should look for in an older Beetle and what to avoid. Thanks!

— Charli

RAY: What should you avoid? Well, the first thing that comes to mind is a pre-1998 Beetle.

TOM: Yeah. I hate to burst your bubble here, but the old Beetle was a dangerous little heap. Even on the day it rolled off the assembly line, it had lousy brakes, lousy handling and barely any crash protection. So, an older Beetle is not a car

I'd want my college-age daughter driving around in, Charli.

RAY: We should explain to everyone else that in the case of the Beetle, pre-1998 is 1977 or older. The original Beetle was sold in the United States from 1949 (two were sold that year) until 1977, when the Beetle was phased out — its spot in the lineup was usurped by the more modern VW Rabbit.

TOM: Then in 1998, in a fit of nostalgia, VW introduced the New Beetle, which looks like the old Beetle but is really a modern VW Golf with a cuter, rounder body. It has front-wheel drive, air bags, disc brakes, reinforced doors and a ventilation system. Basically, it has everything the old Beetle lacked. If you're going to get a Beetle, I'd strongly suggest that you get a New Beetle.

RAY: I know it's not as cool, or as historic, Charli. But you're too young to have your obituary read "Crushed by a Daewoo."

TOM: If you look for a 1998-2000 model, you can certainly find one for less than 10 grand. And if you don't quite have that much, isn't that what student loans and parents are for?



BARNET

A great year-round vacation home on 2.5 surveyed acres, close to Harvey's Lake, snow mobile trails and ski areas! Formerly an old grist mill, it has been lovingly made into an inviting 5-bedroom home featuring original beams, wood floors and a deck over the Steven's Brook. The detached 3-bay storage building is perfect for storing wood, snow machines and other recreational vehicles. ML 173627

\$199,000



DANVILLE

This very attractive ranch on 3 acres +/-, overlooking Joe's Pond, gives you ample garden area, great access to boating, fishing and swimming and is close to the VAST trail. The owners have just installed a new furnace, oil tank and new bath and added a familyroom and large deck. You can move right in! ML182432

\$139,900



ML#170634 Rural yet just out of town, this big family home enjoys 3 acres, manicured grounds, and even river frontage. The living room has a double fireplace and there's even a fireplace in the master bedroom. Space for a home business with separate bathroom and septic. 4 bedrooms, 3 baths.

\$179,900



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DANVILLE SENIOR MEAL SITE

February Meal Schedule

- February 1** - Chicken Parmesan, California Blend Vegetables, Homemade Bread, Oranges, Fig Newtons.
- February 3** - Pepperoni or Cheese Pizza, Orange Juice, Spinach Salad, Pudding, Oatmeal Cookies.
- February 8** - Shepherd's Pie, V-8 Juice, Blueberry Scones, Graham Crackers with Peanut Butter.
- February 10** - Scalloped Potatoes with Ham, Cranberry Bread, Peas and Carrots, Tomato Soup. Library Day.
- February 15** - Chicken and Fettucini Alfredo, California Blend Vegetables, Orange Juice, Homemade Rolls, Ben & Jerry's Ice Cream.
- February 17** - Meat Loaf and Gravy, Rice, Broccoli, Orange Slices, Cranberry Raisin Scones.
- February 22** - Turkey Divan, Spinach, Mandarin Oranges, Rice, Homemade Rolls, Cake.
- February 24** - Minestrone Soup, Tuna Salad Sandwiches, Pineapple, Pudding, Oatmeal Cookies. Library Day.

Sing-a-Long with Winona Gadapee on Tuesdays at 11:30

Meals at Danville Methodist Church. All meals served with a beverage, homemade breads and desserts. Reservations are appreciated by calling (802) 684-3903 before 9:30 a.m. on day of the meal. A donation of \$3.00 for guests 60+ (Others \$4.00) is appreciated.

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Bald Eagle Found Near Moore Reservoir

Two Vermonters found a downed, banded bald eagle on Christmas morning in the woods near the Moore Reservoir in Waterford. The band identified the young female as one of eight eagles reared and released this summer from the Dead Creek Wildlife Management Area in Addison as part of the Vermont Bald Eagle Restoration Initiative.

The eagle was transported to the St. Johnsbury Animal Hospital and examined by Veterinarian Robert Hoppe. The eagle died the following day while being transported to Tufts Wildlife Clinic in Massachusetts.

Preliminary examination of the eagle by Dr. Mark Pokras from Tufts found no obvious trauma, such as gunshot wounds or broken bones, and stomach contents were not suspicious. Results from blood and tissue samples are pending.

"The eagle was very weak. It flopped a few times and then fell over," said Russell Gray, who along with his wife, Marsha, found the bird. "At first I thought it was a turkey vulture but when I got closer I could tell it was an eagle. Then I saw the legband."

This was the first confirmed

sighting of the eagle since August.

"It is disappointing news, but not totally unexpected," says Craig McLaughlin, wildlife director for the Vermont Fish & Wildlife Department. "Over 50 percent of young eagles die during the first year of their life. However, once the eagles become adults in about five years, their survival is closer to 90 percent."

Eagles die from causes including collisions with power lines or with cars or trains while they scavenge near roadways and railroad tracks, poisoning, gunshot and electrocution.

Vermont's Bald Eagle Restoration Initiative is to restore a nesting bald eagle population to the Lake Champlain basin of Vermont. For three years, six to nine eaglets will be raised with little human contact and then

released when they learn to fly and successfully hunt food on their own. It is hoped the eagles will return to the Lake Champlain basin to nest once they are old enough to breed in about four to six years.

The Vermont Fish & Wildlife Department is coordinating this restoration effort in partnership with the U.S. Fish and Wildlife Service, the National Wildlife Federation, Outreach for Earth Stewardship, Central Vermont Public Service and others.

"Once the birds are released to the wild it's a challenge to track them," says Eveleen Cecchini, director of Outreach for Earth Stewardship. "We had sightings of eagles around the Dead Creek area, but confirmation through leg band identification was difficult. As far as we know, this was the first one found in poor health."



Photo By: Steve Costello

This young eagle prepared for flight from a man-made nest at Dead Creek Wildlife Management Area in Addison. Eagles were last seen in the Dead Creek area in August.

Cobleigh Public Library ~ Lyndonville

Monday: Noon - 5:00 p.m.
 Tuesday: Noon - 7:00 p.m.
 Wednesday: 10:00 a.m. - 5:00 p.m.
 Thursday: Noon - 7:00 p.m.
 Friday: 10:00 a.m. - 5:00 p.m.
 Saturday: 9:00 a.m. - 1:00 p.m.



Photo Courtesy of Pope Library

A January project of the Pope Library Young Adult Program led to participants making personalized baskets with Lori Fleurie. The group included (from left front clockwise) Jessica Ledo, Lori Fleurie, Beth Decker, Sam Austin, Rebecca Newman, Andrew Gilbert, Max Willis and Meghan Potts. The YA program is made possible by means of a grant from the Vermont Department of Libraries funded by the Freeman Foundation.

West Barnet Senior Meal Site

February 2005

- February 2** - Beef Stew, Tossed Salad, Biscuits, Grapenut Pudding.
- February 4** - Meat Loaf, Mashed Potatoes, Fresh Carrots, Cake with Frosting.
- February 9** - Salmon Pea Wiggle, Biscuits, Copper Penny Salad, Green beans, Jell-O with Fruit.
- February 11** - Liver with Onions and Bacon, Mashed Potatoes, Mixed Vegetables, Dark Breads, Pudding with Topping.
- February 16** - Chop Suey, Sauerkraut Salad, Buttered Beets, Dark Bread, Pineapple Upside Down Cake.
- February 18** - Salisbury Steak, Mashed Potatoes, Mexican Corn, Dark Bread, Fruit Cup.
- February 23** - Lasagna, Tossed Salad, Garlic Bread, Jell-O with Topping.
- February 25** - Corned Beef with Cabbage, Potatoes, Turnip, Carrots, Homemade Rolls, Ice Cream.

Meals served at West Barnet Church. All meals served with a beverage. Reservations not required. Suggested donation of \$3.00 per meal is appreciated. Phone (802) 633-4068.



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Sheffield: Comfortable and homey, this 3-bedroom house is on 28-acres with great views close to VAST snowmobile trails. Kitchen, dining and living area all accented with gas fireplace. Property includes mobile home with large addition for family or inlaws. **\$199,000**

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BEGIN REALTY ASSOCIATES



Barnet

Barnet farmhouse on 3+/- acres. House has 4 bedrooms and 2 baths, pleasant wrap around porch, attached ell ideal for storage or garage space. House in need of some repairs. ML# 171668 **\$139,000**

Spring will be here before you know it, so if you're planning to build your dream home or camp in 2005, take a minute to look at these land listings that Begin Realty currently has listed for sale.

Danville land: 2 lots available on Oneida Road. Views with minor cutting. Wooded, power on site, town maintained road. Perc tested, state & local permits in place.

- * Lot 1 3.5 acres \$37,500 ML# 180317
- * Lot 2 4.105 acres \$39,900 ML# 180316

48.6 acres with nearly 2000 ft. of road frontage on a class 3 road in Peacham. This is a fairly level parcel with a nice mix of young hardwoods, electricity at the roadside, and plenty of space for the outdoor enthusiast. ML# 173911, priced at \$74,900.

One of the few building lots remaining in Danville village, this 1.8-acre parcel has all permits in place, including an engineered septic design and authorization for hook-up to town water. Newer neighborhood, close to all amenities. ML# 183705, priced at \$49,000.

A really nice 11.3-acre parcel on a private road only a little over a mile from town. The home site has been cleared, the driveway is in, and the site has been perked. There is enough open land for a horse or two and lots of old roads and trails throughout the area. ML# 174624, priced at \$79,100.

Over 15 acres near Keiser Pond with nearly 1500' of road frontage and a good-sized stream along one border. This parcel is mostly wooded with some large cedar for possible market potential. ML# 123342, priced at \$29,500.

ML# 128075
 10 +/- acres, conveniently located on a paved road just outside the village with easy access to Danville and surrounding area. Close to snowmobile trails. This parcel has been cleared and a partial driveway is in place. \$29,000.

ML# 177058
 11 +/- acres of mostly wooded land with some clear areas for home or camp. Close to snowmobile trails and would have great views of Joe's Pond with clearing. ROW access to be determined. \$57,500.



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BEGIN REALTY ASSOCIATES

AROUND THE TOWNS



COMMUNITY CALENDAR

- Mondays** - Preschool Story Time, St. Johnsbury Athenaeum Youth Library, 10:00 a.m. (802) 748-8291.
- Mondays** - Story Time, Pope Library, Danville, 10:00 a.m. (802) 684-2256.
- Mondays** - Just Parents meet with concerns for drugs and kids, Parent Child Center, St. Johnsbury, 7:00 p.m. (802) 748-6040.
- Tuesdays** - Bridge Club for all experience levels, Cobleigh Library, Lyndonville, 6:30 p.m. (802) 626-5475.
- Wednesdays** - Preschool Story Hour, Cobleigh Library, Lyndonville. 10:00 a.m. (802) 626-5475.
- Thursdays** - Introduction to Computers, Cobleigh Library, Lyndonville. 10:00 a.m. (802) 626-5475.
- Thursdays** - Chess Club and Game day, Cobleigh Library, Lyndonville. 3:30 p.m. (802) 626-5475.
- Thursdays** - Danville Town Band Rehearsal, 7:00 p.m., Danville School auditorium. (802) 684-1180.

- Saturday & Sunday** - Planetarium Show 1:30 p.m., Fairbanks Museum, St. Johnsbury, (802) 748-2372.
- Saturdays** - Bridge Club for all experience levels, Cobleigh Library, Lyndonville, 1:00 p.m. (802) 626-5475.

February

- 2 *Landscapes of the Sublime: Bierstadt and the Hudson River School*, St. Johnsbury Athenaeum, 7:00 p.m. (802) 748-8291.
- 2 Dining with Diabetes, UVM Extension, St. Johnsbury. 5:00 p.m. (802) 751-8307.
- 2 Annual Groundhog Day Dinner in Peacham with music by the Klezchucks Klezmer Band. 6:00 p.m., Peacham Congregational Church. Call (802) 592-3171 for reservations.
- 4 Family Contra & Square Dance with Hull's Union Suit Victory String Band,

- Knights of Pythias Hall, Danville. 8:00 p.m. (802) 563-3225.
- 5 Men's Ecumenical Breakfast, Methodist Church, Danville, 7:00 a.m. (802) 684-3666.
- 5 Scrabble Club, St. Johnsbury Athenaeum, Noon - 4:00 p.m. (802) 748-8291.
- 5 Northeast Kingdom Classical Series: Paris Piano Trio, South Congregational Church, St. Johnsbury. 7:30 p.m. (802) 748-8012.
- 5 Northeast Kingdom Audubon trip to look for gray jays at Victory Basin. Meet at 7:00 a.m. at White Market Plaza parking lot, Lyndonville. (802) 626-9071.
- 5 Athenaeum Awards presentation to Artist, scholar and teacher Frank Mason, St. Andrew's Church with reception to follow at the Athenaeum. (802) 748-8291.
- 7 Northeast Kingdom Audubon informational and planning meeting, Fairbanks Museum, 4:30 p.m. (802) 748-8515.
- 9 Dining with Diabetes, UVM Extension, St. Johnsbury. 5:00 p.m. (802) 751-8307.
- 10 Book Discussion: Isak Dinesen's *Babette's Feast*. Cobleigh Library, 6:30 p.m. (802) 626-5475.
- 10 Book Discussion: William Wharton's *Birdy*, 7:00 p.m. Barton Public Library. (802) 525-6524.
- 10 After-film discussion at Catamount Arts, St. Johnsbury.
- 11 Sacred Circle Dance, Danville Congregational Church, 7:00 -9:00 p.m. (802) 684-3867.
- 12 Abraham Lincoln's Birthday
- 13 Winter Ecology, 1:00 -4:00 p.m., North Woods Stewardship Center, East Charleston. (802) 723-6551.
- 14 Valentine's Day
- 14 Cancer Support Group, Conference Room A, NVRH, 4:00 p.m. (802) 748-8116.
- 16 Dining with Diabetes, UVM Extension, St. Johnsbury. 5:00 p.m. (802) 751-8307.
- 16 Cardiac Support Group, Cardiac Rehabilitation Room, NVRH, 6:30 p.m. (802) 748-7401.
- 17 Neolithic World of Stone with Bob Manning, 7:00 p.m., North Woods Stewardship Center, East Charleston. (802) 723-6551.
- 19 Introduction to Ice Fishing on Seymour Lake, 9:00 a.m. - 2:00 p.m., North Woods Stewardship Center, East Charleston. (802) 723-6551.
- 21 Presidents' Day
- 22 George Washington's Birthday
- 23 Nearly Full Moon Snowshoe, 7:00 p.m., North Woods Stewardship Center, East Charleston. (802) 723-6551.
- 24 Book Discussion: *Like Water for Chocolate* by Laura Esquivel, Cobleigh Library, Lyndonville. 6:30 p.m. (802) 626-5475.
- 23 Book Discussion: *Sense and Sensibility* by Jane Austen, Pope Library, Danville. 7:00 p.m. (802) 684-2256.
- 25 Sacred Circle Dance, Danville Congregational Church, 7:00-9:00 p.m. (802) 684-3867.
- 28 Diabetes Support Group, Conference Room B, NVRH, 6:30 p.m. (802) 748-7433.
- 28 Alzheimer's Support group, Caledonia Home Health, St. Johnsbury. 7:00 p.m. (802) 748-8116

See also the Arts Around the Towns Calendar Page 14.



Photo From Fairbanks Museum Archive Collection

North Star contributor Pat Swartz is an archivist at the Fairbanks Museum. Not long ago she discovered this old photograph and has been puzzled by its content and location ever since. Do any readers have clues, suggestions or paths we might follow to learn what the story was behind these faces? Is this a 19th century daycare program or a rural school group with some scholars holding their books? Are they twins or just best friends in the right front? If those four in the middle of the group are teachers, what were their specialties, and what were their hopes for the future of this great collection of personalities? Where would one go today to get a decent hat? And the building? Notice how straight its lines and how even the shingles on its roof are.

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