

THE North Star MONTHLY

Every Small Town's Newspaper

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JANUARY 2005
Volume 16, Number 9

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HERBERT ELLIOTT'S POETRY PUBLISHED AT TROLL PRESS

CARLA OCCASO

A collection of poems by a local poet came off the presses at the end of December. The compilation, entitled *Take Your Last Look*, contains 35 poems and some illustrations by Herbert Elliott, a former St. Johnsbury farmer, teacher and school principal, who composed poems and stories in his head while milking cows, says his daughter, Sandy Elliott Ebbett.

Publishing her father's poems fulfills a promise Ebbett made to her mother at the time of his death.

"When my father died in 1990, my mother asked me to take care of his poetry," Ebbett says in the book's introduction. "For more than 10 years I couldn't bring myself to look at the poems although many were familiar to my childhood."

Elliott spent most of his life as a farmer with a stint as a teacher and principal in St. Johnsbury schools. He wrote

(See *Poetry* on Page 5)

Randall Lineback Cows Faced the Brink of Extinction



Photo By: North Star Monthly

David Randall of Kirby is promoting the recovery of the Randall Lineback cows, which trace their ancestry to the landrace breeds that arrived in the New World from Europe in the 1600's. His cow, Daisy, will freshen in February or March. Randall hopes that Dairy Herd Improvement tests of her milk will be a step toward satisfying a market niche for heritage breed milk, butter and yogurt.

TERRY HOFFER

Samuel Randall must have been a stubborn son of a gun. He was one of the Sunderland Randalls who operated a dairy farm in the hard hills of southeastern Vermont where the unforgiving landscape is drained by the Batten Kill.

Samuel Randall came to Sunderland in 1912. Much of his family history is unclear, but the Randalls apparently kept, bred and selected their dairy cattle in virtual isolation for more than 70 years.

Samuel's son Everett inherited the farm, and when he died in 1985 the tendency to isolation had kept the herd intact, and it was a veritable time capsule from the history of agriculture.

The first cows came to the Americas with Spanish explorers in the 1500's. Those cows were a hardy lot. They adapted to the new environment, and from them evolved several breeds including the Texas

Longhorn. In the next century settlers from England and northern Europe arrived, and with them came the landrace breeds, cows that were highly suited to demanding environments and predecessors to selective culling for milk production. These early colonial varieties - the Spanish breeds in the south and English and European breeds in the north - adapted to the New World and served the needs of subsistence farming for more than 200 years.

In the 19th century as gasoline engines and electricity changed conditions in the barn and as the railroad made distant markets more accessible, the subsistence farm became a business. One or two cows became a dozen or more, and the notion of farm management led to a concentration on improving production as measured by volume. Gradually the colonial varieties were "graded up" with stock that was specialized.

Hereford (from England) and Angus (from Scotland) stock pro-
(See *The Sunderland Herd* on Page 6)

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Thank You Miss Dorgan

There is a long story as to how this all got started, but fast forward to last spring when I was thinking about the best teacher I ever had. Her name was Miss Dorgan, and the Russians had just put their satellite in orbit. Sputnik was streaking across the sky, and I was learning to present a book report. I was in the 4th grade. Miss Dorgan was at the front of the room.

I thought about doing this many times, but for some reason last spring I grabbed the phone and called the department of education in the town where I'd been a student in elementary school. I tentatively asked if anyone knew the whereabouts of the great Miss Dorgan. There was a pause, and the lady on the line asked if I needed a reference. She laughed, and I explained the purpose of my call. I've had a bunch of teachers over the years, and make no mistake about it there were some great ones, but the name at the top of the list never changed. I said I just wanted to find this lady, and if I could, I'd like to send her a note. I had no reason to think she would remember me, but I wanted to see if I could get a current address and express the thoughts I'd had so many times before. The lady in the department of education said that due to considerations for confidentiality she couldn't answer my question directly, but she did allow that J. Dorgan had an active file and that if I mailed her the letter she would relay it on to my 4th grade teacher. I was in business.

It took me a lot longer than I thought, but I tried to remember the names of my classmates. Surely, I thought, Miss Dorgan won't remember me, but if I could put together enough names - at least one would stand out to our teacher of almost 50 years ago to ring some sort of bell. I might have gotten a third of the names, and I wrote what I thought expressed my long-standing appreciation. I stuck my letter in an envelope, and I waited.

A couple of weeks went by, and there in my mailbox was a letter in return. No email for Miss Dorgan. She had carefully hand written a beautiful note. She convinced me that she knew exactly who I was, and she said she remembered not some but all of the names I had mentioned. Gosh - she's still good. What a wonderful lady.

A few days ago I received another card from Miss Dorgan, and she made my day again. I see that she gets the *North Star* each month, and she says she gets a kick out of it. In her carefully hand-written note she wished us all "Happy Holidays," and I'm darned glad that I thought to seek her out last spring. Happy Holidays to you, too, Miss Dorgan, and I'll try to find a way to get the people I know to reach out to their old (make that former) teachers. I'll bet there are some pretty nice notes waiting to be written, mailed and then opened.

What a great way to start the New Year.

Terry Hoffer

Emotion v. Reason in Siting Dialysis Unit

There are times when I am stunningly naive. The most recent example relates to regional health care planning for the Northeast Kingdom. I am well aware that emotion is a far more powerful motivator of human behavior than is logic (a theme familiar to those suckled on the original Star Trek series). I suspect we all, at one time or another, act on what we want rather than what we know—that cigarette, piece of pie... How naive of me to think that reason prevails over emotion in regional health care planning, a process supposedly directed toward distributing resources (money, expertise, personnel) in ways that improve the health of as many people as possible. My nose has been rubbed in my naivete by the planning process aimed at establishing a dialysis unit in Newport.

Those of us blessed with good health can easily underappreciate the degree of suffering endured by people with kidney failure who must, in order to stay alive, regularly undergo dialysis. Imagine having to ride 1-2 hours one way, perhaps feeling nauseated, tired, short of breath or light headed, three times a week for the rest of your life. This is the experience of Northeast Kingdom residents who are on hemodialysis. Reducing this burden is a principal goal of establishing a dialysis unit in the NEK.

There have been several analyses in the past decade by qualified people on where best to place a dialysis unit in the Northeast Kingdom in order to minimize the commuting distances for the largest number of people. Regrettably, given regulatory stipulations, need for access to proper water and sewage hookups, and ease of access to emergency medical services - what is optimal and what is realistically attainable do not seem to coincide.

Frustrated by inaction to improve the situation, health care representatives and dialysis patients in the Newport area have successfully organized and moved forward a plan to develop a dialysis facility in Newport. To accomplish this, they took the issue to their state legislators. The valid and compelling stories of the hardships faced by dialysis patients in the Newport area, coupled with adroit legislative maneuvering, resulted in the progress to date in bringing dialysis to Newport, and effectively bypassed the health care planning system.

There is a role for dispassionate reason in health care planning. I am pleased that people in the Newport area may soon have dialysis closer to their homes. However, I do not see their needs as being any more or less than, say someone in Barnet who travels to West Lebanon or someone from Lyndonville who travels to Lancaster 3 times a week for dialysis. There is an acknowledged ambiguity in the calculations of reducing travel times to dialysis for the maximum number of people. The aggregate travel time can be reduced more by shortening the commute of many people by multiples of minutes, than by decreasing the commuting time of a few people by fractions of hours. There is then, a value judgment. Who benefits more, a few who may reduce their time on the road by, say, an hour, or many who reduce their commute by 15-30 minutes?

A dialysis unit in Newport will be a wonderful service, reducing the travel time for several, but unfortunately not most, Northeast Kingdom residents on dialysis. Dialysis is very expensive. Reported estimates range from \$32,000-60,000 per person per year. The proposed unit in Newport will be supported by all of us though state funds for some of the initial capital expenses and through federal funds for much of the ongoing operational expenses. Is this the most equitable use of public funds?

There is no easy solution to this dilemma. Developing two dialysis units, one in Newport and one in St. Johnsbury, although an attractive option from the standpoint of helping more people shorten their travel time, is far too expensive to be viable in our current climate of health care cost control. Heroic altruism on the part of the Newport coalition that has worked so hard to bring dialysis to their community seems equally unrealistic. I have no desire to see this problem studied to oblivion or inaction perpetuated for another generation. However, I do think that the Vermont health care planning process needs to repossess the issue of dialysis in the Northeast Kingdom to legitimize the planning process and, I hope, find a reasonable and emotionally acceptable solution to this problem.

Tim Tanner

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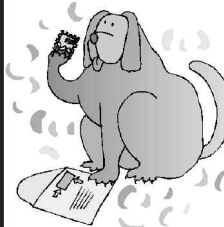
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LETTERS: Write to *The North Star*, and let us know what's on your mind. Your point of view or observation is important to us. Letters must be signed.

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,
Thank you for another year of excellent and exciting reading.

The content of the *North Star* just keeps going forward with each issue. My congratulations continue as well.

Dorothy Collins
St. Johnsbury, VT

(See *Letters* on Page 4)

Steamship Virginius Sinks Within Sight of Land Women's Suffrage Convention May Set Movement Back

The North Star

"WHERE LIBERTY DWELLS THERE IS MY COUNTRY"

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THE NORTH STAR

January 2, 1874

Girls, learn to swim, all of you. The Misses Mixer of Boston, who were saved from the Vill du Havre were excellent swimmers. They went down with the ship, and then struck out.

The Midland Railroad Company of England had a five days' auction of umbrellas etc. left on their cars during the past year. Their stock comprised 1,345 umbrellas, 156 sunshades and 612 walking sticks.

United States Treasurer Spinner still keeps as a relic the torn and blood stained playbill with which Laura Keene attempted to staunch the wound of President Lincoln in his box at Ford's Theater on the night of the assassination.

Cure for Dropsy - Mrs. Michael Carrigan of White River Junction suffered for seven months from dropsy in its most aggravated form. Her limbs were

swollen to bursting, and her case was deemed hopeless by attending physicians. She was advised to try the root of milkweed steeped in water and began using it drinking one half teacup three times a day. She experienced almost immediate relief; in two weeks was able to be about and has now fully recovered. Mrs. Carrigan desires the public to know of this cure trusting that others suffering from the disease may be equally benefited by the remedy.

January 9, 1874

Virginius Sunk - The latest news about the steamship Virginius is that she has sunk to the bottom of the ocean. She was being towed into New York by the steamer Ossipee in a leaky and very bad condition. There was a severe storm at the time and on the 29th when off Cape Fear and in sight of land, in spite of all the efforts of the crew aboard, she settled and went to the bottom. No lives lost. This will end all further dispute with Spain as to the surrender of the vessel to that power.

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January 16, 1874

Dakota Territory - Bills have been introduced into both houses of Congress providing for a division of Dakota territory and a petition will be presented signed by a majority of the inhabitants in favor of such division. The movement is not new. The Dakota legislature has twice memorialized Congress to the same end. It is the northern portion of Dakota between Red River and Montana, which asks for a separate territorial government. This section claims a population of 7,000 people and peculiar advantages for building up a prosperous state. It has 200 miles of the Northern Pacific Railroad which divides it running from east to west and 2,000 miles of navigable rivers including the Red, Yellowstone and Missouri Rivers. Less than 12 percent of the land is waste land for agricultural purposes, and this is said to be rich in mineral wealth. The people of this section complain that under the present territorial government they are left almost without representation in the legislature and with inadequate provision for courts. Their principal town, Bismark, is 900 miles away from the capital of the territory.

The expense of running the vil-

lage of St. Johnsbury the past year has been \$13,500 including a \$6,000 sewer.

The University of Vermont reports there were 147 students in the institute the past year, twelve of whom were females. The present freshman class numbers thirty, the largest for many years.

Edward Piersons of Peacham who was seriously injured by the fall of a tree on the 5th died after lingering some 24 hours.

January 23, 1874

Paul Guilmette, aged fifteen years, was before the Burlington City Court for larceny of two pairs of gloves from N. Allen and was sentenced by Judge Tyler to the Reform School for the remainder of his minority.

John Fleury, a Frenchman living in St. Albans, while intoxicated Friday last threw his wife on a hot stove and otherwise abused her. He was arrested by Deputy Sheriff J. C. Place and brought before Judge Buck and fined \$15.

Congress is to be asked for an appropriation to fit another expedition to the North Pole.

Wanted: A situation to take charge of a grain and flouring mill by an experienced and practical miller, or would hire a mill on reasonable terms. Good references given. Inquire at this office.

January 30, 1874

Fair Ground Company - The annual meeting of the Fair Ground Company was held after

the meeting of the Agricultural Society and the financial condition of the company was reported. Ticket money received in 1873: \$2,933.03. Rent for tents: \$452.50. Expenses: \$2,517.19. On hand: \$868.31. After the treasurers report which was highly satisfactory to all, Horace Fairbanks, E. A. Parks, H. C. Hastings, Wm. Higgins, C.A. Sylvester, John Bacon 2nd, A. R. Hovey and Wm. Adams were elected as directors. Horace Fairbanks was elected president.

For a change we have had a cold snap. Last Sunday about noon it commenced growing cold fast and continued so until Monday morning when the thermometer indicated 22 degrees below zero, it was the lowest temperature of the winter. Tuesday was more moderate. Not half enough snow for good sleighing.

The Boston Journal says, "The necessity for woman suffrage will come when it is felt by all the women; the time for it will come when the women say it is time." Any obstinate stand taken on the part of individuals with a view to procuring suffrage in advance will be of no avail. Hence we do not think much of the creed of suffragists laid down in the convention now being held in Washington, which declares that every woman who holds property on which tax was assessed should not pay it unless she be allowed to vote. Let this policy be pursued and we think the cause of women suffrage would be set back instead of advanced.

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Letters to the Editor:

(Continued from Page 2)

Up on the Farm Early

Dear North Star,

The December [2004] *North Star* in its "Up on the Farm Early" mentions lyrics in an old song. The lyrics are from the tune *Chattanooga Choo-Choo*.

"Pardon me boy, is that the Chattanooga Choo-Choo? Yes, Yes track twenty nine. Boy can you give me shine? Can you afford to board the Chattanooga Choo Choo? ..."

Chattanooga Shoe Shine Boy from approximately the same era has entirely different lyrics, and I don't remember them in their entirety.

Chattanooga Choo Choo was a big hit for the Glenn Miller Orchestra in the early 1940's. The vocalist was Gordon "Tex" Beneke who died about two years ago.

I enjoy your paper.

Gavin McDonough
Richmond, VA

Blacksmith Shop

Dear North Star,

After the blacksmith shop [November 2004 *North Star* back page photograph] was taken down, my husband had the 2 story-2 car garage from the north side of the house moved to that location out on US 2. Perhaps it now is the pretty house across from the Danville Restaurant. Thanks for the memories.

Madeline MacKenzie Dodge
Sun City Center, FL

Noel

Dear North Star,

Holiday hellos and hugs to all my old friends in Danville Green! Here's a verse celebrating all our Christmases past with the sleighbells and mistletoe and the Yuletide make-believes and stories; *The Christmas Carol*, *Nutcracker*, *Child's Christmas in Wales*, and yes, Dorothy, the *Santaland* and the Wise Men and Shepherds:

*I know, I know,
it doesn't seem so,
but for now let's just pretend
there's peace on earth,
this sorry old earth,
and even good will
towards men!*

Don Tescher
Thomaston, ME

A Nuclear Bomb for Iran?

Back in the 1980's, when there was a race between the Soviet Union and the United States to see who could build the most nuclear bombs, a suggestion was made that it might be a good idea if every country that could produce a bomb had one. The weapon would be for defensive use only and would discourage other nations from attacking.

Proof that such reasoning may have some logic is that there has been no nuclear weapon fired for offensive or defensive purposes since we dropped our bombs on Hiroshima and Nagasaki in 1945. There were some years in which several nations tested bombs on islands in the South Pacific. They became uninhabitable for many years, and the results confirmed lessons learned in 1945 about the threat to our civilization if a nuclear war broke out. None of the nations believed to have bombs – United States, Russia, France, Great Britain, China, Pakistan, India, Israel and North Korea – have dared to use them for fear of inevitable retaliation. Collectively these countries have thousands of weapons.

It seems obvious that Iran would welcome an international policy that would permit it to produce a bomb to protect it, too, from attack. North Korea may well have such a weapon and is developing missiles to deliver one. No one seems to know for sure if it has a usable bomb, but no one has had the courage to attack and find out. Iran probably would like to be in the same situation.

It is difficult for me to understand the hand wringing over the Iranian nuclear program, particularly when so many nations already have nuclear devices of their own. Perhaps it is time to negotiate with the Iranian Revolutionary Guards who run its nuclear program. Perhaps they could be persuaded to build a single bomb to defend their country against Israel, considered to be Iran's implacable enemy.

Several countries that have bombs are worrisome. For example, Pakistan is politically unstable, and several attempts have been made to assassinate its President Musharraf. There are Taliban sympathizers in the country. It was not long ago that the world worried about a possible nuclear war between India and Pakistan. Perhaps it was the possibility of that almost-nuclear war that scared those countries so that they are now making attempts to better understand each other and cooperate.

One worry, of course, is that with so many nuclear bombs around, terrorists will steal some and use them. However, there is no indication that terrorist groups have the infrastructure to develop the rockets required for delivery. If one or two more bombs might make the difference in the terrorist ability to get one, then of course, everything should be done to prevent Iran from building one.


I believe the Iranians will continue their efforts to build a nuclear weapon. They know the nuclear powers disapprove and that probably sanctions will be imposed by the United Nations. But Iranians believe their country will be more secure, and that is their priority. At the same time, they should give every assurance to the world that Iran will not be the first to use its bomb. In time, when it is obvious that Iran can be a responsible member of the nuclear club, sanctions may be lifted. Iran would doubtless argue that the Middle East would be less violent and more stable. And maybe it would.

John Downs

Cobleigh Public Library Lyndonville

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The Alzheimer's Association of Vermont and New Hampshire will offer its course - "Living with Dementia" at Green Mountain Adult Day Service at 148 Prouty Drive in Newport, on Wednesday evenings January 12, 19 and 26 from 6:00 to 9:00 p.m.

The course will cover topics such as understanding dementia, safety, communication, activities, behavioral challenges, caregiving issues, medical and legal concerns and care planning.

This program is ideal for family and friends of individuals with dementia. Cost of the course is \$25 per person or \$50 per family regardless of size.

Advanced registration is required. To register, or for more information, please contact the Alzheimer's Association office at (800) 536-8864 or (802) 229-1022.

The Alzheimer's Association is the premier source of information and support for the 4 million

Americans with Alzheimer's disease. Through its national network of chapters, the Association offers a broad range of programs and services for people with the disease, their families and caregivers.

The Association also represents their interests on Alzheimer-related issues before federal, state and local government. As the largest private supporter of research on Alzheimer's disease, the Association has committed more than \$100 million toward research into the causes, treatment, prevention and cure of Alzheimer's.

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Poetry by Farmer, Teacher and St. Johnsbury School Principal Herbert Elliott Published at Troll Press

(Continued from Page 1)

most of his poems and an ongoing children's story while sitting on the milk stool where he also would tell his children adventures undertaken by a talking bear. The bear tales went on in installments each night for years whereby the bear would get involved in current affairs or with actual daily activities of the Elliott children, such as picking berries or getting in the hay. Those epic stories were never committed to paper.

"While Daddy was telling bear stories I probably was feeding calves or combing the next cow to be milked," Ebbett says, adding that her brother, then called 'Stevie,' listened to the stories as he milked from a pint-sized stool next to his father.

Ebbett spoke wistfully and often laughed when recounting her father's life and his poetry.

Born on Nov. 28, 1914 in Quebec, Elliott moved with his

parents and siblings to the Stark neighborhood of St. Johnsbury in 1921. In those days, schoolteachers boarded with students, and his family hosted a teacher who taught Elliott to draw, read and write. He also learned farming, and later worked for the Works Progress Administration during the years of the Great Depression.

A 1933 graduate of Lyndon Institute, Elliott went on to get a teaching degree from the Lyndon Normal School and started working as a teacher in St. Johnsbury, where he advanced to be principal. He married the former June Hall in 1941. Then, during World War II, he worked in a shipyard in Portland, ME.

The family returned to Vermont and bought a larger farm "with more cows and a larger turkey business," Ebbett says, adding dryly, "He wrote no poems about turkeys."

Elliott did write about a range

of other subjects from milking cows and digging potatoes to such topics as love and the passage of time. Four poems have already been published in the *New York Times* and one in *Reader's Digest*.

Robert Frost was one of Herbert Elliott's favorite poets, Ebbett says. And like Frost, Elliott's poems are set among rocks, trees and snow but often suggest greater human emotion, such as with the collection's title poem "Take Your Last Look."

Take Your Last Look

Take your last look beneath the hemlock trees
At blood-red partridge berries and the rare
Green ground-pine, for the world must change tonight,
And snow will seize the fields and woods and air.

Of winter, he writes:

Now Let the Winter

The wingtips of the snow have brushed the hills.
The wind begins to make the forest roar.
November rattles the farmhouse door,
And now the raked up leaf pile whirls and spills.

The plowman whips his team into the blow.
The horses dig their hoofs in the ground

And turn the final furrow, homeward bound:
Now let the winter seed the land to snow.

Like her father, Sandy Ebbett grew up to raise a family, live on a farmstead and have a career in academia. She worked as a lab assistant in the Lyndon State College department of geology. She and her husband, Bud, raise Scottish Highlander cows, chickens and a sizable garden.

About 10 years after her father's death, Ebbett took a stack of her father's hand-written poetry and organized it into categories. On December 22, Troll Press in St. Johnsbury completed the first printing. ★

Registration Opens for CCV

Registration for spring semester courses through the Community College of Vermont in St. Johnsbury opens Monday, January 3, and continues through Friday, January 14. Students may register Monday, Tuesday or Thursday from 9:00 a.m. to 5:00 p.m., Wednesday from 10:00 a.m. to 6:30 p.m. and Friday from 9 a.m. to 3:30 p.m. Spring classes begin the week of January 24 and continue through early May.

Financial aid is available to qualified students, and those interested should call (802) 748-6673 to schedule an advising appointment, basic skills assessments or new student orientation. CCV's Course Schedule of spring offerings statewide is available, and information is posted on the Internet at www.ccv.edu

Most classes meet once a week with daytime, evening, and weekend options available. In addition, CCV is offering over 175 online courses this spring. At \$154 per credit, CCV's tuition is the lowest of any college in the state. For more information visit CCV in St. Johnsbury at 1197 Main Street or call (802) 748-6673.

The Community College of Vermont, established in 1970, is Vermont's second largest college. A member of the Vermont

State Colleges, CCV has 12 learning in Bennington, Brattleboro, Burlington, Middlebury, Montpelier, Morrisville, Newport, Rutland, Springfield, St. Albans, St. Johnsbury and the Upper Valley. By means of its multiple learning sites and comprehensive course offerings online, CCV provides quality, affordable education to nearly 10,000 students each year.

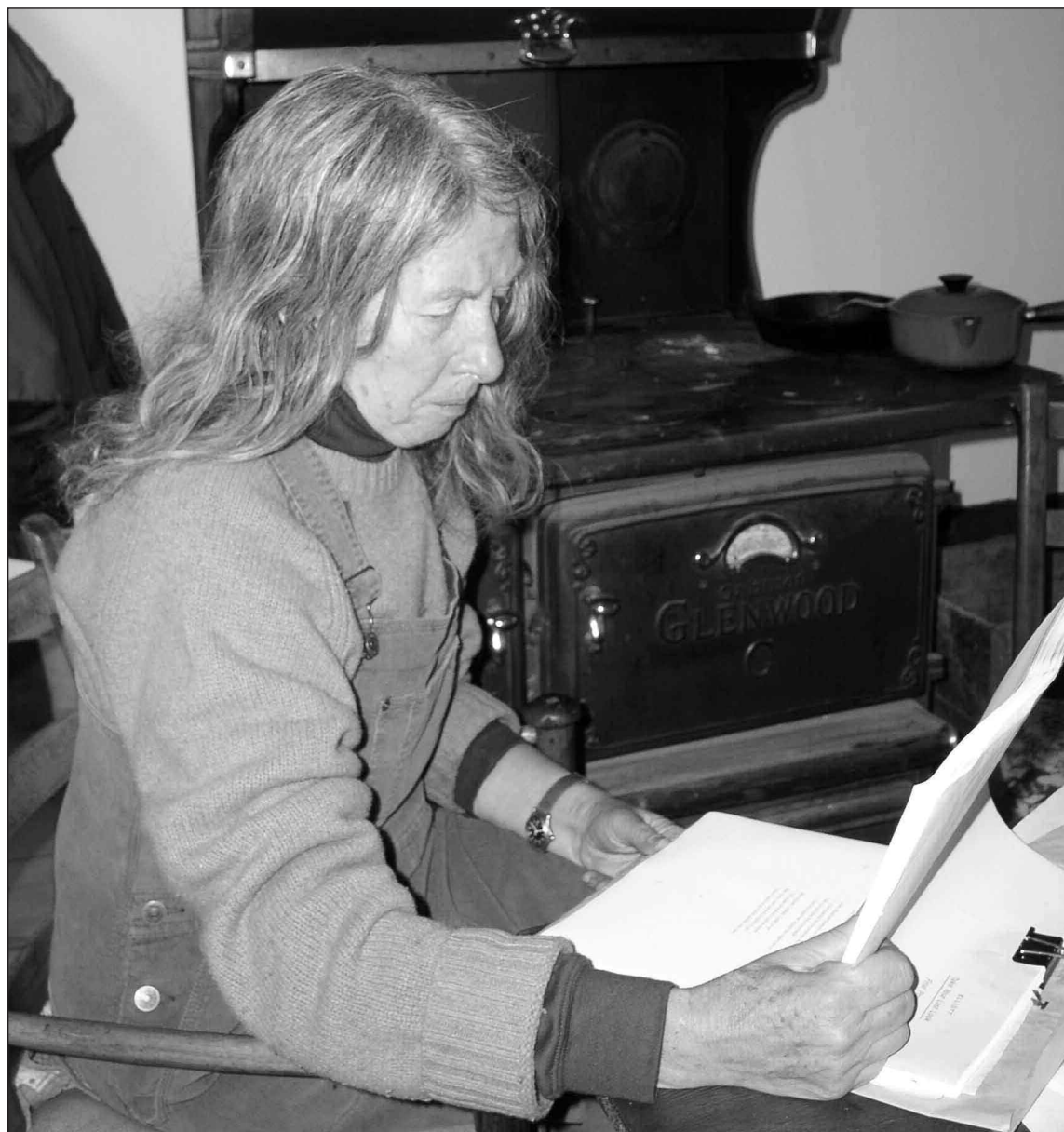


Photo By: Carla Occaso

Sandy (Elliott) Ebbett of Kirby inspects the final proof of a collection of poetry and drawings by her father, the late Herbert Elliott, a farmer and St. Johnsbury school principal. The collection, published as *Take Your Last Look*, left the printer on December 22.



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The Sunderland herd of Linebacks was like a page from a history book

(Continued from Page 1)

duced better beef, and Jersey, Guernsey and Holstein (from the Netherlands) proved suited to "confinement" dairying and produced more milk than the others. Famous for their resilience to changing conditions, New England farmers changed their herds as well.

By the middle of the 20th century farming was an industry, and most farm fields in Vermont were dotted with the black and white pattern of the mighty Holstein. The Holsteins didn't object to being tied in a barn, and they churned through grain and hay to make fine quality and large quantities of milk.

Samuel Randall wanted nothing to do with it. His cows were offspring (and, according to the American Livestock Breeds Conservancy, the only descendants) of the historic landrace breeds from England, and as the years passed and other farms followed the trend of dairy herd improvement, the Sunderland Randalls held firm. Proud, stub-

born and set in their ways they isolated their stock, and they probably admired its heritage and its natural adaptation to the steep gravelly hillsides above the Batten Kill. There were no Holstein milking machines on the Randall farm, and the story is told that when Everett sold a bull calf he castrated it to be sure that no one could extend the breed.

The Randall Linebacks, so-called for the distinctive white line down their backs separating black (and sometimes blue, mahogany or gray) sides, have the distinguishing characteristics of a breed. Pathological testing at the Virginia-Maryland Regional College of Veterinary Medicine affirm the Randall Linebacks as a concentrated local breed. There is "more variability than standardized breeds," but it seems probable that the Randalls are direct descendants of the landrace hill cattle common in New England in the 1800's.

They are small to medium in size with mature females weighing from 600 to more than 1,000



Photo Courtesy of David Randall

Daisy is a Randall Lineback, a descendant of the Sunderland (VT) herd, which traces its heritage back to the early landrace breeds of cows that came to the New World from northern Europe in the 1600's.

pounds. The natural selection of their heritage has not been favored for the benefit of milk production for decades, and their

genetic structure represents a bubble of natural diversity in an environment where cows are selected and fine-tuned to make milk.


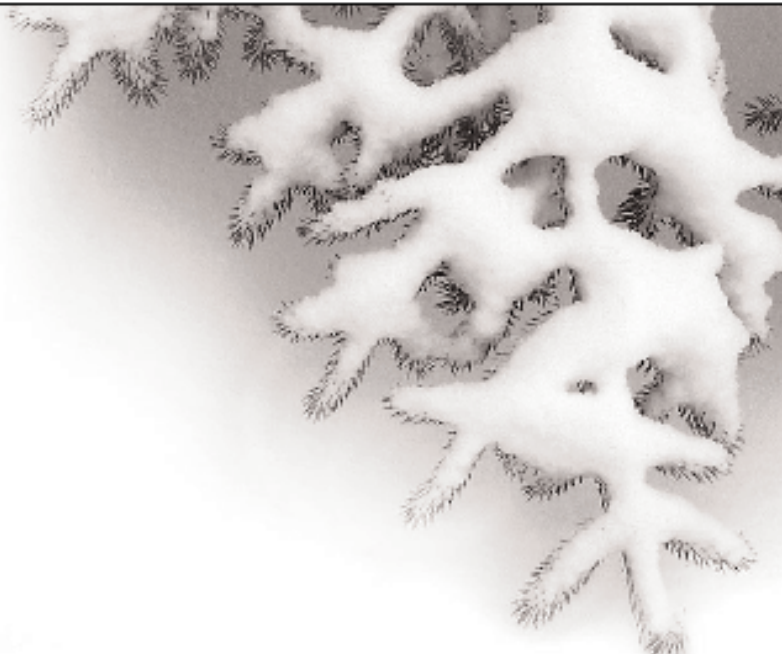

When Everett Randall died in 1985 the Sunderland herd was like a page from a history book on farming in New England. The animals were sold, and 15 cows, heifers and bulls ended up in the hands of Cynthia Creech in Jefferson City, TN. By 1993 Creech and Philip Lang of South Kent, CT had the last of the Randall Linebacks.

Because the Randall Linebacks were adapted for forage- and rotational field-grazing and they are hardier and have a stronger herd instinct than the popular and production-bred Holsteins, they are a curious rediscovery in the evolution of milk cows.

Creech and Lang and the American Livestock Breeds Conservancy (ALBC) in

Pittsboro, NC launched a veterinary science-based "rescue" breeding protocol. The goal at the time was to understand the influences of the isolated and limited gene pool and increase the population of Randall Linebacks as quickly as possible with matings that ensure the breed's genetic potential is healthy and preserved. Gradually, according to Lang, as the Randalls increase in number they will modify the strategy to "conservation" protocol, and some selection may take place.

In October, 2004 David Randall (no relation to the Randalls of Sunderland) became the proud owner of one of the limited and guarded population. David Randall was born and raised on a Long Island, NY dairy farm. He was part of a farm family tradition that stretched almost 300 years, and he admits with profound regret that his generation was the first to fail to

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keep pace with surging property taxes and government regulations. The property was sold as building lots, and Randall left Long Island for Vermont.

“Every farmer (large scale or small) will tell you they won’t keep an animal that won’t pay its way. Randall Linebacks are not going to survive as pets.”
- David Randall

David Randall says, “Cows have always come easy for me. Herd health, nutrition and the cows themselves are my passion. I guess it’s my calling, and I think when you have one you have to put other things aside.” Randall lives in Kirby and worked as herdsman and relief milker for such successful dairy operations as the Gingues in Waterford and the Kinship Farm in Kirby.

Randall is intrigued by history and by the evolution of farming, and as much as he’d like to have his own vast dairy farm some day that vision is unrealistic. Further he says, “There’s something appealing about farming on a human scale.” He is convinced that the Randall Linebacks have an opportunity, or as they say - a niche, in the organic dairy movement. Randall says, “Organic dairies are succeeding. Their cows live longer, costs are lower and the conditions are healthier for cows. And, importantly, there is no sign of the end of the market for premium, organic dairy products.”

Randall is convinced that the Randall Linebacks are good candidates for small scale organic dairies. “That’s the kind of setting where they shine. Grass is their natural environment, and

we know that their meat is excellent.”

However, Randall understands from his experience in managing cows that for the breed to recover they have to pull their own weight. “Every farmer (large scale or small) will tell you they won’t keep an animal that can’t pay its way. Randall Linebacks are not going to survive as pets.”

Randall’s own Lineback was pasture bred last summer with a bull from the limited stock. Randall’s cow’s name is Daisy. She is due to freshen in February or March. As a result Daisy will have milk to test - the first to be conducted to determine its commercial milk value for fat and protein.

David Randall, historian and dairy farmer, strokes the side of his Randall Lineback, and he looks out the barn window in Kirby. “I think these cows are just as important as bald eagles, snail darters and the rest of the endangered animals on the planet. Any rare breed deserves to be maintained so that we don’t find ourselves [for instance] with a bunch of fat chickens that mature overnight and can’t walk. If we lose our genetic diversity we can lose everything.”

Randall has proposed to have the Randall Lineback designated as the Vermont State Heritage Breed. “It’s the only breed native to the state, and it would be a boon to Vermont’s dairy industry as well as to the efforts of people trying to restore this breed to a healthy population size.”

Randall says there are 20 people on small farms with one or more animals derived from the unique and isolated cow population in the hills of Sunderland. There are, he says, six in Vermont, and the others are scattered from Connecticut to Kansas. At this point, as the gene pool begins to stabilize, the geographic scattering is good.

David Randall’s hope is that others will join his efforts in the name of Randall Lineback conservation, and someday there will be family farm herds that are



Photo By: North Star Monthly

The Randall farm in Sunderland, VT spans a hardscrabble hillside above the Batten Kill. For more than 70 years the Randalls kept an isolated herd of Linebacks, which was uniquely suited to the gravelly landscape above the broad river valley where commercial farms were tending lush fields and large herds of the mighty Holstein.

common not rare. He says, “At some point ‘heritage breed cheese’ will carry the same marketing cachet as a name like Cabot Cheese, and the market will have an answer for people seeking heritage breed yogurt and butter.” When and if that day

comes Randall Lineback Daisy just might be a key player in that wave of consumer interest.

For further information on Randall Linebacks or their availability for breeding contact David Randall (802) 695-8178.

On April 2, 2005 there will be a meeting of Randall Breeders at the Hamilton Rare Breeds Foundation farm in Hartland, VT. Call the same number for details on the program and directions. ★

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The Habit of Being Where You Are

“You can’t change where you are from, but (from that) you should take what you need, see what you can find and allow yourself to discover who you really are.”

- Alice Anton

TERRY HOFFER

Alice Anton, as we have learned to say, was not content with the hand that was dealt her.

Anton was raised in Switzerland. The oldest of two daughters born to a working class family in Neuchatel, a spectacular lakeside city of 30,000 between the Swiss Alps and the border of France, she is a product of public school education. Her native language is French.

Her lack of experience and the language were difficult to hide.

“Switzerland,” she says, “has great schools, and they are free. If you do well and choose to do so you can go right through college for free. As a result, the schools are very selective, but I worked hard and graduated from college with an emphasis in education.” At the time - ten years ago, Anton was 22, and the world was full of possibilities.

She tells about a notice in a newspaper describing a school in South America that was looking for Swiss teachers who spoke Spanish. The ad told of a setting

in Bogota, Columbia with openings in grades pre-kindergarten through high school. Anton applied.

The response to her application was encouraging, but the organization turned her down. She says with a laugh, her lack of experience and Spanish were difficult to hide. Nevertheless she requested an interview at the agency’s office near Geneva.

Anton is realistic as well as self confident, and she says, “At the interview it was like someone else’s voice coming out of my mouth. I was so not-ready, and it was the first time in my life I’d done anything like that. But they were interested, and they offered me a job at the Colegio Helvetia in Columbia.” Three months later she was in South America.

Anton was one of two new teachers at the Swiss school in the huge Spanish speaking city of Bogota. She was away from home for the first time, renting an apartment and facing her students and their parents without being able to speak their language. It was challenging and humbling, but over the next five years it served as an education in tolerance, independence and self discovery.

“It was a superb experience,” she says, “and I’m still surprised at how well it worked out.”

Anton finds pleasure in describing the adventure. “Living in a third world country where things are different from

that which is familiar is colorful. The rules are different, and you learn to adapt.”

Anton taught art, math, French and sports to her students. In return she learned their language. She tells about rock climbing and hiking in the Andes. She found others from Switzerland and made friends with Spanish speaking Columbians. She says, “I soon realized how much I wanted to be there and how much I wanted to learn the language. And I learned to appreciate the other side of the world.”

In 1999 Anton left Columbia and accepted a position at the Washington International School in Washington DC. There, surrounded by students from the international community in the nation’s capital, she taught French in the private school climate of privilege that comes with foreign service.

Four years later she left Washington and moved to Lyndonville to teach elementary French at The Riverside School and college French at Lyndon State College.

At age 32, Anton has had the benefit of an education that just can’t be found in any single place. And she is a great promoter of looking beyond the obvious and seeking out opportunities that may not always be clear. She says, “It’s so important to see with your own eyes that the world is different and to learn



Photo Courtesy of Alice Anton

Enroute from Switzerland, Columbia and Washington DC to Lyndonville, Alice Anton climbed Mt. Whitney overlooking the Sequoia National Park and southern California.

from those differences. We should all seek the opportunity to put aside our own reality. You can’t change where you are from, but from that you should take what you need, see what you can find and allow yourself to discover who you really are.”

Anton is a great advocate of keeping an open mind and the fact that things can be different without being wrong. “I have hopes for my students,” she says, “and perhaps the greatest is that they understand cultural differences.”

She appreciates the opportunities that she found for herself and admits that, for her, learning language is easy.

Anton, in very fine English (her third language), says, “You don’t have to travel far to find people with ideas and values that are new. You have a much better understanding of who you are when you hold yourself up

against experiences that are unfamiliar. The greatest mistake you can make is getting in the habit of being where you are.”



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It Wasn't Your Typical Dog's Day in the Shade

BOB SARGENT

For many of us, pets are like members of the family. That's the way it is in our home. Some of the saddest moments of my life were when, after 18 years, I put down a dog that grew up with my children. There was another time after 11 years because of the pain a different dog was in and the fact that she could no longer walk. We had a cat once who followed me around like a dog and was hit and killed by a car. There were times when I said, "no more pets!" But, with this family, we just seem to lose the sense of pain after awhile, and before you know it, we are thinking about another dog or cat or both. I guess we are slow learners or just a bit masochistic.

At the moment, we have a cat and a dog. We almost lost the dog. Duchess is a black lab and German shepherd mix and as gentle and sweet as they come.

Late in the morning one day in November as I was walking into the front room, I heard a car (it turned out to be a pickup) brake and skid on the dirt road. I heard one of the most horrible sounds I ever heard (the others were in a faraway land). It was the *ki-yi-yi* of a dog. I knew immediately what it was and rushed to the door, yelling to my wife, "The dog's been hit!"

The driver followed Duchess to the door, apologized and continued on.

Duchess was there too, *ki-yi-ing* all the way at the top of her lungs. She fell inside the door, sitting and leaning up against me. One front leg was held up in the air with blood flowing from it, and the other was bleeding profusely. I told Liz to call the vet, and she handed me a towel. I wrapped it around the leg, which was bleeding the most. All the time, Duchess was crying in pain.

The vet said to bring Duchess right down. Liz went out the door to get the car and open the

back. As I began to pick Duchess up, she howled and hobbled into her bed/cage, so a friend of ours (visiting from New Hampshire for Thanksgiving) and I just picked up the cage and all and put it and 71-pound Duchess into the back of the Blazer. Luckily, it fit. We carried the cage into the vet's office where the doctor checked out her vital signs to be sure there were no internal injuries. She was not bleeding from the mouth, and her heart and lungs sounded good.

The vet gave Duchess a sedative and eventually a shot to put her out so she could be x-rayed. Otherwise, she didn't want to be touched and was obviously still in pain. It was determined that she definitely had a fracture of her right leg. We could see how the bone was broken in a triangle shape.

Unfortunately, the skin on both legs had been scraped off so a normal cast could not be put over the open wounds. The nearest place that does this kind of fracture repair is the Lamoille Valley Veterinary Services in Hyde Park. An appointment was made to take her right over, and we were off with Duchess in the back of our car with my friend driving. I was lying in the back trying to comfort Duchess as best as I could.

I have nothing but praise for the LVVS which admitted us immediately. That's when I learned just how heavy Duchess is. The doctor looked at the x-rays and explained what was necessary: He recommended a type Ib external fixator fixation of a right radius fracture. So after filling out the necessary paperwork and leaving a healthy deposit, we left Duchess in the very capable hands of the LVVS, which, by the way, is open around the clock every day of the year. It was the day before Thanksgiving.

On Thanksgiving Day I called to check and was told that all had gone well and that

Duchess was doing fine. The following day, the doctor called and said Duchess would be ready to leave later that morning. So, over we went.

As soon as we walked in the door we could hear Duchess. It was not the painful cry that I still hear in my head but her more normal "pay attention to me" cry. An attendant came from the back and explained that Duchess probably heard our voices.

We were ushered into a waiting room and given the medicine we would give Duchess for a while and the necessary instructions for the medication and post-op care for six to 12 weeks. We would be taking her back for weekly physical therapy, which was included in the package.

LVVS called our vet, Companion Animal Care in St. Johnsbury, with instructions on changing the dressings each day for at least 10 days to be sure no infection set in. Companion Animal Care has been more accommodating than we could have hoped, making arrangements to change the dressings even on the weekend, as well as calling to see how Duchess is progressing, offering any possible help. Because the "cast" is external, due to other injuries, it is outside the leg with pins going into the bone.

So, our puppy (she just celebrated her first birthday this month) was returned, all bandaged up with this huge "thing" on one of her legs, but her tail was wagging, and she obviously was as glad to see us as we were to see her.

For the first time through it all, both Liz and I teared up. It is amazing that she can hobble around on that cumbersome external fixture, but so far, it has-



Sargent Family Photograph

After emergency veterinary care, Duchess is on the mend.

n't stopped her from maneuvering. She talks to us quite often with strange noises, which the vet says is the German shepherd in her (I guess they talk a lot). I think we are going to have trou-

ble keeping her from being over-active: "no jumping, climbing or bouncing," he said. She'll have more x-rays in six weeks to see how things are progressing.

We will keep you posted.

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How High is the Water Mama? “Ten Feet High And Rising”

RUTH GOODRICH

On Friday August 13 Hurricane Charlie slammed into the western coast of Florida. Each time we see a disaster on television most of us say “I wish I could do something to help” but are seldom in a position to do so.

When friends announced they were driving to Florida to help family hit hard by the hurricane they asked would I go with them?

“You bet,” I said, and we were off.

Thirty straight hours of driv-

ing later we stepped into the disaster zone. Having traveled the length of the east coast joining thousands of utility trucks from electrical companies from all over the nation, we entered what looked like a war zone. Buildings had been flattened and blown apart. Unbelievable destruction was everywhere.

People who had been economically depressed before the storm, had less than nothing and were sorting thru rubble for whatever they could find. Looters had been busy in some areas as well. National Guard soldiers were everywhere, seal-

ing off county borders at night to try to prevent looters from entering from other areas.

Trees were down everywhere, and electrical wires snarled through the mess. Electricity was off everywhere, and there was no hope of repair for weeks. The temperatures neared 100° during the day. Humidity levels were unbearable.

People were cooking foods from their freezers on barbecue grills or open campfires to salvage what they could. What they couldn't eat, they shared with neighbors. People were helping each other like they had never done before. All were so thankful for whatever help or supplies they received.

The National Guard and personnel from the Florida Department of Corrections formed ice and water brigades so people could drive past in lines and have their cars and coolers filled with ice and bottled water without getting out of their cars. Organizations like Rotary and the Lions Clubs set up food distribution centers. American Red Cross vehicles crisscrossed the area offering meals to those in need, setting up service centers to help assist those who had lost all. We were among citizens arriving from all over Florida with carloads of supplies to hand out to whoever we could.

I had the opportunity to help in a huge 2,000 member interfaith service project on the northern end of Pine Island just off the coast of Ft. Myers. In an incredibly well organized fashion, teams were supplied with necessary items to repair roofs and sent off into areas of the island where help had been requested by residents. It was difficult to locate some as all the road signs had been blown down.

The sight that greeted us was overwhelming. In some neighborhoods it was difficult to know where to start. Twisted

metal was mangled amongst fallen tree limbs and wrapped like ribbons in the treetops. There were more destroyed houses than I could count. People were living in partially demolished homes because they had nowhere else to go.

Some roads were impassable because of the debris. We were heartily welcomed as we arrived with chainsaws and many sets of hands to remove fallen trees and haul debris to the edge of the road where the county crews would come with heavy equipment to remove it.

People broke out in tears as they discovered someone as far as Vermont had come to help. They did not want us to leave. Everyone had an incredible story of survival to tell, and they were both tragic and fascinating. Everyone was obviously shaken and struggling with the stress of their situation.

That was after Charlie but before Hurricanes Frances, Ivan and Jean. I can only imagine how those people must now be struggling. It will take months, if not years, to restore a semblance of normality to these neighborhoods, but many will never be the same.

I spent eight days helping as I could, and I returned home to Cabot on August 24. I was tired, sunburned and covered with bug bites. However after a few days of R&R I was stunned to receive a call from the local chapter of the American Red Cross

requesting me to activate and return to Florida.

I knew how much work was waiting, and I had never experienced an activation of a national scale. I jumped at the chance to help again. I was impressed with the Red Cross organization and how it moved thousands of volunteers (there were 15,000 in all) around the south assisting with the disasters.

“We entered what looked like a war zone.”

- Ruth Goodrich



Photos By: Ruth Goodrich

Utility trucks roll in Zolfo Springs, FL as help from across the country pours into hurricane torn Florida.



Mobile homes took a terrible beating in Pine Island near Ft. Myers.

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Even substantial and well built homes in Wauchula, FL were victims to the violent winds of the hurricanes. There was no respect shown by the storms for anything the stood in their way.

Not knowing where it was going to make landfall, all Red Cross personnel and equipment were evacuated to Orlando.

There were thousands of us. I volunteered to stay behind and help run public shelters as the need arose if the storm came

ashore in our area. It was an easy decision to make, but it was unsettling and a bit like being the target on a rifle range.

The place became a ghost town. A few businesses remained open, and residents with nowhere else to go stayed behind. The surf kept thundering higher on the beach, actually building the sand up more than eight feet higher than it had been before. Waves rolled to the edge of the lawn of the motel, which made me a bit nervous about putting my feet down in



The business district of Wauchula, FL will never be the same.

water when I woke in the morning.

One high point was that the waves coughed up some gorgeous shells and fossils for a northerner fascinated by such things. As Ivan pushed north, workers returned from Orlando and went back to the business of helping families in the areas hardest hit.

Ivan hit the panhandle of Florida with lethal force, devastating yet another area. Hurricane Jean was taking a northern route and storm-battered residents began to breathe with a sigh of relief thinking she had missed them. Little did they know that a week later Ivan would be back around for another go and Jean would make complete circle and slam into the same area as Hurricane Frances adding to the devastation of the already water-soaked

communities.

It was with sadness that I finally left for New England and turned my back on so much work to be done. The Red Cross will still be working in Florida until the end of November.

I was asked to go back a third time, but business and family obligations interfered. Would I go back for another hurricane? You bet.

I saw the absolute worst of conditions bring out the very best in human nature, crossing all ethnic, social and financial boundaries. Hurricanes give no preferential treatment. They destroy everyone and everything in their path without regard for any kind of human consideration. The response and the depth of the sincerity I experienced was unforgettable, and I think of it now as the experience of a lifetime. ★



The Citgo Station in Bowling Green, FL lost its canopy.

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String Worth Saving

Bill Christiansen

We now descend into the two coldest months of the year, January and February. Each day the temperature for the night before will be injected into many conversations. Everyone has a story about how cold it is or how cold it was at some point in the past. A couple of questions related to this kind of discussion might be in order. Where does all of this cold air come from and how do we measure temperature?

As atoms gain energy, they move faster and occupy more space.

Most of the cold air we see in the winter had its origins in central Siberia. If you look at a map of the world and try to locate the place farthest from any ocean, central Siberia is it. With the Arctic Ocean frozen over, it is thousands of miles to the nearest open water. In the winter an arctic high establishes itself over central Siberia.

Basically a high pressure cell is cold dense air from high altitude descending to the surface of the earth. It displaces the warmer surface air, which rises to replace the descending air and we call that a low pressure cell. Usually, warmer ocean waters aid in this convection. With no warm ocean water nearby, the Siberian high dumps cold air onto the surface for weeks on end.

If you track global temperatures, towns in central Siberia are

the coldest during our winter. Temperature of 50°- 70° below zero F. are common day after day, with daily highs of -30° or -40°.

An interesting statistic is the temperature range for the planet each day. Excluding the Arctic and Antarctic, a variation of 150° to 180° seems to be the usual range. The high temperature at this time of year is usually in Australia, and the low temperature is in Siberia. In our summer, the range is much narrower because there is no land mass in the southern hemisphere, its winter, to correspond with Siberia. So daily lows are much higher in the southern winter.

Back to our winter, cold air descending over Siberia slides east over the polar region and descends on us from the Northwest, out of Canada into the Midwest and then east to Vermont. While the temperatures are modified somewhat during the trip, they still can be very cold. The modification comes from the mixing of the cold air with warmer air from the Pacific Ocean. As the cold air slides east, it is replaced by warmer continental air. While the Siberians freeze for months, our cold spells are relatively short lived.

Temperature is the measure of atomic activity. With a thermometer, you measure the amount of motion an atom has. As atoms gain energy, they move faster and occupy more space. This is why most things expand as they are heated. The common thermometer is a hollow glass tube with a reservoir at the bottom, with the air removed from the barrel. A liquid fills the reservoir. As the temperature of the

liquid increases, it expands and the liquid is pushed up the hollow tube. As energy is lost, the liquid contracts and the liquid withdraws into the reservoir.

The first problem confronted by thermometer makers was the selection of the liquid. They were looking for something that would stay fluid over the expected range of temperatures. Many liquids were considered and the result is the choices we use today, alcohol or mercury. Alcohol thermometers are filled with a red liquid while mercury thermometers have silver.

Alcohol thermometers are cheaper to make than mercury thermometers, and the alcohol remains fluid at a much lower temperature than mercury. Once frozen solid, the thermometer stops functioning.

Another common thermometer on the market does not use a liquid. Instead, it uses a bi-metal strip, usually made from iron and brass. Two different metals are bonded together. As their temperature rises, the metals expand at different rates. This uneven expansion causes the metal strip to bend. Turn the strip into a coil and attach a needle to the center and you have a thermometer.

The second problem confronting thermometer makers was the standardized scale to put onto the thermometer. In the beginning, every maker made their own scale. This made it impossible to compare one thermometer reading to another. One scale relied on the freezing and boiling of water. This was handy, as water was widely available and could be frozen or boiled to calibrate a thermometer.

Originally, Gabriel Fahrenheit, the inventor of the mercury thermometer, chose the lowest temperature he could obtain in his laboratory, and he called it zero. This temperature was obtained with an ice-salt mixture. The upper point was the

normal human body temperature, he calculated to be 96°. When ice and steam points were adopted as the lower and upper fixed points, the freezing point was marked as 32° and the boiling point as 212°. The space between these two points was marked off in equal increments, with 180° as a standard. If you had to pick two numbers for the boiling and freezing points, these two would probably not be your first choices.

Another thermometer maker suggested two other numbers, 0° for freezing of water and 100° for the boiling point. This scale was suggested by Anders Celsius. The scale was originally called the centigrade scale, since there are 100 (Latin-centi) divisions between the ice point and steam.


While these scales work well for most applications, there are some problems. It was found that the temperatures found in space are much lower than any found


on earth. So a scale was needed that could be used to record very low temperatures. If temperature is the measure of atomic activity, and the activity level decreases as the temperature declines, there must be a temperature at which all activity ceases. This temperature was called absolute zero. This scale is called the Kelvin scale after its inventor, Lord Kelvin (William Thomson). Absolute zero is about -460° F. or -273° C. The temperature of deep space is between 2° and 3° degrees K. In other words, water freezes and becomes a solid at 0° C., 32° F., or 273° K.

One last thought to fuel the confusion: in this country we talk about temperatures below zero as minus readings. In other countries they talk about degrees below frost, or below 32 F. With this system, I guess, you can beat your neighbor by adding 32 to your below zero temperature last night and call it "below frost." ★




Photo Courtesy: Pope Library
(L-R) Max Willis, Jordan Goss-Snow and Rebecca Newman, members of the Pope Library Young Adult program in Danville, rolled out dough and baked bread under the guidance of Steve Cobb at the Danville Restaurant. The YA program is possible by means of a grant from the Vermont Public Libraries funded by the Freeman Foundation and provides a gathering place and after school activities for students in Danville.






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Walden Hill Journal

ELLEN GOLD

January 1, 2004 - We rang in the New Year crawling up Rt. 2 in a blizzard. Snow showers my foot! We went into the 10 o'clock set for Woods Tea Company at First Night and came out foot-stomping and energized to a whirling and swirling of snowflakes. Luckily there were cars ahead of us laying down tracks to Danville. The road was obliterated. That'll teach us to trust the weather on New Year's Eve. This morning we're back to flurries and mild temperatures for this time of year.

January 7, 2004 - The thermometer is working its way to zero. Last night's almost full moon was initially muted by snow flurries but by 10 o'clock was a strong beacon lighting the field. Sparkling Saturn had just risen in the east with Orion firmly planted above. Now we're back to the gently falling "globe shaker" snow that's been with us for the past few days. It's gradually covering that previous coating of ice. The water table remains high and "vernal" streams continue to run. Hopefully colder weather ahead will freeze up wetter areas and give a firmer footing to the winter woods.

January 10, 2004 - Delicate frost ferns slowly disintegrate in the morning sun. It's a clear but frigid world out there. The thermometer stayed well below zero for 3 days now and will probably hold for one more as predicted. We've put on the flannel sheets for extra nighttime warmth and comfort. Solar heat during the day with a cranked up wood stove at night is keeping us comfy. A box of Florida citrus arrived in time for that extra dose of vitamin C and juicy sweetness from the tropics. The noon "Eye on the Sky" reported record breaking lows have been set throughout New England and along the east coast. St. Jay set a

record low at 27° below. The report from Harvey's Hollow was a low of minus 35°.

January 11, 2004 - We're finally seeing the plus side of zero. As the temperature rises, the snow falls. We've lost our sun as well so the end result is that it's much harder to keep the house warm.

January 15, 2004 - After two days above zero we're back in the deep freeze. Winds roared down from the north, whipping up a white foaming blizzard, followed by sub-zero temperatures that locked in for 3 days now. It's 20° below this morning after a high of 10° below yesterday. Record lows were recorded throughout the state with St. Jay reaching only minus 8° and Montpelier a high of minus 11°. With bright sun and fresh snow, it looks beautiful but staying indoors is the prudent choice.

January 16, 2004 - This wrap-around blustery wind refuses to let up and continues to hold temperature below zero. Swirling winds are creating a low-level veil across the sun, clouding out its warmth. The wind is whistling down the chimney. Temperature reports from Kittredge Road show two days at a low of minus 30°, and that's in the shelter of the woods where the wind doesn't have the free reign it does in our open field. Unbridled gusts forced snow under an opening of the garage door, creating a mound of snow inside. It also brought our chimney cap thundering down again with a loud, startling thump on the metal roof. We've benefited from a little Internet research on wood stove fires and seem to have a more consistently hot burn from the catalyst now. Allowing the internal stove to fire up properly without overheating the stove pipe takes more vigilance, but the end result is a longer burn once the catalyst is hot enough to create fuel from the smoking logs.

January 17, 2004 - The wind has finally blown itself out, leaving bright sunshine and dripping eaves in its wake. A cold but comforting calm settled over the valley. It's a good day to do some maintenance on the driveways and blow away accumulated snow. The stove is getting a bit of a rest too as solar warmth heats the house. The thermometer finally found the plus side of zero, making 8° seem like a warm spell. Snowmobilers are enjoying their playground.

January 18, 2004 - Snow showers and temperatures in the 20's today with sun finally breaking through weakly around 3 o'clock. Just enough sun for a gentle, pastel sunset. Perfect weather to snowshoe. I hadn't been on the trail since early December. A lone hairy woodpecker broke the silence with his tapping. I was surprised to see that no new large trees have

blown down in that wicked Arctic wind that moved through last week. The day is ending with gently sifting snow. We're continuing to work on our French phrases. One we get a lot of mileage out of is "*Il neige ici tous les jours.*"

January 19, 2004 - It's a sundog morning. Very distinct multi-colored columns shoot up high on both sides of the emerging sun. I guess that means we're in for "some weather" within 24 hours. Meanwhile we'll just enjoy the morning sun and its colorful "icebow."

January 24, 2004 - Mini white tornadoes were swirling across the road as we drove home from the gala party to reopen the elegantly renovated Athenaeum. We provided some recorder/guitar wallpaper music for the occasion, playing first from the balcony and later in the beautiful acoustics of the art gallery. A setting crescent moon hung low on the horizon with Venus twinkling brightly on his shoulder to start the evening.

That howling wind has taken over, obscuring the stars in a veil of white, bringing on a bone-chilling night. The thermometer settled in at 10° below.

January 30, 2004 - The month is winding down with temperatures barely above zero. This week's snow dropped further south for a change, and our neighbors are welcome to it. Actually while we have a good snow base for skiing and snowmobiling, there's less snow than usual. It's a firm base for snowshoeing, and I've been out during those rare 20° days and on colder afternoons when the sun breaks through. Snowshoe hare have been enjoying our path as well as creating an extensive network of their own. On the plus side of late January is that dusk lingers until close to 5:30 now. That's a substantial increase over December's abrupt 4 o'clock nightfall. But according to that old saying: "as the days lengthen, the cold strengthens" and sure enough, more sub-zero days are forecast for the weekend.



Photo By: Jeff Gold

January 2004 had more than its fair share of cold nights. Ellen Gold had her blanket and two cats.

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Bob Manning Presents the Neolithic World of Stone at the Athenaeum

Who built Stonehenge and why? When and how was it constructed? At times in history, Stonehenge was thought to be the work of the Phoenicians, Vikings, Romans, Merlin the Magician or even aliens from outer space.

Bob Manning, a member of the Speakers Bureau of the Vermont Humanities Council, will address these questions as

well as other related matters in this slide lecture of the Neolithic monuments of Ireland, England, Wales, Scotland and Brittany. Major sites at Newgrange, Avebury, Stonehenge, Orkney, Callanish, Cornwall and Carnac will be featured.

Manning, a resident of Ryegate, is an art historian, artist and retired professor of fine arts who has made the Neolithic

monuments the subject of his art and study for more than 20 years. He has lectured widely on the topic.

The program is co-sponsored by the St. Johnsbury Athenaeum and the Vermont Humanities Council. The program will start at 7:00 p.m. on Wednesday, January 19 at the St. Johnsbury Athenaeum. The presentation is free and open to the general public. For further information, call (802) 748-8291.



Photo By: Bob Manning

Stonehenge and Neolithic monuments at other sites in Ireland, England, Wales, Scotland and Brittany will be the subject of the presentation by artist Bob Manning at the Athenaeum in St. Johnsbury on January 19.

After two recent cardiac adventures I carry my new pacemaker in a shoulder holster ... armed and dangerous.

Almost a Poem:

Half-Dreams at the Touch of a Pretty Nurse

Pulse, blood pressure, temperature,
temperature, blood pressure, pulse,
measure my life by the numbers,
but isn't there something else?

How long are the long long thoughts of youth?
How fast do the years go by?
What color is the honest truth?
How white is the littlest lie?

On a scale of one to ten, sweet miss,
how severe is my pain?
And if tomorrow were yesterday,
when could we meet again?

Tell me friend by the numbers,
how dulcet the song of the dove?
How fast beats the heart of the hummingbird?
How do we calibrate love?

Merrily, merrily the children dance
Merrily dance and sing!
If we could measure their merriment,
we could cure the hornet's sting.

Don Tescher

the ARTS around

December 31 – January 6

Lightening in a Bottle (2004 U.S.) [PG-13]

Director: Antoine Fuqua. Some of the best that today's Blues has to offer, and all in performance on one stage at the same time. This jubilant documentary captures all the raw energy and joy of the 2003 Radio City Music Hall concert in celebration of the centenary of American blues. Catamount Arts, St. Johnsbury.

January

1 Sonia Dada, Higher Ground, Burlington.

7-13 *Ray* (2004, US) [PG-13] Director: Taylor Hackford. Ray is the never-before-told biography of the American legend and musical genius, Ray Charles. Catamount Arts, St. Johnsbury. (802) 748-2600.

7 Cheryl Wheeler, Middle Earth Music, Bradford.

7 Coco Kallis & Paul Miller, Black Bear Tavern & Grill, St. Johnsbury. (802) 748-1428.

7&8 An Evening with John Leguizamo, Hopkins Center, Hanover, NH. (603) 646-2422.

8 Mark Greenberg & Lafe, Black Bear Tavern & Grill, St. Johnsbury.

8 Richard Goode, piano, Hopkins Center, Hanover, NH.

8 The Abby Jenne Band, Middle Earth Music, Bradford.

13 Kekele, Hopkins Center, Hanover, NH.

14 Gavin DeGraw, Fleet Center, Boston.

14-20 *The Motorcycle Diaries* (2004, Brazil) [R] Director: Walter Salles. In 1952, a young medical student and his friend, a biochemist from Argentina, straddle their beaten-up motorcycle and set off on a road trip across South America. One of the riders was the icon of international revolution, Ernesto "Che" Guevara who questions the value of progress defined by systems that bring suffering to the great mass of humanity. Catamount Arts, St. Johnsbury.

14 Alonzo King's Lines Ballet, Hopkins Center, Hanover, NH.

14&15 Gandalf Murphy & The Slambovian Circus of Dreams, Middle Earth Music, Bradford.

16 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.

18 DJ Spooky presents Rebirth of a Nation, Hopkins Center, Hanover, NH.

21 Robert Dick, flute with King Chubby, Hopkins Center, Hanover, NH.

21 The Benders, Middle Earth Music, Bradford.

21 Clogs, Morse Center for the Arts, St. Johnsbury.

21-27 *House of Flying Daggers* (2004, China) [PG-13] Director: Zhang Yimou. The year is 859AD, and the Tang Dynasty, one of the most enlightened empires in Chinese history is in decline. The Emperor is incompetent, the government corrupt and

unrest has spread throughout the land with rebel armies, including the House of Flying Daggers, in protest. Catamount Arts, St. Johnsbury.

22 Drunk Stuntmen, Middle Earth Music, Bradford.

25 Sister Hazel, Higher Ground, Burlington.

28 Melissa Ferrick, Higher Ground, Burlington.

28 Orpheus Chamber Orchestra with Jonathan Biss, piano, Hopkins Center, Hanover, NH.

28 Fly Dance Company, Opera House, Lebanon, NH. (603) 448-0400.

28 Sarah Milonovich & Greg Andersen, Middle Earth Music, Bradford.

28 – February 3 *Vera Drake* (2004, England) [PG-13] Director: Mike Leigh. Vera Drake and her husband live in a small flat with their grown-up son and daughter. The family is not rich, but they get by with happiness. Vera also has a secret life, concealed from her family: She is an illegal abortionist for poor, working and lower middle-class women. One evening the police knock on the door. Catamount Arts, St. Johnsbury.

29 Willie Edwards Blues Band, Middle Earth Music, Bradford.

29 2U, Matterhorn, Stowe.

29 Jack DeJohnette Latin Project, Hopkins Center, Hanover, NH.

30 Jazz on A Sunday Afternoon, Catamount Arts, St. Johnsbury.

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Up on the Farm Early

Lorna Quimby 

When I was growing up, neighbors looked out for one another. Of course, there were a few who would “do you in,” but most people knew that one hand washed the other. “Cast your bread upon the waters and you will find it after many days.”

When Carrie Somers had a chimney fire, Dad dropped everything and went up to put it out.

When there'd been an illness in the family, Maw had gone down to McPhees, and she and another woman put up beans for Blanche.

When help was needed, you gave what you could.

After the recent hurricanes and the resulting damage in Florida, there were those whose immediate impulse was to euvre the victims out of their money. News of those who had protected their neighbor's building with plastic and who arranged for repairs told me that habits of neighborliness had not disap-

peared entirely in this Brave New World. Thinking about being neighborly reminded me of Henry's heart attack.

Henry and his wife lived on East Hill. Dick and I became neighbors when we bought our house at the foot of the hill in East Peacham. Henry's concern with his health went beyond simple hypochondria. He knew his pulse rate – how he would have loved those gadgets that test your blood pressure. He also checked his temperature at least once daily. One of his daughters-in-law once told me that, when someone in the family was sick in bed, Henry's health inevitably deteriorated until he had to go to bed, too. When you met Henry anywhere, you always said “hello” and never added “how are you?” unless you had an hour or two to kill.

One day when the girls were in graded school and I was busy at the sewing machine (I did dressmaking, made slipcovers

and drapes and so on at home), there came a rap on the door. I looked up and saw the neighbor from across the road. I'll call her Jane Doe. Henry and his wife had been friends with Jane's family, and, after his wife's death, he still called on them for a visit. So, although I'd noticed his car in the yard, I hadn't thought much about it.

“Henry's having a heart attack,” Jane gasped. Jane was a kind-hearted soul, a bit of a yakker – something said once was usually repeated twice. Understandably, she was upset and nervous. “He's having chest pains and pains running down his arm, and he wants me to drive him to Monroe to the doctor's, and I'm not familiar with automatic shift and ...”

“Shouldn't we take him to the emergency room at the hospital?” I asked.

“No. He doesn't want that, I asked him but he wants to see Dr. Choate, he always sees Dr. Choate, and I don't want to go with him all the way to Monroe all alone ...”

I turned off the light on the sewing machine, grabbed my pocketbook and hurried to Jane's house. Henry sat sort of crum-

pled up in the front seat of his car. His color was bad, but it was never too good. When I asked him if we shouldn't go to St. Johnsbury, he grunted no, he wanted to go to Monroe, he felt so bad, his pulse was so and so, and he had pains running up and down his arm. I didn't blame Jane for not wanting to drive to Monroe alone with Henry in his present condition. He'd probably die on the way.

I got behind the wheel and checked the shift. I'd driven automatics before, but not for some time. However, I decided I could manage. Jane sat next to the door with Henry in the middle. “Well, here goes nothing,” I thought, started the car and we took off for Monroe.

I was used to driving our Volkswagen bug. The hood of Henry's big car stretched way out in front. With a more than firm grip on the steering wheel, I drove as fast as I dared. The road from East Peacham to Barnet winds around curves and up and down. It also gets rough in dry weather. Every time we went over a bump, every time I slowed a bit for a curve, Henry gave a moan and Jane would make a little bleating sound. Uncharacteristically silent, she clutched the crank to the window. I gabbed away like mad to fill the silence.

Every time I slowed, turned or stopped, Henry would groan, and his echo would make a frightened little sound. When we came to the blacktop road at five corners, I stopped.

Henry gave a moan.

Jane gasped.

When I turned on to Route 5 in Barnet, Henry gave a moan.

Jane chirped.

In McIndoes I made a sharp left, over the bridge and into Monroe. Ditto and ditto.

When there'd been an illness in the family, Maw and another woman put up beans for Blanche.

What a relief when we pulled up beside the doctor's office.

I pried my fingers from the wheel, ran in and told the nurse what was going on. She competently hustled Henry out of the car and in to see the doctor. Jane and I sat in the waiting room, limp with relief that we'd got Henry to the office before he died on us. I glanced at the time, for I wanted to be home before the girls returned from school.

When the nurse appeared again, I told her we could take Henry to the emergency room if he needed a ride. She looked amused and said, “Oh! That won't be necessary. He's just got an attack of gas. He fried some onions and potatoes for lunch. The doctor's given him an Alka-seltzer.”

Jane chattered all the way home. Henry sat between us, burping now and then. I parked the car in Jane's driveway – I figured she and Henry could decide who would drive him home. Back in the house, I sat down and switched on the sewing machine's light. I'd have something to tell the family at supper time, ★ out Henry's heart attack



Pope Notes

Dee Palmer,
Library Director

Our new book discussion series “Jane Austen's World,” a Vermont Humanities Council event, starts on Wednesday, January 26 at 7:00 p.m. and continues monthly through April. We will read and discuss *Pride and Prejudice* with scholar Suzi Wizowaty. Other books in the series are *Sense and Sensibility*, *Emma*, and *Persuasion*. Books and schedules are available at the Library. The series is free and open to the public.

If you have not already done so, we invite you to stop in and check out our collection. In addition to our books we also have an extensive video, DVD, audio book and books-on-CD collection. We subscribe to 40 magazines, which are also available for circulation. If you need a book that is not in our collection we will try our best to get it through the State Libraries and inter-library loan. We also have

two public access computers with Internet connection.

We order new books on a regular basis and always welcome suggestions. One of our goals for 2005 is to update our mystery collection. We recently “weeded” our mystery section and plan to rebuild the collection since so many of our patrons are mystery lovers. Our large print selection is growing, thanks to a yearly generous donation from the Lions Club.

We can also purchase books on tape and CD with these funds.

Some of our latest book acquisitions are: *Alice in Jeopardy* by McBain, *Are You Afraid of the Dark?* by Sheldon, *The Godfather Returns* by Winegardner, *Alexander, the Ambiguity of Greatness* by Rogers and *Will They Ever Trust Us Again* by Moore.

From the Children's Room and YA Center

Story hour resumes on January 10 at 10:00 a.m. Please join us! Call the Pope Library for details (802) 684-2256.

The YA Center will reopen on January 3 for the after school program. The center is open Monday through Friday 2:30 – 5:00 p.m. Coordinators Peter Albright and Rita Foley are on hand to supervise, plan activities and programs and most important – dish out snacks! Rita and Peter have enlisted talented community members for programs such as decorating gift baskets. Lori Fleurie instructed the kids in making personalized baskets to keep for themselves or as presents for friends and family. The YA Center is a place where the students can come after school and use the computers, do homework, play board games or just hang out with their friends. ★



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I Wasn't Looking For What I Found in India

EMILY HOFFER

I went to India to shake up my world. More than give it a shake: I craved a complete disruption, an upheaval of everything I had known for the past 20 years, an introduction to what lies outside the walls of my quaint New England villages. And India, in all its Third World glory, was my window.

I would immerse myself into this well of mass poverty and chronic underdevelopment and surface knowing exactly where I needed to shine my light.
- Emily Hoffer

After all, I had always known the world needs saving. It was up to me. As the politically liberal, college-aged philanthropist entering the prime of my world-saving years, it was my duty to sling the burden of the fate of the world over my shoulders. I would immerse myself into this well of mass poverty and chronic underdevelopment and surface knowing exactly where I needed to shine my light.

So I left my cozy homes of Danville, VT and Bates College (in Lewiston, ME) for the fall semester of my junior year. Pitzer College (a school in Claremont, CA) arranged for 14 American students to meet in Kalimpong, India, where we learned the local language and studied the culture of this foreign part of the world for 4½ months.

Kalimpong lies in India's eastern arm, embraced by the Himalayan range. Thanks to 1. the allure of employment in nearby Darjeeling's tea gardens, 2. recruitment by the British Army in the early 1900's, 3. a Tibetan trading route and 4. today's political instability in neighboring countries, this city's population is an ethnic amalgamation of Tibetans, Bhutanese, Indians and, predominately, Nepalese.

For the 4½ months that I called India home, I lived with a Nepali family in Bung Busty, a village outside Kalimpong. I delivered milk with my *didi* (older sister) in the morning, peeled potatoes with my *aamaa* (mom), and harvested rice with my *baabaa* (dad). Every morning I walked to school, my path meandering through the rice paddy terraces in the shadows of the world's highest mountains.

Bung Busty was everything I wanted for my scouting report. The village is certainly poor. Four hundred and fifty five of the village's 1500 families (most describe themselves as farmers) earn less than 1700 rupees each

month (I was exchanging \$1 for 45 rupees; 1700 rupees is about \$38). This places those households below the official Indian poverty line. Plenty more are close.

A water faucet in the front yard is a luxury: most walk down the path to a nearby pipe. Many houses have electricity. However, especially during the monsoons, this electricity is inconsistent at best. Bung Bustomians have television, yet the rare one owns a telephone. Few can afford the 450 rupees (\$10) every three months for a gas cylinder to run a stove (think Coleman camping style); instead they boil tea and cook rice over an open fire.

From my house, I could make it to the nearest drivable road in 15 minutes. From there I flagged a taxi or walked the remaining 20 minutes to the center of Kalimpong. The Kalimpong market is certainly accessible, but most families (other than children who head to the city for school) spend the day cutting grass for their cows or harvesting rice in the fields.

It was exactly what I expected (and wanted) to see. Poverty.

Bosnet lived next door. He has spent his entire life living in the same house. Bosnet never went to school. Today, he lives with his wife and two children. They work in the fields. For each day of work, Bosnet earns 50 rupees while his wife brings home 40 rupees. Some days, however, they work simply to live on the land: Bosnet does not have any of his own. His family's name is on Bung Busty's official "Below Poverty Line" list.

Yet despite the Below Poverty Line perks of subsidized rice and kerosene oil and free health care, this income does not leave enough for extras (you and I may categorize them as basic,



Photo By: Emily Hoffer

Bosnet lives with his wife and two daughters in Bung Busty, a village outside Kalimpong, India.

minimum needs) such as electricity, a radio, or school money for his children.

Bosnet would seem an obvious recipient of the light I want to shine on these corners of the world. After all, there isn't any in their house. But when I asked Bosnet if he thought poverty in Bung Busty was a problem, he looked out at the acres of land that surround him. No. There are so many fields, so much opportunity for employment. He waved at the nearby homes. He does not have much money. Yet when he needs it, his neighbors always come up with work.

Poverty. It is such a relative concept. The term has everything to do with the context in which it is placed: is poverty less of a problem in Bung Busty than another village? How do people dealing with poverty act? How do their neighbors respond in return?

Sure, Bosnet has very little

against which to compare his home. He has never really left Kalimpong, and he lives in a world of oblivion when it comes to the joys of a quick cup of coffee from Marty's, the microwave or this keyboard that allows me to pound out pages and pages of written words. Of course this man is aware of some of his neighbors, such as my "middle class" Nepali family, leading a slightly more "posh" lifestyle. Yet he does not resent them for their T.V. and gas stove. They do not flaunt luxury in his face or (worse) ignore him: rather, my *baabaa* hired Bosnet's family to help with our rice harvest.

At first glance, that corner of India is poorer and simpler than this corner of Vermont. Perhaps my Nepali family's life appears simpler in terms of the lack of temptation (or ability) to stop by Marty's for that coffee before racing to check off their list of

(See *At First Glance* on Next Page)



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Follow the Money

by Rachel Siegel

"Who's Our Daddy?"

Recently, Congress passed on raising the national debt limit so that the federal government could borrow more. The debt is now over \$7.5 trillion and growing because of our need to borrow ever more to cover government spending. We spend more money than we raise through taxation - the government operates with a budget deficit - as we have every year for the last four.

As we have been cutting taxes and increasing spending, the deficit increases and so does our need to borrow, which aside from taxation is really the only other way the government has of raising revenues.

The federal government borrows by issuing Treasury bonds. There are many types of bonds, with differing maturities (time until the bond comes due) and denominations (amounts borrowed). About two-thirds of the Treasury bonds are issued through an auction at the Federal Reserve Bank in New York or at the Bureau of Public Debt in Washington D.C. The rest, such as Savings Bonds, are purchased

directly by investors.

About 40 percent of the debt is owed to the Federal Reserve Bank and to other government accounts. For example, over \$1.5 trillion is owed to the Social Security Trust Fund, as the social security taxes taken out of our paychecks are invested in Treasury bonds.

Roughly 37 percent of the debt is owed to private investors, mostly to institutions like pension funds, mutual funds and insurance companies. They invest in Treasury bonds to earn a relatively low-risk return on their investments. Treasury bonds are considered lower risk (than corporate bonds or stocks) because the likelihood that the U. S. Government will default on its bonds is pretty slim, given that we have a fairly productive and prosperous economy and given that our government has the legal authority to tax that prosperity and make good on its debt.

The other 23 percent of our debt is owed to foreign governments and investors. Foreigners find themselves with many dollars to invest because of our large trade deficit; we import more goods from overseas than we

export. When we import or buy foreign goods, we need to buy foreign currencies, and so we sell dollars. As a result, there are lots of dollars out there in foreign hands, and they are invested back in the U. S., often as foreigners buy Treasury bonds. By far, most of that investment has come from Japan, China, Taiwan and South Korea.

Foreign willingness to buy our bonds (lend us money) has helped to keep our interest rates low (as demand for bonds stays high, the price stays high and the yields - interest rates for the borrower, return for the lender - stay low). Those low interest rates have enabled the federal government, along with consumers, to keep borrowing and keep spending.

So most of our debt is owed to ourselves, but a significant portion of our debt is owed to foreigners. Lately the value of the dollar on world markets has been falling, and many economists worry that as the dollar becomes less valuable, fewer Treasury bonds will be bought by foreign investors. Treasury bonds pay off in U. S. dollars, of course, so as the dollar becomes worth less, that pay off becomes worth less, and so less desirable. If there were less demand for the bonds (as the dollar falls), this would cause their value to fall, and their yields to rise, making it more difficult and expensive for

the U. S. government to borrow. This would also push up all sorts of other long-term interest rates in the U. S., like mortgage rates and consumer loans, which would have a negative effect on consumer spending, and on our economy.

(and our interest rates stay down) if we issued fewer of them, that is, borrowed less. That would mean our government would be spending less or raising more tax revenue, and that seems very unlikely.

Latest available figures show that, per person, our gross domestic product - the value of what we produce - is about \$40,042.42 per year, while our national debt is about \$25,478.72 per capita. In other words, our debt is about 63 percent of our annual income. Are we a good risk for more loans? We better hope the world thinks so... ✦

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.

Our debt is about 63 percent of our annual income.

On the other hand, foreign investors have an obvious interest in seeing the value of our bonds hold steady, as they own so many of them. They also have an interest in keeping us spending and importing their goods. This may keep them lending to us by buying more of our bonds. Of course, the value of our Treasury bonds could stay up

Renewing the Light

Black and grey, black and grey,
Rock, mist, sleet and ice,
Grey skies, lowering clouds, leafless trees,
And evergreens of hues so dark
They too seem black as night.
Our pagan forebears knew the feeling well
Life dwindling with the fading sun,
As winter's grip begins.

Though we today possess the gift of man-made light,
Still early winter's waning days, before the brightness
of the snow,
Stir deeper feelings.
Our inner souls remember distant times and places,
Where calling back the light
Meant celebration, joy and feasting round the fire.
Now, as then, the season turns
And from the darkest depths the light will be renewed.

Isobel P. Swartz

At First Glance India is Poorer and Simpler

(Continued from Page 16)

errands in St. Johnsbury. Yet my *didi* always made quick breaks for KitKat bars on our way to buy fish at the market; my *aamaa* would run to the local store for eggs because she forgot to buy them when she went to the city; and Bosnet and his family would work hard all day and rush home to prepare dinner.

This is where Bosnet, and the rest of Bung Busty, grabbed hold of my world and gave it a hard shake. And now that I have returned to my Northeast Kingdom hometown, everything falls into perspective. If life in the perfectly poor Bung Busty really is not any different from the way life is lead in our comfortable First World community, maybe the people really are not any different either. The world and its population really is not that different on the other side of the ocean. I can flip through my photo album and nostalgically

reflect on the pleasures of a simpler life, but that is not giving the people I lived with the credit they deserve.

Darker? Poorer? Simpler? As far as I am concerned, no way. It is flashy and gets you "wow! how selfless" points (and was an experience I would not trade for anything) to describe how you survived in a world stereotyped by mass poverty and underdevelopment.

If you are searching for a complete disruption of your world vision or looking to heave the fate of humanity upon your own shoulders, you do not need to visit the Third World. Bosnet does not need my help. He has my Nepali family and the rest of his Third World neighbors looking out for each other. The rest of the people I met do not need me either.

I realized that maybe my

world saving should start right here. My Nepali family is not found only in Kalimpong, India. Bosnet does not just live in Third World Bung Busty. It is very likely that he lives next door.

And while I am trying to shine my light on the Bosnet I know in India, I might have a neighbor in Vermont who is waiting to help me harvest my rice. ✦

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What's Happening at the Town Hall?

Barnet

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

November 22, 2004

Snowmobiles on Garland Hill – Board read letter from Town Attorney David Willis in response to request for an opinion on use of snowmobiles on Garland Hill. Board agreed to allow use of that part of Garland Hill not previously opened by town's 1972 ordinance but that any travel must be at least five feet from plowed portion of road. Board's permission is granted only for the 2004-05 winter. Board also noted letter from Theresa Conant on Cloud Brook Road suggesting that her road is too steep and cars travel too fast on it for safe operation of snowmobiles.

Grand List – On recommendation of Board of Listers Board voted to amend grand list to change Keith & Florence Chamberlin's property on Kitchel Hill and Jason & Robin Bergman's property on Little Scotland Road to homestead properties.

Mutual Agreement for Winter Maintenance – Board agreed to mutual agreement between towns of

Barnet and Ryegate for a voluntary mutual aid agreement for maintenance of highways.

Fire Department – Board read letter from Barnet Water System regarding request to drill a well on the fire station lot.

Private Property Damage – Board noted response from town's insurance carrier that claim submitted by Harvey's Lake Campgrounds was denied in that the damaged sign was within the town's right of way.

Town Equipment – Road Foreman Maurice Gingue will ask for quotes on 6-wheel and 10-wheel trucks for budget planning.

December 13, 2004

County Budget – Caledonia County Assistant Judge Vance and Sheriff Bergeron met with Board to review county budget for 2005. Budget is up \$50,000 due to an additional person. Income is up approximately same amount so town tax will be similar to last year at \$17,275. Sheriff's budget is up about \$8,000.

Barnet School – Perley Huntoon met with Board to discuss gravel on west side of school and in parking area south of school. School needs about 600 cubic yards of gravel and will include cost of \$3,600 in its budget.

McIndoe Falls Bridge – Board noted McIndoe Falls bridge will have full rehabilitation during 2006.

Barnet Water System – Board discussed proposal from Barnet Water System to install water well on town-owned land north of lot where new fire station is. Board will seek further information about proposal.

Town Truck – Board noted approval of \$82,500 loan request from municipal loan fund for new truck.

Overweight Vehicle Permit – Board approved overweight vehicle permit for King Forest Industries.

Waste Management District – Board noted Waste Management District surcharge for 2005 will be \$20 per ton, down from \$21 per ton in 2004.

McIndoe Falls Development – Shirley Warden noted need for a private road name at south end of McIndoe Falls Village where three lots will access Route 5.

December 27, 2004

E911 Road Name – Board voted to designate private road in a three lot subdivision in McIndoe Falls as Moyses Lane.

Tax Anticipation Loan – After reviewing bids for tax anticipation loan from Passumpsic Savings, Union Bank, Community National and BankNorth Board voted to accept bid from Passumpsic Bank for \$428,605 loan at 3.5% with reinvestment option of 4.3%.

Fire Station – Board discussed options for bond financing for new fire station.

Department of Taxes – Board signed petition for redetermination of equalization education property values in preparation for possibility of tax appeal by USGen New England.

Budget Review – Board discussed request from Barnet Library to increase appropriation request from \$13,500 to \$20,000 and agreed to leave request same as last year.

Cabot

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

December 1, 2004

Australian Ballot – Board noted petitions requesting rescission of vote at November 2 special town meeting and correspondence from Richard Scheiber as to scheduling rescission vote.

2005 Budget – Board reviewed preliminary budget material, financial reports and budget worksheets.

Military Service – Board signed letters to Sergeant Brian Houghton and Sergeant Richard Holcomb for "service to country."

State Police – William Walters noted request from state police for space in Cabot as a trooper "outpost." Board suggested Board/Cabot Coalition room in town offices or fire department meeting room.

December 15, 2004

Snowmobiles on Town Roads – After request from Ted Tomey to use town highways for snowmachine access where no trails exist, Board asked Tomey to submit proposal in writing.

Australian Ballot – Board voted to warn special town meeting to vote on rescission of November 2 vote on Australian Ballot. Town and school district will vote on rescission on January 25, 2005.

Tax Bill Changes – Board reviewed list of changes for property owners prepared by board of listers and voted to accept changes as recommended.

Wastewater Treatment – Board approved request from Earth Tech for 3% increase in yearly contract fee for wastewater treatment plant operation.

Town Road Crew – Board noted complaints that town doesn't pull school buses that have gone off road and that Gym Road is not adequately sanded. Larry Gochey responded that due to insurance considerations town doesn't pull or tow any vehicles and that school hires a contractor to sand Gym Road.

Danville

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

December 2, 2004

Personnel – On recommendation of Kevin Gadapee Board approved wage rates for 2005. Road crew wages will increase by 61 cents to \$12.86 per hour for 2005 and to \$13.50 per hour for 2006. Town will pay up to \$63 for CDL and allow 8.5 hours of additional leave time per month from December to March for those that answer every call to work. Further, Board voted to increase Kevin's pay by \$2,000 for 2005 and by \$2,000 for 2006 and pay up to \$63 for CDL. Board also voted to hire Troy Cochran to join road crew.

Plowing Complaint – Board reviewed complaint from Michael Sullivan of Roy Road in St. Johnsbury, an area plowed by Danville. Sullivan complained that his mailbox is often hit by snowplows. Location of the box is in right of way where snow has traditionally been plowed. Board will discuss this with officials in St. Johnsbury.

Town Hall Renovations – Fire Marshall has authorized use of the upstairs in town hall for up to 50 people, after correction of a few small items. The space may be used at full capacity when sprinklers are operational. Surveillance cameras have been ordered for town hall security.

Route 2 Design – Board learned that Senator Leahy's office has reported \$2 million in federal transportation budget for Route 2 project.

Planning Commission – Planning commission received \$12,000 grant for digital mapping.

Budget Review – Board reviewed budget material for 2005. Board agreed to reduce balance on loan for North Danville Road repairs with \$61,888.55 surplus from project.

Personnel – After executive session to discuss employee negotiations, no action taken.

December 16, 2004

North Shore Road – Ted Chase and Pam & Kevin Johnson met with Board to discuss upgrading North Shore Road from class 4 to class 3. No action taken.

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

Snowplowing Complaint – After executive session to discuss a complaint about snow plowing on Roy Road, Board voted to send letter to Michael Sullivan stating that plow operator will not use wing while plowing by his house resulting in a

narrower road and do best as they can around mailbox.

Town Hall – Surveillance system has been installed in town hall, and work on second floor is progressing.

Sheriff's Report – Mert Leonard reported review of sheriff's report and that most patrols are on US2. Board requested patrols on other roads and around the school.

Town Plan – Planning commission has completed public hearings on new town plan and expects to have revised plan complete in January.

Financial Matters – Board authorized Michael Walsh to approve any remaining payments before end of year. Board agreed to have Danville Rescue seek its appropriation for operations at town meeting.

Delinquent Taxes – Town Treasurer reported delinquent taxes total \$185,820. Of the total \$112,139 is for highway department, which will cause a shortage for highway commitments at year end. Board agreed to delay paying back loan on North Danville Road until back taxes are received to cover it.

Employee Negotiations – After executive session to discuss employee negotiations Board voted to increase town clerk and staff 5% for each of next two years and increase administrative assistant to full time with full benefits and annual compensation of \$37,918.

Lyndon

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

November 29, 2004

County Budget – Board met with Caledonia County Assistant Judge Bill Kennedy and discussed 2005 county budget.

Historical Society – Board met with Dick Boera and reviewed renovation project of District #6 School House undertaken by Lyndon Historical Society.

Abbey Lane – Board signed water line easement on Abbey Lane.

Police Budget – Board reviewed police department budget as approved by police advisory committee.

Santa Claus – Board approved request from Santa Claus to use horse drawn sleigh from White Market Plaza to village on December 4.

Grand List Changes – Board approved corrections to grand list.


Access Permits – Board approved access permits for Cheryl Temple on Mohawk Drive and William Feltus on Dune Way.

Catering Permits – Board approved catering permits for ARAMARK for events at Lyndon State College on

The members of the West Danville United Methodist Church wish to express a heartfelt Thank You to everyone who participated in making "A Gathering of Artisans" last summer at Joe's Pond very pleasant and a successful community event.

- Bruce Brink
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- Passumpsic Savings Bank
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- Hastings Store
- Joe's Pond Craft Shop
- Log Cabin Designs
- Joe's Pond Country Store
- Northeastern Vermont Regional Hospital
- Ian Duckett
- Adrian Duckett
- Stairway to Styles Beauty Salon
- Danville United Methodist Church
- Knights of Pythias
- The North Star Monthly
- Danville Inn
- Vermont Home Specialties, Inc.
- Sugar Ridge Campground
- Diamond Hill
- The Creamery Restaurant
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Excerpts from Selectboard Minutes from Area Towns
See your Town Clerk for complete minutes of the meetings

December 8, 13 and 16 and on May 3 and 16.

Excess Weight Permits – Board approved excess weight permit for Hutch Crane and Pump Rental Corporation.

REACT – Board noted the disbanding of Caledonia County REACT organization and proposed that Boards from St. Johnsbury and Lyndon try to reinvigorate the organization.

December 13, 2004

Highway Reports – Board reviewed highway report as of week of December 3. At 92% through the year, budget is 86% expended.

Wastewater Permits – Board approved wastewater permits for Twinstone Sitework and Laferriere Construction at Industrial Park.

Lyndon Rescue – Board appointed James Gallagher as representative and Bruce James as alternate to Lyndon Rescue.

Budget Review – Board reviewed schedule of departmental budget meetings.

Town Meeting – Board noted board of civil authority's change of venue for annual town meeting to Lyndon Town School gymnasium. Board expressed concern about acoustics and suggested using College's portable sound system.

Center Street Bridge – New Center Street Bridge is to open on December 15.

Park & Ride – Board approved VT Agency of Transportation grant for Park & Ride area.

Traffic Light – Board noted traffic light at intersection of US 5 south and Back Center Road has had positive effect and is asking to have it remain until such time as lights are configured for US 5 and Red Village Road intersection.

David Dill – David Dill resigned from Board due to his appointment as deputy secretary of agency of transportation.

Litigation – After executive session to discuss pending litigation no action was taken.

Peacham

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

December 1, 2004

Discontinuance of Legal Trail – Board convened a public hearing on petitioned request that the legal trail between TH# 18 and TH# 33 near Ewell Pond be discontinued and the subsequent request that entire length of the trail be closed. After reviewing public comment Board voted to discontinue entire length of Trail #18

between TH#18 and TH#33 near Ewell Pond.

Budget Proposal – Administrative Assistant Jejer provided budget proposal for 2005.

Town Plan – Board discussed town plan.

Town Meeting – Board discussed upcoming special town meeting. Mike Bruton asked about moderator job for the special town meeting and requested future warnings state that moderator is elected for a term of one year.

Fire Department – Board voted to authorize fire department to apply for grant to purchase a Polaris Ranger.

Peacham Farm Support Fund – Board note a letter from Mr. Willis regarding Peacham Farm Support Fund.

December 15, 2004

Grand List – On recommendation of listers Board approved various changes to Peacham Grand List.

Legal Trail Discontinuance – Francis Carlet inquired as to the process and decision to discontinue the legal trail as discussed at previous meeting. Board outlined the procedure and agreed to review question of sufficient legal notice. Gib Parrish asked to have the matter reconsidered and for an opportunity to provide additional public comment. Board agreed that further discussion and public participation will be allowed at its next meeting.

Budget – Board discussed 2005 budget including proposal for new recycling shed; proposal to establish a capital account with a view toward a future need for a sand shed; and possible voter consideration of sale of the old Town Hall.

Town Plan – Board discussed schedule for town plan revision.

Road Crew – Board discussed plowing routes and work of road crew.

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

Town Clerk – Town Clerk Christina Fearon indicated she will not seek reelection as town clerk in March.

St. Johnsbury

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

November 22, 2004

Taxi Approval – On recommendation of planning commission to approve site plan for Karen Sabens' operation of a taxi service in St. Johnsbury Center, Board voted to

accept information provided and require proof of adequate insurance.

Teen Center – Sarah Hunt, a senior at St. Johnsbury Academy presented a proposal for a teen center. Hunt suggested several sites including vacant property on Eastern Avenue and proposed the center be available for high school students and not for middle school students. She recommended center be open after school on weekdays and on Saturdays and Sundays as well. She visualized a coffee house atmosphere and hoped to establish a committee of students and adults to work out details of funding, design, location, activities, schedule, staffing and operation. Board expressed appreciation for Hunt's work.

Town Forest – Eagle Scout candidate Colton LeBoeuf met with Board to describe his project in town forest. LeBoeuf researched designs and materials and purchased supplies to make benches along the trails. Project was completed on November 16. Board expressed appreciation for LeBoeuf's work.

Sidewalk Analysis – Jeff Padgett provided Board with report on sidewalk system analysis program conducted by Engineered Solutions. Padgett reviewed data collected and systems of variable for evaluating conditions of all sidewalks in urban compact area. Engineered Solutions also provided more in-depth information on two sections of sidewalk identified as high priorities. These are north side of Portland Street and Elm Street. Final report will be submitted at end of December.

Depot Square Parking – Several tenants from Depot Square Apartments met with Board to request reconsideration of requirement that tenants pay \$20 per month for overnight parking in area behind BankNorth whereas until a couple of year ago the fee was \$20 per year. Board directed town manager to further research on the matter and agreed to delay permit requirement until February 1, 2005.

Citizen Survey – Board discussed results from citizen survey conducted on Election Day. Town manager note that 806 surveys were completed totaling approximately 31% of those who voted at the polls or approximately 18% of registered voters. Jerry Rowe noted town should be looking at economic development activity beyond the "big box" stores. Results have been posted and will be used in drafting new town plan in 2005.

Three Rivers Transportation Path – Board voted to approve cooperative agreement for Three Rivers Transportation Path.

Welcome Center – Town manager

reported conceptual plans are being developed for first floor space of Pomerleau Building for By-Way Center, Transit Center, Chamber of Commerce Offices and Welcome Center. Manager said he would like to maintain flexibility with design options to make best use of first floor while still accommodating Chamber of Commerce and possibility of using second and third floor for municipal offices.

Special Town Meeting – Manager noted schedule of special town meeting on November 30 to discuss declaration of "blight" and "public necessity" for Bay Street area.

Labor Relations – After executive session to discuss labor relations agreement no action was taken.

December 13, 2004

Caledonia County Budget – Board met with Caledonia County Assistant Judge William Kennedy and reviewed county budget proposed for 2005.

Board of Listers – Board noted Leon Bryer will not seek reelection as town lister. Board discussed likelihood of a town wide reappraisal over next 2-3 years and possibility of appointing listers instead of having them elected. Board will seek recommendation from listers.

Overlook Subdivision – Town manager reported that developer of Overlook Subdivision has posted performance bond and maintenance bond in accordance with Board directive allowing developer to sell lots in the subdivision before required work on road is finished.

Behavioral Health Services – Dale Urie reported on VT Behavioral Health Services program and the search for a site for its administrative center for patient intake.

Industrial Park – Board voted to accept a partial release of mortgage for NVDA to accommodate Fenoff real estate transfer in St. Johnsbury Lyndon Industrial Park.

Country View Lane – On recommendation of town manager Board voted to sign order of condemnation and laying out of Country View Lane and authorize town manager to sign the necessary documentation.

St. Johnsbury Center Iron Bridge – Board reviewed report for iron bridge in St. Johnsbury Center. Bridge is on list for reconstruction. Town will get cost estimates.

Underground Electrical Work – On request of Don Welch for consideration of his expense, Board agreed that town will not be responsible for installation of underground utility lines during reconstruction of parking lot behind commercial buildings on Railroad Street.

Walden

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

November 30, 2004

Budget – Board discussed budget for 2005.

Gravel – Dan Lamont reported Dennis Demers will provide as much gravel as needed next year with price to be determined.

Winter Maintenance – Following executive session to discuss winter maintenance at the school no action was taken.

ATV's on Town Roads – Lamont reported that information did arrive from lawyer looking into matter of ATV's on town roads. Board will discuss at next meeting.

Road Upgrades – Fred Anair commented on road upgrades. Board agreed to put consideration of Weeks Place on agenda for next meeting.

Town Offices – Board discussed fire department, town garage and town clerk's office space.

December 13, 2004

Tax Anticipation Loan – Board agreed to tax anticipation loan from Union Bank.

Grad List – On recommendation of board of listers Board voted to accept changes to Grand List.

Board Conflict of Interest – Board discussed matter of Doug Luther submitting bid to plow school yard and a certain letter which appeared in *Hardwick Gazette*. Mark Wright described the letter as accusatory and slanderous but described school board decision as wise. Randolph Wilson noted that he had not broken any ethical laws. After considerable discussion Wilson referred to information received from VT League of Cities and Towns. Discussion included the ATV's on town road issue and upgrade of Weeks Place. Several visitors expressed displeasure with Board members and asked about impeachment.

Richards Crossing and Orton Road – Board discussed intersection of Richards Crossing and Orton Road and suggestions for improving the corner.

Regional Police – Wilson reported on meeting in Hardwick about regional policing, and Board agreed to present the idea on warning for town meeting.

Fire Department – Fire Chief Chris Bissell asked Board to sign a letter of support to be submitted to Washington Electric Coop for funding for fire department. Funds will be low- or no-interest and project will have to be approved by town voters.

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BETS PARKER ALBRIGHT

Back in 1953 we told a neighbor in Westchester, NY that we had bought a farm in northeastern Vermont and would be moving as soon as we could pack up our things. Our neighbor inquired, "Do you know why Vermont is so lightly populated and why farms in those lovely hills are so cheap?"

We had piles of neatly stacked firewood. It was a wonderful sight.

"Yup - we do know, and that is why we can afford a farm there, and why we are so willing to forego all the wonderful 'advantages' of suburban New York," we said. "We want our kids to grow up in an area where people don't have everything and don't feel that they have to provide their kids with material wealth and possessions. We love our friends here, and it's a pleasant life, but we are looking for beautiful surroundings and a place where our children can learn to work. We all want to work together."

We really did feel that way, and we knew our decision was a good one. But there were times, especially during that first winter

in our lovely unheated and uninsulated little red Vermont farmhouse, when I thought wistfully of our warm home "down country."

We arrived in October with glorious color and the mild weather of early fall. We walked over the acres around us and were very pleased with our lot. Suddenly, it was winter. We knew it would come, but we didn't know much about preparing for it.

One neighbor here said, "You'll want to close off that nice front door and tack plastic or tar paper over it. One door is quite enough in winter."

Oh, dear, I thought, our lovely door with its shiny new brass knocker! But when the real cold struck we were aware of every crack, ill-fitting door or window through which the icy air seeped!

We had fireplaces but not enough wood to use them. A large ugly heater dominated our living room and smelled of kerosene. We huddled by it to dress in the morning, and when the younger children came down with measles we kept them warm near the heater. Our anxious family phoned from away to see how we were faring, and we laughed and said, "Fine, we just got the living room up to nearly 60°!"

Winter hung on and on but finally departed. We learned a lot, rejoiced in the warmth of spring. In the months that followed we spent time and energy preparing for the next winter! We got rid of the smelly heater, and after much

consultation with our new neighbors, we bought a monster round-bellied wood-burning stove to replace it.

The new stove looked beautiful to us on its large brick hearth, which we built ourselves. The bricks went part way up the wall to a broad mantel that we could decorate. Our new source of warmth crackled cheerfully, smelled lovely and gave off lots of heat.

By the time our second winter rolled around, we had piles of neatly stacked firewood. It was a wonderful sight! We closed up the leaks, doubled windows and figured out just how much space we could reasonably keep warm. We understood that we needed a

new and bigger kitchen with a wood-and-gas stove for our cooking and heating. Oh, well, all in good time.

Our wardrobes included long johns and woolly shirts and pants. We knew that a winter well prepared-for presented a challenge, but we also learned to settle into the new season cheerfully, and over the years things became easier.

After a generation of burning only wood, our now-grown children persuaded us that central heating would be a good idea. Our once-leaky house is now snug and tight, and we have four-wheel drive vehicles with studded snow tires. We even have a walk-behind snow blower and, happily, more neighbors than we had in those early years. To some extent, it seems that we have tamed winter.

We are well cared for by our expert road crew. The morning after a storm, they rumble up the

road and pass with a wave, while throwing aside their sheet of snow. We benefit from their years of accumulated knowledge of dirt roads. We know about crowning and ditching and the use of new materials so that even the dreaded mud season is much less of a scourge. We old timers well remember the jokes about vehicles disappearing in the mud!

On rare days when it seems best not to brave the winter weather and go out, we have books and puzzles, music and indoor projects to fall back on! By late March or early April, of course, everyone is a bit weary of the cold wind and snow, but the slow creep of spring is such a delight that we can wait and rejoice in it when the time comes.

We are extremely grateful that we chose Vermont. We love our state and our community and have no desire to live anywhere else. ★

Lyndon State College Softball Star Picked for International Team

Lyndon State College senior Jen Kirchoff from Lyndonville, an outstanding athlete in high school and college, has been selected as one of 16 on the USA Athletes International softball team. As a member of the team, Kirchoff will travel to Sweden in May for 10 days to compete against some of the best amateur softball players in the world.

"This is an important door opening for me," Kirchoff says. "I know where I stand in Vermont and our league, but this will help me understand how far I can go."

USA Athletes International is a nonprofit organization based in Olathe, KS, dedicated to giving amateur athletes an opportunity to participate in sporting events on the international level while broadening their educational and cultural knowledge of the world through sports.

Kirchoff has played softball since the age of 8. She played at Lyndon Institute, where she was named MVP at the Vermont/New Hampshire Classic Game following her senior year and at Lyndon State, where she was team captain and twice named to the All Conference Team. In 2004, she held top statistics in 11

categories in the Sunrise Conference and was ranked nationally by the National Association of Intercollegiate Athletics in seven categories including first with most runs batted per game, first for individual stolen base average and fifth in batting average (.472).

An all around student, Kirchoff earned Scholar Athlete status at Lyndon and was named

to the Who's Who Among Students last year.

Both LSC Athletic Director Chris Ummer and Softball Coach Leigh Chamberlain have praised Kirchoff for her attitude on and off the field. "Jen is an extremely coachable player," Chamberlain says. "She can compete at any level - she's that talented. This is a major opportunity for her to display her skills."



Lyndon State College Photo

Jen Kirchoff from Lyndonville, a LSC softball player and team captain, will join the USA Athletes International softball team in May.

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2005 Schedule

Athletic Director: Merlyn Courser CAA

BOYS BASKETBALL

JANUARY

4	Tuesday	Danville @ Williamstown	6:00/7:30
6	Thursday	Danville @ Northfield	6:00/7:30
8	Saturday	Peoples @ Danville	1:00/2:30
15	Saturday	Danville @ Pineridge	2:00
17	Monday	Danville @ Blue Mt.	6:00/7:30
21	Friday	Northfield @ Danville	6:00/7:30
26	Wednesday	Danville @ Hazen	6:00/7:30
31	Monday	Danville @ Stowe	6:00/7:30

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

JANUARY

5	Wednesday	Danville @ Williamstown	6:00/7:30
7	Friday	Hazen @ Danville	6:00/7:30
14	Friday	Danville @ BFA Fairfax	5:30/7:00
20	Thursday	Thetford @ Danville	6:00/7:30
22	Saturday	Northfield @ Danville	1:00/2:00
25	Tuesday	Danville @ Hazen	6:00/7:30
27	Thursday	Danville @ Northfield	6:00/7:30

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

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Amanda's Iris Garden Gourmet Catering:

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TERRY HOFFER

“My mother had three daughters, but it was to me that she gave her *Joy of Cooking*.” Lou DiLorenzo holds the classic 1933 cookbook with reverence as she describes the art of home cooking. The familiar blue cover of the *Joy of Cooking* is clean but well used. It's a family treasure. “My mother [that was Amanda Dussault Descoteaux from St. Johnsbury] could cook anything. She took leftovers and made masterpieces - it was home cooked, and it was wonderful. She made things like stuffing for turkey, old-fashioned meat pies and peanut butter pie that you just can't find in a store anywhere.”

Julia Childs said she could make a gourmet meal with nothing more than a hamburger patty, a baked potato and a few fresh vegetables.

Lou thumbs through the pages of the cookbook and smiles at the notes and annotations in her mother's handwriting. “The funny thing is - I was a nurse, and I never really had time to cook. Before she died my mother thought I could use this, and she gave it to me just before she passed away.”

“Since then,” Lou says, “I've learned to take cooking seriously, and I appreciate the influence my mother had on me in this kitchen.”

As Lou pulls a steaming coffee cake from her oven she knows she is fortunate to have one such positive influence in her kitchen, but there is more. Her mother-in-law [that's her husband's mother, May Iris DiLorenzo, from North Adams, MA] is likewise famous for her kitchen creations. “May's husband was a master stonemason

and a construction supervisor, and they knew just about everyone in the area. They loved to entertain their friends, and May is still famous for her cooking - especially her hors d'oeuvres and desserts. Her recipes were incredibly well organized.”

Lou reaches to a shelf over the activity on her kitchen counter and pulls out a copy of another treasure trove of recipes for home cooking. It's the Boston Cooking School Cookbook edited by Fannie Farmer and given to Lou by her mother-in-law.

Here on a hill in Waterford Lou and her husband enjoy the remarkable confluence of their mothers' experience and reputations - one from Vermont's Northeast Kingdom the other from the Berkshires in Massachusetts.

Lou says, “We love to cook, and we love to have food that's been cared for. We never bake in a microwave oven, and when our friends and our (combined) family passes through these doors they know they'll have food that's homemade.”

And that point has not been lost on the family and their friends. At a luncheon last summer for 55 hungry people there was a buzz that Lou and her husband were missing their calling. Why didn't they take their kitchen on the road and cater for people who remember but rarely see (and rarely smell) the things that Amanda Dussault Descoteaux and May Iris DiLorenzo took for granted.

And with a salute to both

mothers and their influence on this kitchen, Amanda's Iris Garden Gourmet Catering was born.

Lou says, “We want to offer the food people want ... We have no set menu, and we'd prefer to discuss the options with a customer and prepare food for their expectations. Ultimately - it's their party not ours.”

Lou describes receptions they've catered for groups as large as 100 and sit-down dinners for 25. Generally, the food is prepared here in Waterford perhaps in their the slow-cook meat smoker with herbs grown here in the garden and then it is kept warm on chafing dishes or heated trays at the event.

“We have a recipe for pulled pork from a smoked ham that is a labor of love but never seems to go to waste. People can't stop eating it. We make blueberry and strawberry pies and a torte that is pretty good,” she says looking up with a quick smile.

Lou says, “We make hors d'oeuvres on sliced baguettes, and one business owner said we could do anything as long as he had cheeseburgers. We made his cheeseburgers all right, but they weren't like any cheeseburgers you get at McDonalds'. He loved them, and they were gone.”

Several years ago the great cook and television personality Julia Childs spoke as a fund raiser for St. Johnsbury's Athenaeum. “I'll never forget Julia Childs saying that she could make a gourmet meal with nothing more than a hamburger patty,



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a baked potato and a few fresh vegetables. She said, 'It's all in how you present it,' and we think about that, and we take pride in how we present things.”

Lou tells about catering a buffet dinner after the wake for former St. Johnsbury Fire Department Captain Howard Gieselman a year ago in November. “It was a wonderful compliment for us to be asked to be a part of honoring that great man. Everyone loved Howard. There were 30 people - family and firefighters, and I believe Howard would have appreciated it.”

Lou says their food has been compared to that served at the

Ritz, but she is humbled by the traditions of home cooking represented by her well-worn cookbooks. “We try not to surprise people. We want them to recognize what we serve ... It should be familiar, smell good and be tasty. What I always hope for is someone to say, ‘Lou this reminds me of food my mother used to make ...’ and it happens. What we are all about is bringing people to the conclusion that yes ... this is like I remember it. I'd like to think that we can deliver to a board meeting or a family gathering the elegance, simplicity and flavor that Amanda or Iris before us would have provided in their own kitchens.” ★

Joanne Noyes Exhibit Opens at Artisans' Guild

Joanne Noyes will present display her artwork at the Backroom Gallery of the Northeast Kingdom Artisans' Guild in St. Johnsbury in January and February. Noyes' exhibition will include: original oil paintings, archival giclee prints of many of the oils and original watercolors.

The subject matter of her paintings ranges from North Country and Italian landscapes to Cape Cod and Maine seascapes and portraits. “It is a privilege to live and paint within the landscape of northern Vermont, where each day offers a new inspiration be it the glow across the mountain tops cast by the rising sun in summer or the warm rosy light that spreads across the snow on hills on winter afternoons.”

The show runs from January 7 through February 12, 2005. The gallery is open Tuesday through Saturday, 10:30 a.m. to 5:30 p.m. For more information please call (802) 626-3237.

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Winter 2005

Athletic Director: Paul E. Wheeler (802) 626-9164

<p>BOYS BASKETBALL (JV/V)</p> <p>January</p> <p>4 Hazen @ Lyndon, 6:00/7:45 7 Lyndon @ Thetford, 6:00/7:45 14 Lyndon @ Oxbow, 6:00/7:45 18 Lyndon @ Hazen, 6:00/7:45 19 Lyndon @ Lake Region, 6:00/7:45 21 Harwood @ Lyndon, 6:00/7:45 26 Randolph @ Lyndon, 6:00/7:45 28 Oxbow @ Lyndon, 6:00/7:45</p> <p>February</p> <p>2 Lyndon @ Montpelier, 6:00/7:45 4 Lamouille @ Lyndon, 6:00/7:45 9 Lyndon @ U-32, 6:00/7:45 11 Lyndon @ Lake Region, 6:00/7:45 15 Lyndon @ Harwood, 6:00/7:45</p>	<p>GIRLS BASKETBALL (JV/V)</p> <p>January</p> <p>3 Rivendell @ Lyndon, 6:00/7:45 5 Lyndon @ Lake Region, 6:00/7:45 7 Lyndon @ Harwood, 6:00/7:45 18 Montpelier @ Lyndon, 6:00/7:45 20 Lamouille @ Lyndon, 6:00/7:45 25 Oxbow @ Lyndon, 6:00/7:45 27 Lyndon @ Randolph, 6:00/7:45</p> <p>February</p> <p>1 Lake Region @ Lyndon, 6:00/7:45 3 Lyndon @ Harwood, 6:00/7:45 8 U-32 @ Lyndon, 6:00/7:45 10 Lyndon @ Montpelier, 6:00/7:45 14 Lyndon @ Lamouille, 6:00/7:45 17 Lyndon @ Oxbow, 6:00/7:45 24 Randolph @ Lyndon, 6:00/7:45</p>
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<p>NORDIC SKIING</p> <p>January</p> <p>5 @ Underhill Range (MMU), 3:00 p.m. 15 @ Lyndon, 10:00 a.m. 17 @ Lamouille, 3:00 p.m. 22 @ U-32, 10:00 a.m.</p> <p>February</p> <p>5 @ Lyndon, 10:00 a.m.</p>	<p>ICE HOCKEY</p> <p>January</p> <p>5 Lyndon @ Woodstock, 7:30 p.m. 8 Mt Mansfield @ Lyndon, 7:00 p.m. 15 Hartford @ Lyndon, 7:00 p.m. 19 MSJ @ Lyndon, 6:00 p.m. 22 Lyndon @ U-32, 8:00 p.m. 26 Brattleboro @ Lyndon, 6:00 p.m. 29 Lyndon @ Burr & Burton, 4:00 p.m.</p> <p>February</p> <p>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.</p>
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ALPINE SKIING

January

7 @ Burke Mt. (LI)
15 @ Bolton Valley (U-32)
22 @ Smuggler's Notch (MMU)
28 @ Middlebury Snow Bowl (Middlebury)

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)

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Winter 2005 Sports Schedule

<p>Boys Basketball ~ Varsity and Junior Varsity Varsity Game follows JV Game</p> <p>January</p> <p>3 @ Essex A 5-6:45 6 @ Colchester A 5-6:45 13 CVU H 5-6:45 21 Rice H 5-6:45 25 @ Mt. Mansfield A 5-6:45 27 Burlington H 5-6:45 29 @ Middlebury A 1-2:45</p> <p>February</p> <p>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</p>	<p>Wrestling</p> <p>January</p> <p>3 Mt Mansfield, Harwood A 7:00 8 Bellows Falls Invitational A 10:00 8 JV's @ St. J. Middle Sch. H 10:00 12 Essex H 6:00 15 Slater Duals @ Fair Haven A 10:00 15 JV's @ Milton A 10:00 21,22 Essex Invitational A3:30/10:30 22 JV @ Mt Abe A 10:00 26 CVU, Colchester H 6:00 29 Colchester Invitational A 10:00 29 JV @ Vergennes A 10:00</p> <p>February</p> <p>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</p> <p>March</p> <p>4,5 New England Wrestling A 7:00 Tournament @ New Haven, CT Host is underlined</p>
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<p>Girls Basketball ~ Varsity and Junior Varsity Varsity Game follows JV Game</p> <p>January</p> <p>4 @ CVU A 5-6:30 6 @ South Burlington A 5-6:30 8 @ Rutland A 1-2:45 14 Middlebury H 5-6:30 19 Spaulding H 5-6:30 21 @ Mt. Mansfield A 5-6:30 25 @ Brattleboro A 5-6:30 28 @ BFA St. Albans A 5-6:30</p> <p>February</p> <p>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</p>	<p>Hockey</p> <p>January</p> <p>8 @ Milton A 8:00 12 Woodstock H 6:00 15 @ Northfield A 7:00 19 @ North Country A 6:30 22 Mt. Mansfield H 7:00 26 @ Woodstock A 6:30 29 U-32 H 7:00</p> <p>February</p> <p>2 Lyndon H 6:00 9 @ Brattleboro A 5:00 12 Burr & Burton H 7:00</p>
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Go Hilltoppers!

<p>Gymnastics</p> <p>January</p> <p>7 Randolph H 7:00 12 @ Essex, Randolph A 7:00 20 @ Essex A 6:00 25 Harwood H 7:00</p> <p>February</p> <p>5 @ South Burlington A 2:00</p>

More Than a Food Pantry

VAN PARKER

They come to their appointments at the food pantry by car, bus or on foot. Some are single. Some represent families, by my count, of up to eight children. Close to half of the people are more comfortable speaking Spanish. They represent many backgrounds and ethnicities. Their ages vary from very young mothers to those who could be great-grandparents.

The "Manna" program, housed in a church on Hartford Connecticut's Main Street, is sponsored by an organization called "Center City Churches." The man in charge of the pantry volunteers practically full time. I

help him, as needed, on Wednesday mornings. My duties include dividing large boxes into small packages of chicken, hamburger and so forth, helping bag groceries and making sure there's an adequate supply of bags available.

Probably the best part of my work at the pantry is simply watching what goes on in this very busy and very lively place. On the days when appointments are scheduled people representing as many as 15 or 20 families have come and gone in half a day. Over a period of a month the pantry helps feed several hundred people. Reg, who is in charge, is a retired lawyer. About two years ago he

spent several months in Bolivia learning Spanish. The people who come by, whether English or Spanish speaking, seem to feel at home with him.

One man comes in who is a diabetic. Reg will ask him how he is doing and offer diabetic foods he has stored on a special shelf. The two converse for a while. It's a time to visit, to catch up and that happens while groceries are assembled. A young woman comes by. She has two or three children and prefers to speak Spanish. "Yo tengo vanilla y chocolate," Reg will say in Spanish. "I can give you one or the other. Which do you prefer?"

A woman comes in and can't

seem to make up her mind what she wants. As soon as Reg gets something she decides that maybe she would prefer something else. In this case there's no point in bagging the groceries until the final decision is made. Gently Reg encourages her to make a decision, explains the rules of what she can have and what she cannot, still trying to give her as much latitude as he can.

It is at moments like this that Reg looks at something he copied and pasted on the wall. It reads "What would LOVE bring to this situation?" The words came from a tribute to a friend of his at the friend's memorial service. They remind him, he says, of what his work at the pantry is all about.

Reg says emphatically that he doesn't feel he is doing some

great benevolent thing for the people who come by, many of whom he has come to know and consider as friends. Outside the pantry, on the wall, he has posted a kind of credo. He wonders if anybody ever reads it. Who knows? But, whether they read it or not, I can't help but feel that many who come to the pantry sense it. The credo says that we all are a community. People are asked not to take more than they need "... so others will also share." They are also asked to "show respect for others" and "to expect to receive it for themselves."

Reg obviously loves his work, and he says he feels he's a part of this community. ★

American Indian Exhibit Opens at the Fairbanks Museum in February

ANNA DOWNES

How have American Indians found the resolve to retain their values through astounding cultural change? Raney Bench, collections manager at the Fairbanks Museum, went looking for an answer. She dug deep into Franklin Fairbanks' collection from the early and mid-1800's to trace the influences of trade with European settlers on the materials including shells, quills, paints and fibers used by American Indians.

Bench found subtle, evolutionary changes in native technologies, economies and social structures that were set in motion by the earliest contact with Europeans.

Opening in February at the Museum, "Pathways: Evolution in American Indian Material Culture" will present examples of materials used by American Indians. From those materials they wove, stitched, decorated and created other artifacts that fueled a major engine for economic survival as hunting, fishing, farming and other traditional means of subsistence were no longer possible.

Franklin Fairbanks collected artifacts from around the world beginning in the mid-1800s. His wealth and influence attracted remarkable gifts and purchases to St. Johnsbury representing some of the finest artistic accomplishments of American Indian tribes. Much of this collection has never been on public display and kept in Fairbanks Museum storage. To ground the exhibit in present times, local Abenaki artists have contributed their recent work, illustrating a contemporary use of the same styles and traditions in the 21st century.

Europeans and the American Indian tribes began trading goods almost as soon as they encountered each other. In one famous myth, according to the Europeans who recorded it, Peter Minuit, a director of the Dutch West India Trading Company, bartered about \$24 worth of beads and trinkets to local Indians in exchange for the island of Manhattan in 1626. Research has established that this transaction did not take place in such simple terms, but trade between European explorers, trappers, settlers and missionaries did forever change the currency and cul-

tures of the first Americans.

East Coast Indians produced shell beads, often called wampum, long before Europeans came to the Americas and used them as a sign of agreement. Europeans interested in trading with Indian tribes soon viewed wampum as a form of currency and used it to acquire furs and other natural goods. "But glass beads, metal tools and industrially woven textiles introduced entirely new materials into the culture of the American Indian," says Bench.

European-Americans brought new materials, ideas and economic opportunities, which continue to be evident in contemporary American Indian arts. The journey through material changes in artifacts from across the country highlights a diversity of form, inspiration and style.

Paths among pieces from the rich collection illuminate changes in creative expression based on the introduction of new resources, markets and designs. The nexus of European sensibilities and Native cultures is the basis for a radical but often overlooked change in American Indian visual arts.

The Pathways exhibit at the Museum begins in the Northeast with early pieces that indicate natural resources available in this region, including birch bark, moose hide and hair, porcupine quills, feathers, sweet grass and ash bark. Traditional design techniques and features, such as using teeth imprints to decorate birch bark and using quills to create intricate patterns, are explored.

Through beads, paint and fiber early artisans followed an evolution of creative expression in tribes across the country as new materials and ideas emerged. These changes reflect shifts in social structures and the human relationship with the land, telling a story that is often lost among recorded histories. Bringing the same traditions into the 21st century, contemporary artists combine designs passed through generations with new ideas, materials and inspiration to reflect their current realities.

The extensive collection of American Indian beadwork, basketry, paintings, pottery, weaving and carvings from across the country are treasures for the Fairbanks Museum. Among

those on display will be a graceful, beaded canoe model; a Chilkat robe woven out of mountain goat wool over yellow cedar bark; and stunning feather basket from the Central California coast.

Pathways, with its focus on material change, will include objects whose very existence tells a story. Picture the minutely detailed pencil drawings made by "Bad Eye," a Kiowa captive from the southern plains. Bad Eye's drawings have their own haunting history, since pencil and paper came into his hands only because this Kiowa resistance fighter had been taken prisoner and was directed to fill the pages of a composition book with drawings of his people. The fine detail of faces, horses and home allows a view onto a world that has vanished, but this view itself is a reminder of irreversible changes.

These images, along with other artifacts, provide a lasting link with a story that continues to echo through American Indian arts today. Look for the "Pathways: Evolution in American Indian Material Culture" exhibit to open at the Fairbanks Museum in February.



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

North Danville Community Club 2004 Memory Tree

In memory of Given By

Alice Couture Dick and Larry Couture
 Melvin McFarland Leon & Anna McFarland
 Diana Couture Jerry & Doris Randall
 Ann Langmaid Hugh Langmaid
 Dot & Gil Gilfillan Diane, Frank, Jen & Jack
 Laine Vance Eleanor Vance
 Beverly Hamilton Jenks Her family
 Pearl Gadapee Arnie Gadapee & family
 Howard Byron Freda Byron
 Michael Guertin Mother
 George & Barbara Randall Paul & Mary Randall
 Arlene Swett Harry & Claudette Swett
 Ruth Cousins Jerry & Robert Boardman
 Reg Smith Doug, Dianne, Andrea & families
 Nathan "Nate" Morrill Janice Morrill & family
 Lyman & Florence Morrill Janice Morrill & family
 Israel & Burniece Farrow Janice Morrill & family
 John Farrow Janice Morrill & family
 Margaret Farrow Janice Morrill & family
 Moe & Marilyn Blodgett Janice Morrill & family
 Marian Morse Janice Morrill & family
 Friends and Neighbors Janice Morrill
 Margaret Farrow – wife Ted Farrow
 John Farrow – brother; Nathan Morrill – brother-in-law Ted Farrow
 Olive, Reg and Ronald Smith Doug, Dianne, Andrea & families
 Alice Couture Leon & Anna McFarland
 Harold & Eva Gadapee Richard & Paula Stevenson
 Barb & George Randall Lorraine & Walter Dodge
 Aunt Barbara & Uncle George Randall Donald, Dale, Dwayne, Dennis & Danny Lynaugh
 Richard E. Ide Margaret Ide
 Mel, Mom, Dad, Frankie & Joseph Dick & Doris Johnston
 Sherman Simpson Ann Ovitt
 Bill & Bev (Hamilton) Jenks; Mr. & Mrs. George C. Morse;
 Gordon S. Morse; Michael G. Morse; Marilyn (Morrill) Blodgett;
 Dr. & Mrs. William A. Hamilton; Paul C. Hamilton;
 Bob & Barb (Hamilton) Roberts; Cecilia Paon Morse;
 Gloria Morse; Barbara Sleeper Terrill; Mr. & Mrs. William Clement;
 Mal Blodgett; & Mr. & Mrs. Fenton Morse Bob & Marian (Hamilton) Morse
 Phil Bennett; Ida & Phil Langmaid; Ann Langmaid;
 Forrest Langmaid; and Burl & Ethel Langmaid The Bennett Family
 Harold Beattie; Vernon Webster & Alice Couture Catherine Beattie and Occie Beattie
 Grandfather Beattie & Grandfather Mills Jacob
 "Beattie"; Ike & Dorothy Stanton Nathaniel Kitchel
 Aaron Michael Root Mom – Alana Langmaid
 Pop and Mem; John Pal Alana, Ed & Girls
 Jerry & Virginia Jarrosak Ed Jarrosak
 Grammy Margaret Kate & Margaret Toll
 Gloria Morse Kitty, Kate, Margaret & Abel Toll
 Roland Carson; Jim Isham; Larry Royston;
 Ken Bess; Dickie Vance Kitty Toll
 Grampa Beattie Kate & Margaret Toll
 John Pal and "Pop" & "Mem" Jennifer Pal, Bry, KT & Sam
 Plyn McDonald; Joe Swett;
 Carrie Thresher and Jeff Ziter Plyn Beattie
 Jonathan Jewell Philip Beattie
 Forrest Langmaid; Phil Bennett; Howard Penniman;
 Ann Langmaid; "Beattie"; Burl & Ethel Langmaid;
 "Pop" & "Mem"; Aurora Dwyer Lee, Philip & Plyn Beattie
 My Dad & My Mom Lee
 Mem & Pop; Steve Stanley; Ann Langmaid;
 Departed Loved Ones & Friends Alan, Susan, Jeff & Kelly
 John Villeneuve Alan Langmaid
 Dickie Vance; David Kirker;
 Laine Vance; & John Kirker Dick & Ann Vance & family
 Gladys & Delmer Smith;
 Beulah, Tip, Dick, Myles and Zoe-Ann (Cortese) Wakefield; and
 Sarah & Claude Keen Janet Wakefield & family
 Reg Lamothe Fran, Doug, Cindy, Sean and Marc Lamothe
 Julia Morey; Paul Lamothe; & Karen Holderby Aunt Fran Lamothe
 Gerard Lamothe; Camille Lamothe; and
 Irene Lamothe Moony Fran Lamothe
 Gloria Morse Fran Lamothe
 Sherman Simpson;
 Deceased Members of the Clyde Ovitt Family; and
 Deceased Members of the Howard Simpson Family Charlotte Simpson
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 Roland Carson; Dickie Vance; and
 Vernon & Luella Webster Paul & Mary Randall & family
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 Randal & Madelyn ("Peg") Davis; George & Barb Randall;
 Henry Patoine; and Billy Kennedy Jeff, Mary, Justin & Jacob
 Ken Bailey Ruth Bailey & family
 Tom Machell Wife & family
 Tom Machell J, Laurie, Christina, Brittany and
 Jeffrey Machell
 Cheryl Stocker J, Laurie, Christina, Brittany and
 Jeffrey Machell
 Aurora Dwyer Kenneth Dwyer
 Aurora Dwyer Rosie, Diana, & Maria Chaloux; and
 Linda Mosse
 Aurora Dwyer Kurt & Marilyn Dwyer
 Alice Couture Kurt & Marilyn Dwyer
 Dot & Gil Gilfillan; Henry & Stella Gilfillan Diane, Frank, Jen & Jack
 Malvern & Marilyn Blodgett; Walter & Ruth Blodgett;
 Burl & Ethel Langmaid Arnold & Shirley Langmaid
 George & Barbara Randall; Gaston & Diana Couture;
 Henry & Theresa Patoine; Alice Couture Jerry & Doris Randall
 Merton & Eliza Hall Evelyn McReynolds
 Persis & Henry McReynolds; Earl McReynolds Evelyn, Earlene & Jimmy
 Hobart Paige & Ken Strifert Dick & Sue Strifert
 Ruth S. Paige Dick & Sue Strifert
 Tom Machell; Dot Colby; Ralph & Annie Briggs Bobby, Denise & Kalyn
 Ted & Robella Legendre, John Joyce; Beulah Couture Joan, Rodger & family
 Curtis Vance Derek & Alysia Vance
 Laine Vance; Charles Vance; Richard Vance; Reginald Vance;
 Curtis Vance; parents; brothers; sisters; cousins and
 many friends and neighbors Eleanor Vance & family
 Levi & Marguerite Vance Newell Somers
 Joseph Frank Swett & his dog Blondie;
 Arlene L. Swett; George D. Swett; Frankie Swett Harry & Claudette Swett;
 Becky & Steve Longe;
 Joanne & Nate Bergeron
 Harry & Claudette Swett
 Frank & Helen Brunell; Carlton & Tessie Chickering
 Jerry Lamothe, Aunt Irene Merchant Hubbard & Uncle Ben;
 Uncle Reg Lamothe; Aunt Bernice Merchant Johnston & Uncle Francis;
 Great Uncle Allen Sanborn & Great Aunt Lettie;
 Great Aunt Addie Sanborn & Great Uncle Author Sanborn;
 Lillian Sanborn Gadapee & Uncle John;
 Grammie Jessie Sanborn Merchant & Grampa Shirl;
 Uncle Leroy & Aunt Millicent Merchant;
 Uncle Camille Lamothe and Paul & Karen;
 Aunt Irene Lamothe Moony & Uncle Ted;
 Uncle Theoron Merchant; Grandma Mary Lamothe
 & Grandpa Napoleon; and
 Dear Friends Virginia Butterfield, Dot Gilfillan & Doris Gadapee Gerard Lamothe

In memory of Given By

Fred & Bessie Carson; Alvin & Ken Mildred Garg
 Gloria Dargie Mike Garg
 Bee & Steve Waterman Molly
 Duane Ingalls; Paul Hamilton; Demmy Devenger; and
 Dick Wakefield Bev (Ingalls) Lynch
 Lucien Desrochers; Alice Calkins; Sarah Keen Tom & Bev Lynch
 Merle & Doris Gadapee; Henry & Alice Walker Howard & Annie Gadapee
 Alice Couture Alice Hafner
 Herbert & Florence Stanton; Helen Stanton;
 Kenneth Robinson and Rita Mathews Garfield William Stanton
 Family, Friends & Neighbors Hap & Betty Hutchins
 Francis & Hazel Boyle; Walter & Gladys Hubbard;
 Carl & Regina Hubbard Rodger & Virginia Boyle
 Jack Parker Mike, Judy & family
 John Parker Mike, Judy & family
 All Departed Loved Ones The McGills
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 Mel McFarland Aggie Hafner Boswell
 Nellie O'Neil Carol & Bill Ottinger
 George & Barb Randall; Earl J. McReynolds;
 Stewart & Elva Coates Everett & Martha McReynolds
 Alice Elizabeth Chickering; Arthur Merton Chickering;
 Azro Carlton Chickering; Mable Adele Chickering;
 Donald H. Chickering; Orville M. Chickering; and
 Carlton Chickering Alice Crays
 Mel McFarland Donna & Julie McFarland
 Eugene Charron (my dad) Donna McFarland
 Vicki Campbell-Beer Donna McFarland
 Forrest Langmaid; Clara McGill Langmaid; Harry Drew;
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 Aunt Welly & Uncle Vernon; Mae Page Janet, Casey, Brett & Asa
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 Ila Spaulding; Maude & Carl Ailes;
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 Mike & Gloria Tillotson & family
 Shirley Langmaid "2"
 Departed Loved Ones Milt Montgomery
 Velma Paquin Webster; Gertrude Dunbar;
 Mary Montgomery & Mel McFarland Milt Montgomery
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 Lorraine Legendre Desrochers Louise Legendre Lessard
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Peacham Playground Rises Above the Field

TERRY HOFFER

In March 2001, a change in the formula for Vermont's state aid to education weighed heavily on Peacham's town meeting. The new formula, known across the state as "Act 60," was designed to redistribute property-tax-based funding from Vermont's wealthy towns to its needy towns, and grand list data established Peacham as a "gold" town. The traditional flow of aid from Montpelier to Peacham stopped, and hard feelings boiled over.

Like practically every town in the country, the cost of educating children is the largest public expense in Peacham. And when revenues were slashed hard feelings were directed at the biggest costs.

Mary Ellen Reis remembers the March 2001 town meeting as horrible. "The loss of state funding required a big hike in local taxes to balance the budget, and bitterness in the town was directed at the school." Programs were

cut, and staff positions were eliminated. Finally the budget was approved, but the notion of closing the (K-8) school and sending Peacham students elsewhere lingered in the air.

Reis, the mother of two children in the school, says, "We agree that the tax system in Vermont is wrong, but the fact is we have a school in this town, and the students deserve to have a legitimate program."

A year later, Reis, Peacham teacher Wendy Mackenzie and parent Neal Gombas were watching children on the school playground equipment. Mackenzie is the mother of three children in the school, and Gombas is the father of two. They all agreed that the playground equipment had reached the end of its useful life, and they agreed in their concern for safety of the children.

Gombas is a self employed carpenter, and he inspected the old materials. Reis says, "We saw broken boards, but Neal showed us problems that were serious but less obvious."



Photo By: North Star Monthly

(L-R) Wendy Mackenzie, Neal Gombas and Mary Ellen Reis served as the committee to rebuild the Peacham School playground.

"The structure was made of pressure treated lumber," Gombas says. "It had served its purpose, and it was time to replace it."

Mackenzie says, "There was no way we could go to the schoolboard or the town, but we were determined to clean up the school grounds and see if we could develop a really useful community area. Peacham has the dump and the library for places to meet, but we had this idea of creating an inviting recreation area, a public space for everyone at the school."

As ambassadors for the school grounds project, Reis, Mackenzie and Gombas organized a cleanup day in May 2002, and with 19 families they hauled away broken boards and rusty nails and all manner of discarded trash. They replanted gardens, painted swings, took down the old tire swing and repaired the flagpole. There was progress, and despite the outcry over school funding and taxes, the improvement at the school

grounds represented a step in restoring pride in the town for its school.

**"Peacham has the dump and the library for places to meet, but we had this idea of creating an inviting recreation area, a public space for everyone at the school."
Wendy Mackenzie**

In 1992 Gombas had been honored with the Take Pride in America in Washington DC, as one of the country's great American volunteers for his work on the playground in Barnet, and he was inspired to develop a playground using

whatever funds could be scratched together. And he was adamant about not getting paid for his work. "I wanted every penny raised to be spent on the project," he says.

Gradually the committee of three surveyed students at the school and sought out the participation of every known organization in town.

Gombas laughs, "There was a lot of great thinking from the students - some less than realistic. One wanted rocket blasters in the playground, but I knew that would be tough on our budget."

A year after the great cleanup the committee invited the town to a public meeting to review their emerging vision and plan. Advice from the surveys had been taken, and the group concurred with the conservation commission, which asked that it "fit in." The committee had sketches, a site plan and high hopes for a grand reception. Reis says with thinly veiled disappointment, "Three people

(See From Basic on Next Page)

Stuart V. Corso, D.M.D.

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Travis Hill Honored as Outstanding Teacher from Walden

BETTY HATCH

The staff and students at Walden School are very proud of their 6th grade teacher, Travis W. Hill. Hill was named in *Who's Who Among American Teachers* this fall and received recognition at the community gathering held at the school on November 22. His parents, Dan and Diane Hill of Hardwick, his wife, Dorothy, and Supervisory Union Superintendent John Bacon were on hand to witness the event.

Each year, young people honored in *Who's Who of American High School Students*, *Who's Who of American High School*

Students - Sports Edition and *The National Dean's List* are requested to nominate a teacher who influenced their academic education by shaping their values, inspiring their interest in a particular subject or by challenging them to reach for excellence.

Hill is the son of Dan and Diane (Strong) Hill and received his education at Hardwick Elementary School and Hazen Union High School. He graduated from the University of Vermont in 2001 with a degree in elementary education and came to Walden that fall to start his teaching in the 6th grade.

He has helped the Middle

School teachers to implement an interesting curriculum for the students and has become a leader in literary instruction in the school. Hill says he is always looking for available courses to help him improve his professional development and to give him new ideas for helping his students.

In 2001, his aim for his first year of teaching was "to have students leave his classroom feeling successful and well prepared for their next step in their education."

His outward appearance, tall and stern, leads his students to understand that they should

study quietly, work diligently and gain all the information available to them.

Hill is proud of his connection to Walden. His mother, Diane, is the daughter of the late Willis and Marjorie Strong, who grew up in North Walden and attended Star School. Willis grew up at Dow's Crossing, and, too, attended Star School. Going back another generation, Willis' parents were Archie and Gertrude Strong, who grew up in town and farmed for a number of years at Dow's Crossing. Gertrude Strong served the town as a school director for from 1945 to 1969. Hill mentioned that his paternal grandmother, Doris Hill, was also a teacher in the Hardwick area.

It is interesting to note that his principal, Martha Dubuque was his 6th grade teacher in Hardwick. "Travis builds an outstanding rapport with students," she says. "Children enjoy his class. His classroom is a well-run and engaging environment. He sets well-designed purposes for learning, and he teaches to the specific strengths and needs of each student. Travis serves our students and our school with the highest professional distinction."

Hill was an outstanding basketball team player for the schools he attended. He now helps his brother coach the

Hazen Union varsity basketball team. He likes playing golf and is a fan of the Red Sox. In August 2003, he married Dorothy Pastor and they make their home in East Hardwick.

Congratulations are due this outstanding teacher! ★



Photo By: North Star Monthly
Walden School 6th grade teacher Travis Hill was recently named to the list of Who's Who Among American Teachers after being nominated by students for his influence on their values and their interest in education.

From Basic Cleanup to Rocket Blasters the Playground Emerged

(Continued from Page 24) showed up."

Discouraged but unstopped they pushed on. Gombas says, "We were planning and raising money at the same time. The school's parent teacher group gave us \$1,000, and we spent that on the little kids' area. We made a sandbox, a tire climber, balance beam, make-believe school bus and monster truck and picnic tables. We painted games on the pavement and planted some flowers. It was a lot of stuff for a thousand dollars."

"We could see something starting to happen," Mackenzie says, "and Neil was amazing at seeing that whatever money we had went a long way."

In February 2004 a letter mailed to businesses produced a handful of donations including \$500 from Ben & Jerry's. The group sent a letter to every taxpayer in Peacham, and donations totaling \$5,000 came back, Mackenzie says, "from all over the country."

On September 25, 2004 with purchased materials and scavenged supplies the committee organized a work day to build the main feature of the playground, a wooden structure with a slide and several enclosed spaces -

strong enough and big enough for students, parents and grandparents.

Reis says, "It was one of those stories you hear about where if you build it they will come. There were teachers, parents, neighbors, students and all kinds of people who genuinely just wanted to pitch in."

When the dust had cleared and the workers finally stepped back the result was a sturdy structure built by hand from cedar and tamarack with a green metal roof. Gombas says, "The goal was to heal the community by means of a safe playground where everyone could have fun."

Reis says, "We have our playground, and things are getting better."

Mackenzie says, "There are still conflicts, but just before Halloween we had a bonfire and a haunted house, and there were 115 people here. In a town of 670, we are seeing people we never expected to see, and that's good." Some people have made second donations, and the Peacham project has made important strides in the group's basic goal.

Gombas says, "I remember when Peacham had a huge fireworks display on the 4th of July,

and cars were parked as far as you could see." He looks off and away at the snow covered soccer field. "This area has a lot of potential. I'd love to see an expansion of the playground, maintenance of the soccer field and some barbecue grills where everyone can come. But we're getting there. You drive by the school; kids are playing; stuff is going on and that's the way it should be."

He looks at the students crawling through the openings of the new wooden structure and squealing in their pleasure. He smiles and says, "I think I just heard the rocket blaster. If it works for them - it works for me."

The Peacham Playground Committee will welcome your donation for its project. Any donation to the committee may be mailed to the Peacham Town Clerk, PO Box 244, Peacham VT 05862. ★

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No Small Potatoes

Vanna Guldenschuh

There is nothing quite as rewarding as baking a fresh loaf of bread. The process, the smells and the reaction of everyone around the kitchen make this task worth the effort. It's a lot easier than you think and a wonderful mid winter enterprise.

The most versatile dough I use is a simple baguette dough that can be turned into a crusted loaf, a savory focaccio, a tasty pizza or a filled calzone. It is easy to handle and can be made ahead of time and used right before you need it. Bread dough like this is very hardy and can take some rough treatment and a small amount of neglect. This makes it the perfect dough for a busy cook.

Don't let the long instructions fool you. This is a recipe that gets easier all the time and is as simple as making cookies or cakes. It will become a favorite thing to do.

Basic Dough

I use an electric mixer with a dough hook, but kneading it by hand is more fun and I think makes for a better product. I don't use a food processor for

this dough, but if that is what you are used to and know the technique then go ahead. Feel free to double the recipe.

- 2 cups lukewarm water (remember heat kills yeast - so not too hot)
- 2½ teaspoons active dry yeast
- 2½ teaspoons salt
- 2 tablespoons olive oil
- 6 cups flour

Hints:

1. This is a very sticky dough. Only add enough flour to hold the dough together. You may need to lightly flour a surface before handling and shaping the dough.
2. If you are going to refrigerate the dough for use in a day or two - use cooler temperature water for a slow rise.
3. Cut the dough to the near shape of the finished product and let rise, covered, for about an hour. This will make shaping and rolling the dough a lot easier.
4. I sprinkle cornmeal on the cooking sheet before baking. It adds a little flavor and authentic look to the bread. Flour can be substituted.
5. The most important aspect of cooking this bread is a hot oven. The initial heat in the oven must be at least 450°. I cook it at this temperature for about 10 - 12 minutes and then turn it to 375° for any remaining time the bread needs to cook.

Make the Dough:

Mixing Machine with dough hook: Pour the water in the bottom of a mixing bowl. Add the yeast and swirl it around to dissolve. Add the salt and stir until dissolved. Add the olive oil. Add 4 cups of the flour and start the machine. Set a timer for 10 minutes - It is possible to knead

dough too long with a machine and a timer is a big help. As the dough mixes add more flour a little at a time until you have a cohesive but very sticky dough. You may not use all the flour or you may need to add a little extra. This is where the chef's eye comes into play. After making this dough a few times you instinctively know when the texture is just right.

Kneading by Hand:

In a small bowl sprinkle the yeast over the water. Let it sit for 5 minutes and swirl it around to dissolve. Add the olive oil to the water mix. In a large mixing bowl combine 4 cups of the flour with the salt. Add the yeast mixture and mix the dough until it is combined well. Turn this dough out onto a floured surface and knead it, incorporating as much of the remaining flour as you need for a cohesive but sticky dough. Knead for about 10 minutes. You can keep lightly flouring the surface to keep the dough from sticking.

Rising the Dough:

For immediate use: Form the kneaded dough into a ball and put in a large bowl (you can oil it if you want) and cover with plastic wrap or a damp towel. Set in a warm (not hot) place until it has doubled in bulk - about 1½ hours.

I like to punch the dough down at this time and let it rise a second time, but you can use it now to make loaves, pizza, calzones or focaccia.

For next day use: Place the dough in a lightly covered bowl (I use a plate over the top of the bowl) and refrigerate until ready to use. You can leave this dough in the refrigerator a couple of days - just check on it to make sure it is not rising too much. If it rises over the top of the bowl punch it down and put back in the refrigerator. When you take it out of this cold place, allow the dough to reach near room temperature before shaping it into

your finished product.

THE CRUSTY LOAF

This dough can make a French style baguette, a hearty Italian loaf or crusty rolls depending on how you shape it. It is all the same good bread with crunchy outside crust and a substantial but airy inside.

Turn the risen dough out onto a lightly floured surface and knead for about a minute. Cut the dough - long and narrow for the baguette, thicker for the Italian loaf and small rounds for the rolls. Place on a floured sheet and let sit, covered for about 20 minutes until the dough relaxes. This step makes it easier to form the shape of the desired product and is less stressful to the dough.

Baguette: Flatten the relaxed dough on a lightly floured surface (it will be a long rectangle), fold over itself lengthwise and shape by rolling and stretching into a long very thin loaf. Lay on a cornmeal or flour sprinkled tray (cookie sheet is okay). Cover and let rise for about 30 minutes. Before placing in the oven slice a few slits on the top of each loaf with a very sharp knife or razor blade. Place in a 450° oven for 10 minutes and then turn down and cook for another 10 minutes at 375°.

Italian Loaf: Follow instructions for the baguette except for the shaping of the loaf. An Italian loaf can be more square in shape. Place in a 450° oven for 10 minutes and then turn down and cook for another 15 to 20 minutes at 375°.

Rolls: Cut the dough into small rounds (3 ounces) right on the cornmeal or floured tray to be used for baking. Cover and let rise about 30 minutes. Slice slits in the top before cooking. Place in a 450° oven for 8 minutes and then turn down and cook for another 5 minutes at 375°.

FOCACCIO

This variation is amazingly versatile. Use it to make a hearty meal out of a simple soup and salad or cut it into squares and then slice in half horizontally to make a wonderful sandwich or panini.

Flatten the dough into a cookie sheet as best you can. Cover and let relax for about 20 minutes. This will make it easier to flatten all the dough into the shape of the flat pan. Use your fingers on the top of the dough to flatten it - this will give the top some texture to hold either salt or an herb mix. Spread a mix of your favorite herbs - chopped and mixed with salt and a little olive oil (basil, oregano, rosemary, thyme and so forth) You can also just spread a small amount of olive oil on top and sprinkle coarse salt. You can use your creativity with this loaf - olives, scallions, sundried tomatoes - they all make a great topping for focaccio.

After you top the focaccio let it sit uncovered for about 10 minutes - then place in a 450° oven for about 10 minutes and then turn down and cook for another 10 minutes at 375°.

PIZZA

This dough makes excellent pizza. I will top this one with traditional tomato and cheese, but get as creative as you want with the toppings on this crusty pizza.

Shape the dough into 4-5 ounce balls. This will yield about 8 personal size pizzas. You can make them bigger if you like. Cover the balls of dough on an oiled tray and let relax for about ½ hour.

Meanwhile make the topping:

- 6 cloves garlic sautéed in 1 cup of olive oil until lightly browned
- 3 red ripe tomatoes sliced very thin (can substitute slightly mashed whole canned tomatoes)
- ¼ cup each parsley, oregano and basil - fresh chopped (can substitute dried herbs but use a little less)
- Parmesan cheese
- 1½ cups mozzarella cheese

Flatten the rounds out on a floured surface with your fingers and stretch to a round pizza shape. You can use a floured rolling pin if it is easier. I like to form a thin pizza with a slight ridge around the edge.

Place the dough on a cornmeal sprinkled sheet and spread the olive oil and garlic combination on the dough, then a layer of thin sliced fresh tomatoes. Sprinkle with parmesan cheese, the herb mix and salt and pepper. A small amount of mozzarella cheese tops this simple pizza.

Bake in a 450 - 500° oven for 12 minutes.

CALZONE

This spinach and mushroom calzone is only one variation on a theme. There are many vegetables, meats and cheeses that are adaptable to this filled bread.

Make the filling:
3 cloves garlic - chopped
(See Vanna's Bread on Next Page)



Vermont Public Radio Programs at a Glance

Monday - Friday	Saturday	Sunday
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
Performance Today	10 A.M. What, What... Don't Tell Me!	
Fresh Air with Terry Gross	Noon Interlude	A Prairie Home Companion
All Things Considered with Neal Chamoff	1 P.M. Saturday Afternoon at the Opera with Peter Fox Smith	All The Traditions with Robert Reznick
Marketplace	2 P.M. Fresh Air with Terry Gross	
(Wed) Living on Earth (Thu & Fri) Switchboard (Wed) Song Traveler (Fri) Mountain Neighbors	3 P.M. All Things Considered with Neal Chamoff	
Riverwalk	4 P.M. All Things Considered with Neal Chamoff	
The NPR 100	5 P.M. All Things Considered with Neal Chamoff	
Classical Music	6 P.M. A Prairie Home Companion	From the Top
	7 P.M. The Prairie Home Companion	Country Folk Song Ya
	8 P.M. The Prairie Home Companion	The American Life
	9 P.M. My Place	Sound and Spirit
	10 P.M. Hearts of Space	Classical Music
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 January 8: *Otello* (Verdi)
 January 15: from the MET Archives
 January 22: from the MET Archives
 January 29: *Turandot* (Puccini)

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

January 2: *Esperanza Rising* by Pamela Muñoz Ryan
 January 9: *A Corner of the Universe* by Ann M. Martin
 January 16: *Daisy and the Doll* and *Alec's Primer* from VT Folklife Center Children's Book Series
 January 23: *Sonata #1 for Riley Red* by Phoebe Stone
 January 30: *The Bones on Black Spruce Mountain* by David Budbill



Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

I hope you can help me. My life seems to be a continuous rush; from work to home, caring for my children and back to work. I feel like I'm falling further behind every day. Lately my tension headaches are more intense and I have less and less patience with my kids.

The greatest gift that you give your children is your attention.

Ah, the single parent's lament. Each of us (Alice and Burt) have spent years as single parents, and we recognize the strain that one feels holding a family together while earning a living. For most people in this situation a shift in priorities is the first and main step. You need to carve out time for peace and for recreation for yourself. We can hear you now, "I can't get done what I HAVE to do NOW! How am I supposed to get time to take off! Be real!"

Consider this analogy: If your vacuum cleaner took longer and longer to clean your carpet, we'd first suggest that you empty the canister. If you said, "I don't have time for that," we would respond, "You'd have more time

if you took care of your tool."

Well, YOU are your major tool, and without sufficient rest and "maintenance" all your work will get harder and harder. Along with clean clothes and healthy food, your kids need a parent who models taking care of herself (or himself).

We know it is not easy to shift one's priorities. Too often it seems easier to just do everything yourself, and slog along. Here are several practical suggestions to help break out of that rut and create time for yourself. Pool time and tasks with friends. Have potluck dinners with neighbors, and alternate hosting the evening. Form carpools for day-care, school and after-school activities. Create a baby sitting co-op. Enlist as much family help as possible. It's never too early to teach kids chores, so enlist their help, too. Also, ask yourself if your housekeeping standards and cooking standards are too high. This is not a time to be a perfectionist! Perhaps you need to loosen up and let go a bit. Some of these suggestions may help you have some time on a regular basis for a walk, reading, meditating or doing something fun and refreshing for yourself.

A further step is to make the most of the time you do spend with your children. Make it count, and then you can feel more effective and satisfied as a parent. The greatest gift that you give your children is your attention. In fact, what you do together is not as important as how you are together. Really listening and attending during the most mundane times makes up for "special events." We don't know the ages

of your children, but this attention giving can happen during meals, preparing meals together, perhaps reading a story out loud, doing some outdoor activity or talking over hot chocolate. Your kids will remember shared times together more than the cleanliness of the house or busy schedules. One has to hold on to priorities. It helps to ask, "What is the most important happening right here, right now?"

When this is clear, support it, let go, and relax ...

It seems most difficult to shift one's priorities in the area of child rearing. Perhaps we can blame Freud for this. When Freud started publishing his theories of psychoanalysis in the early years of the twentieth century he introduced many concepts never before considered. One of those was the idea that adults are, in part, the result of how they were treated as children.

Today, this idea is so completely accepted that it seems strange to us that in the nineteenth century it was revolutionary. Well, the world accepted the idea, and we parents picked up a load of responsibility for our children's well-being, but along with this perception came a load of guilt and inadequacy that all parents bear to this day. We all feel as though 1.) we are not doing enough for our kids and 2.) we are probably hurting them in some way. And, while there may be truth to these feelings, the accompanying guilt makes it difficult to be rational about our priorities.

Another circumstance of our times is the insularity of the nuclear family - mom, dad, and kids or mom and kids or dad and kids. For most of humanity's time on earth, we lived in clans, villages and small towns, with extended family close around to help out with child rearing, work

and celebrations. With the increased mobility of the past century most of us now live at enough of a distance from extended family that the days of family sharing are gone. The fact of being on one's own is both a blessing (one is free to be creative and follow an individual

path) and a curse (when the heavy responsibility of raising a family hits, one can feel overwhelmed with the amount and continuousness of the work). Many of the practical suggestions at the beginning of this column attempt to recreate the old extended family network. ★

Respite Grants Relieve Family Caring for Loved Ones

The Area Agency on Aging for northeastern Vermont has respite grants available for family members (wives, husbands, daughters, daughters-in-law, sons, close friends, and so forth) who provide day to day care in the home for a frail elder or for a person with dementia. Grants are available through this agency for people in Caledonia, Orleans or Essex Counties.

To find out more or to request an application call the Senior HelpLine at (802) 748-5182 or (800) 642-5119.

Caregiving is a labor of love that allows a vulnerable person to stay in the home, for as long as they can be cared for safely and comfortably. This labor of love is a gift but a gift that should not be given without taking steps to ensure the caregiver's continuing good health. Effective caregivers take care of their own health and well-being as they help the person they are caring for.

The stress experienced by family caregivers can and often does lead to an increased risk of serious medical problems for the caregiver. Caregiving can make chronic conditions such as hypertension, diabetes or cardiovascular disease worse. Caregivers develop muscle and joint problems from lifting and moving. Studies show that caregiving can weaken the immune system, caregivers tend to have higher blood pressure, their wounds often take longer to heal and they have twice the risk of coronary heart disease as do non-caregivers. It is critically important that caregivers recognize that self care is not a luxury and that their own good health is the best present they can give their loved one.

Caregiving is more than a one-person job. If you are a family caregiver reward yourself with frequent respite breaks.

To find out more about the respite grants offered by the Area Agency on Aging for northeastern Vermont or other supports for family who care for frail elders or persons with dementia, call the Senior HelpLine.

Vanna's Bread

(Continued from Page 26)

- ¼ cup olive oil
- 1 pound fresh spinach or 1 large package frozen spinach
- 2 cups sautéed mushrooms
- Parmesan cheese
- 1½ cups mozzarella or gorgonzola cheese
- Salt and pepper

In a large frying pan sauté the garlic in the oil until lightly browned. Add the spinach and just cook until it is wilted - just a few minutes. If using frozen spinach drain it well and just pour the oil and garlic over the thawed spinach. Salt and pepper the spinach generously. Set aside.

Make the calzone: Follow the directions for shaping pizza into rounds. While the rounds of dough are still on the floured surface place the spinach filling on the front half of each round, cover the filling with parmesan cheese and top with sautéed mushrooms and mozzarella or gorgonzola cheese. Fold the back half of the dough over the filling to form a half moon. Secure the edges together and lift each calzone onto a floured baking sheet. Bake in a 450 - 500° oven for 12 minutes.

Serve immediately with a side of Marinara sauce for dipping. ★

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Please tell them you saw it in

The North Star Monthly

Click & Clack Talk Cars

Brake Failure Needs Explaining

Dear Tom and Ray:

You guys really make me laugh. So now you know that one other person is out there laughing with you! I have a 2003 Windstar with about 16K miles. Last Saturday, I took the car to the recycling center in South Burlington. As I approached a stop sign, the brakes failed. The pedal went to the floor. I was not going very fast and was able to bring the car to a stop without hitting anything. I turned the car off, and the brakes returned (the pedal returned to its normal position and the brakes worked). The brakes have worked normally since. I checked under the hood, saw no leaks and the master-cylinder

reservoir was full. The brake pads look good. We took it to a dealership (they kept it for a day), and the mechanic said that the brakes were OK, that he made an adjustment in the hydraulics. I have no suggestions? Should I expect failure again? Should I trade it in? Could it be a bad master cylinder or anti-lock-brake system? Can I ever have confidence in the brakes again?

— Gene

TOM: You can't, Gene. At least not until somebody gives you a credible explanation for why they failed. No one has done that yet.

RAY: There is no "adjustment" you can make to the hydraulics, so the dealer was just trying to get rid of you with that one.

TOM: I can think of a few possible explanations. The most likely is that you accidentally drove all the way to the recycling center with the parking brake applied or, more likely, partially applied. That would mean that the brakes were being applied the whole time you were driving, even though your foot wasn't on the brake pedal. That overheated the brakes, which boiled the brake fluid, which led to the brake failure.

RAY: Then, when you shut off the engine and let things cool down, the brakes returned to normal. And we would assume that after that, you released the parking brake.

TOM: How do you prove that's what happened? I guess you have to ask yourself if it's possible.

RAY: A related cause of intermittent brake failure is a faulty power-brake booster. That creates a situation similar to leaving the parking brake on. It fails to release the brakes entirely. So, it also causes brake failure by overheating the brake fluid. If that's the case, it could happen again.

RAY: If it's not either of those, then it's probably a bad master cylinder, which would need to be replaced.

TOM: So, unless you remember seeing the red "parking brake" light on when you were driving that day, take the Windstar back to the dealer, talk to the manager of the service department and tell him that you need a more definitive explanation before you can confidently drive the van any more.

RAY: Ask him to keep it and drive it home for a few days. Tell him to take his family out in it and see if he can get the problem to recur. If you

notice a sudden deer-in-the-headlights look when you make this suggestion, you'll know you've made your point. Good luck, Gene.

Do Your Transmission a Favor and Service It

Dear Tom and Ray:

I drive a 1997 Mercury Sable wagon (108,000 miles so far), and every time I go in for an oil change, they tell me I should "service" the transmission. My father has never, ever changed anything to do with the transmissions in any of his work trucks or family cars. He has rebuilt engines and made other major repairs but never the transmission. His point was that the transmission is a sealed case and should never need changing. My question: Do I need to service the transmission, or are the service-bay employees just trying to wrangle more work?

— Fran

TOM: The Board of Associated Servicers of Transmissions and Rebuilders, Disassemblers and Salvagers agrees with your father, Fran. They suggest you ignore your transmission, because they make a good living rebuilding them later on.

RAY: But if you don't want to rebuild your transmission, you absolutely SHOULD service it when the manufacturer recommends. "Servicing" means replacing the fluid and replacing or cleaning the filter.

TOM: Automatic transmission fluid serves several important purposes — in addition to being an excellent sandwich spread. It lubricates all the internal parts of the transmission, cools the

transmission and serves as the friction medium that ultimately transmits power from the engine to the wheels.

RAY: It's pretty powerful stuff, and it lasts a good long time. But it does eventually break down — especially in all that heat. It might not break down completely, but it does get "less good" at its job as it gets older and dirtier. Kind of like my brother.

TOM: I don't remember the recommended change interval for the '97 Sable, Fran, but I'm guessing it's less than once every 108,000 miles. Manufacturers' recommendations vary. They range from every 30,000 miles to never. Most suggest a change between 60,000 and 100,000 miles. Whatever your manufacturer recommends, we'd recommend, too.

RAY: Your father has been lucky. He might also be a good, gentle driver, which prolongs the life of transmissions. But given that transmissions can cost thousands of dollars to replace, we think spending a hundred bucks for a fluid and filter change every three years or 60,000 miles is cheap, Fran. So, do it ... and feel free not to tell Dad.



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DANVILLE SENIOR MEAL SITE

January Meal Schedule

January 4 - Baked Ham, Mashed Potatoes, Homemade Rolls, Apple Juice, Carrot Cake.

January 6 - Broccoli & Cheese Quiche, Pasta Salad, Tomato Soup, Pears, Chocolate Chip Cookies.

January 11 - Hamburgers on a Bun, Pasta with Pesto, Carrot Raisin Slaw, Fruit Cocktail. Library Day.

January 13 - Lasagna, Tossed Salad, Homemade Rolls, Cherry Cheesecake.

January 18 - Roast Pork with Gravy, Seasoned Rice, Broccoli Salad, Pineapple Chunks, Homemade Rolls.

January 20 - Chef's Salad, Tortilla Cheese Rolls, V8 Juice, Strawberry Shortcake.

January 25 - Corn Chowder, Tuna Salad Sandwiches, Pears, Spinach Salad with Mandarin Oranges. Library Day.

January 27 - Hot Dogs with Baked Beans, Sauerkraut, Brown Bread, Steamed Broccoli, Pumpkin Pie.

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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Vermont's Wildlife Gets a Check-Up

An unprecedented evaluation of Vermont's wildlife is underway. Led by Vermont's Fish & Wildlife Department, biologists, ecologists, conservationists and sportsmen representing more than 60 organizations have teamed-up to give Vermont's wildlife a check-up.

From black bear to golden-winged warbler, silver redhorse to blue-spotted salamander, experts are assessing the status of wildlife populations and developing strategies for assuring healthy futures for wildlife.

Next fall, when the work is complete, Vermont will have its first comprehensive wildlife conservation strategy (CWCS).

"The result will be a strategic vision for conserving the state's wildlife, one that we hope all conservation-minded organizations can support," says Jon Kart, coordinator for the department.

Vermont is home to 42 species of reptiles and amphibians, 58 mammals, 94 fish, 235 birds, more than 2,000 plants and many, many more insects, mollusks and crawfish. Assessing

the status of each of these species is a huge task requiring an effort of unmatched cooperation.

Vermont's "Species of Greatest Conservation Need" will be identified using criteria such as habitat quality and quantity, species rarity, vulnerability to habitat changes and ongoing or imminent threats. Then strategies and priorities will be developed to conserve the species and their habitats.

A draft of the plan will be available for review and public comment in the spring of 2005.★

In Search of the History of Our Soil Conservation Districts

JUDITH L. HOWLAND

When considering the history of Soil Conservation Districts in America, one must first look at the personalities with the vision and foresight to come up with the idea in the first place.

Washington, DC during the 1930's was far different from the place that it is today. Most of the players on the scene came of age in rural communities before the start of the twentieth century. They understood the hard work required in making a living off

the land. They valued face-to-face personal communication; indeed, they could not have imagined cell phones, television or the Internet. They saw firsthand the economic and personal devastation caused by the Great Depression.

Three of the men who influenced the beginnings of the Conservation Districts were: Hugh Hammond Bennet, head of Soil Erosion Service in the Department of Interior, Milburn Lincoln Wilson, assistant secretary of agriculture and Philip M. Glick, an attorney with the US Department of Agriculture.

Born in 1881 in North Carolina, Bennet was studying soils while a child on his family's plantation. In 1903 he graduated from the University of North Carolina with a degree in chemistry. Bennet worked for the USDA as a soil surveyor in the bureau of soils. Early on, he recognized the significance of the degradation of the land due to erosion. In 1929, he published a paper entitled "Soil Erosion, a National Menace," which established his scientific reputation.

Bennet studied the effects of soil erosion by water for years. He was seeing that similar land uses were leading to soil erosion from the wind. In both cases, valuable farmland was being lost. Although drought was the immediate cause of crop failures in Oklahoma, Bennet saw that the practice of continuing to leave soils unprotected could lead to a serious threat to the nation's food supply.

In 1933, as wind began to blow away the Oklahoma topsoil, Bennet prepared to testify before the US Congress on a bill to establish the United States Soil Conservation Service. Without modern weather reporting and communications capabilities, Bennet relied on the telephone and personal contacts to keep him informed as to the progress of the dust cloud which was being carried along on prevailing westerly winds. He stalled and stalled in the presentation of his testimony, waiting for the wind to blow the dust all the way to Washington.

Finally, the sky over the capitol turned yellow, filled with dust particles from the farms of the mid-west. It was time for his testimony. Bennet emphasized his presentation by pointing at the

sky. "Gentlemen!" he said. "There goes Oklahoma!"

Congress passed the bill, and Hugh Hammond Bennet was appointed head of the new Soil Erosion Service, which was placed in the Department of Interior. The Service set up a national demonstration program of soil erosion. It also worked in cooperation with the Civilian Conservation Corps. In 1935, Bennet convinced Congress to pass a law creating the Soil Conservation Service, and it was permanently added to the Department of Agriculture. An able administrator as well as a scientist, Bennett was head of the agency until he retired in 1952.

Known for his skills as a dramatic speaker, Bennet also authored several books and articles on soil conservation. He received many awards and his crusade on behalf of soil conservation spread to other countries.



Hugh Hammond Bennet was the founder of the US Soil Conservation Service.



Photo Courtesy of Scott Palmer

We all have bad days at times, but one snowy day last winter the driver of this snowplow wished he hadn't pulled over quite so far to let other traffic pass by. The truck was pulled back to firmer footing, and no damage was done.

West Barnet Senior Meal Site

January 2005 Schedule

January 5 - Corn Chowder, Tuna Salad or Egg Salad Sandwiches, Tossed Salad, Cake with Frosting.

January 7 - Buffet.

January 12 - Hawaiian Boneless Chicken Breast, Mashed Potatoes, Squash, Cranberry Jelly, Bread, Pears.

January 14 - Chipped Beef and Eggs, Boiled Potatoes, Beets, Cole Slaw, Biscuits, Orange Jell-O with Pineapple.

January 19 - Spaghetti with Meatballs, Tossed Salad, Garlic Bread, Peaches and Cream.

January 21 - Baked Ham, Mashed Potatoes, Broccoli with Cheese, Rolls, Tropical Fruit Cup.


January 26 - Hot Hamburger Sandwich, Mashed Potatoes, Buttered Carrots, Rice Pudding.

January 28 - Chicken & Biscuits, Mashed Potatoes, Peas & Carrots, Cranberry Jelly, 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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Photo Courtesy of Robert C. Jenks, Jenks Studio of Photography

Now there is a load of logs. From the archives of the Jenks Studio we found this photograph of the fruits of a serious day's work in the woods. We took the photo to logger and sawmill operator Joel Currier in Danville, and he eyed the load as mixed logs, likely spruce and maple totalling some 6,000 board feet. At a conservative 4.5 pounds per board foot that adds up to more than 27,000 pounds for the team of horses. Currier agreed that because cameras at the time were not as common as we know them today, this was probably a pretty special load either for its size or its quality from the site. In any case the horses were certainly going to earn their keep if they had to go very far with the load. Currier says there all kinds of stories about the hazards and mishaps as loads like this were moved through the woods.

AROUND THE TOWNS



January

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.
- 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.

January

- 1** Christmas Audubon Bird Count. (802) 748-2372.
- 1** *Revenge of the Telemarkers*, Adventure film, 8:00 p.m. AMC Visitor Center, Pinkham Notch, NH. (603) 466-2727.
- 5** *Finding Voice Through Real Stories* with Bess O'Brien, 7:00 p.m. St. Johnsbury Academy. (802) 748-8291.
- 7** Family Contra & Square Dance with Hull's Union Suit Victory String Band, Knights of Pythias Hall, Danville. 8:00 p.m. (802) 563-3225.
- 8** Men's Ecumenical Breakfast, Methodist Church, Danville, 7:00 a.m. (802) 684-3666.

- 8** Introduction to Cross Country Skiing, 10:00 a.m. - noon. North Woods Stewardship Center, East Charleston, (802) 723-6551.
- 13** After-film discussion at Catamount Arts, St. Johnsbury.
- 14-16** North Country Chorus' 24th Annual Madrigal Dinner, Monroe Town Hall. Friday and Saturday at 6:30 p.m., Sunday at 4:30 p.m. (802) 222-4069.
- 14** Live Bear Acoustic Music, 7:00 p.m. Black Bear Tavern and Grill, St. Johnsbury. (802) 748-1428.
- 14** Sacred Circle Dance, Danville Congregational Church, 7:00 -9:00 p.m. (802) 684-3867.
- 15** Poteen, 7:00 p.m. Black Bear Tavern and Grill, St. Johnsbury. (802) 748-1428.
- 16** Winter Tracking on Snowshoes, 1:00 - 4:00 p.m. North Woods Stewardship Center, East Charleston,

- (802) 723-6551.
- 19** The Neolithic World of Stone with Bob Manning, 7:00 p.m. St. Johnsbury Athenaeum. (802) 748-8291.
- 22** Sled Dog and Skijor Races, Craftsbury Outdoor Center, Craftsbury Common. (802) 586-7767.
- 22** Snowmobile Safety Course, Caledonia County Sheriff's Department, 11:00 a.m. - 5:00 p.m. (802) 748-6666.
- 22** *Swing Away the Winter Blues*, Dinner (5:30 p.m.) and Talent Show (7:00 p.m.), Danville Congregational Church. (802) 684-2176.
- 23** Nearly Full Moon Snowshoe, 7:00 p.m. North Woods Stewardship Center, East Charleston, (802) 723-6551.
- 25** Book Discussion: Olga Kharitidi's *Entering the Circle*, 7:00 p.m. Walden Community Library, West Danville. (802) 563-2472.
- 27** Book Discussion: Elizabeth

- Marshall Thomas' *Reindeer Moon*. 7:00 p.m. Barton Public Library. (802) 525-6524.
- 28** Birds of the Northern Forest, 7:00 p.m. North Woods Stewardship Center, East Charleston, (802) 723-6551.
- 28** Sacred Circle Dance, Danville Congregational Church, 7:00 -9:00 p.m. (802) 684-3867.
- 29** Holland Pond Snowshoe Hike, 10:00 a.m. - 2:00 p.m. North Woods Stewardship Center, East Charleston, (802) 723-6551.
- 29** Craftsbury Marathon Cross Country Ski Race, Craftsbury Outdoor Center, Craftsbury Common. (802) 586-7767.
- 31** Diabetes Support Group, NVRH Conference Room B, 6:30 p.m. (802) 748-7433.

See also the Arts Around the Towns Calendar Page 14.



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