

THE North Star MONTHLY

DANVILLE, VERMONT

GOOD FOR THE WHOLE MONTH

\$1.50

Special Maple Issue

MARCH 2005
Volume 16, Number 11

PAGE TWELVE
Don Bredes Returns with Detective Hector Bellevance

PAGE FIFTEEN
Vanna's No Small Potatoes Shine's the Light on Cooking with Maple

PAGE TWENTY-SIX
Connecticut River Report Says Water Quality Looks Good



PHYSICAL FITNESS IS NOT JUST FOR SOMEONE ELSE

JENNY PATOINE

The Strong Living Program is a means for personal strength training created in 1995 by Jennifer Layne, an exercise physiologist at Tufts University. Research at Tufts concludes that as we age, we start to lose muscle mass, especially after 50. The studies show that the aging population can improve its health and fitness with exercise.

Strong Living is a continuing research and community-based exercise program. Classes are lead by volunteers certified by Tufts. The program is for adults over 40, who each progress at their own rate. There is no charge for the program other than donations. Donations received are usually used for the space where the exercises take place.

The Danville Senior Meal Site hosted the Strong Living Program last fall for two 12-week sessions and, with enough interest, it will resume in the spring. The program includes progressive, moderately intense, resistance training with ankle weights and dumbbells and exercises for balance and flexibility. Classes meet twice a week for 12 weeks at a time. Each class lasts (See *Benefits* on Page 8)

Buffalo Mountain Co-op is Anchor in Downtown Hardwick

TERRY HOFFER

For years Hardwick got a bad rap. Lingering legends of shoot-outs, downtown fires and ice jams and a perception of geographic remoteness made Hardwick the target of bad jokes and groundless ostracism. But step into the Buffalo Mountain Co-op on any day of the week, and you'll find people who love Hardwick and who wouldn't trade their community for all the tea in the Co-op.

Annie Gaillard is a member of the Buffalo Mountain Co-op staff, a collective which manages the organization, and she understand how the Co-op operates. She is one of the Co-op's earliest members. Gaillard joined soon after it started in 1975, and having worked for the organization since 1985 she is the senior member of the staff.

"More and more people say they moved to the area because of this place," Gaillard says. "There are some 800 members, and beyond the food and other things they buy they find an incredible sense of networking and belonging. Whenever I work here I find a buzz about places to live, who needs help and whats going on."



Photo By: North Star Monthly

(L-R) Annie Gaillard, Alicia Feltus and Kate Arnold are members of the staff collective that manages the Buffalo Mountain Co-op. The Co-op has shown steady growth at its Hardwick location, and last summer the second floor Buffalo Mountain Café opened as a place to meet and buy hot food consistent with the ideals of the Co-op.

When the Buffalo Mountain Co-op originally opened its doors on Wolcott Street, it was the first total store-front food co-op in Vermont. The name was adopted from the buffalo shaped mountain that forms the skyline on the south side of town. And like buffaloes famous for roaming, the Co-op moved first to North Main Street and then, 12 years ago, to its present location, a building on Main Street across from the offices of the *Hardwick Gazette*.

Gaillard says, "The Co-op is an important part of Hardwick. I don't think anyone ever planned it this way, but it's a destination - an anchor business for the downtown. When we moved from North Main Street I was shocked by how much the town wanted us. Since then other businesses have relocated to be close to us and take advantage of the traffic."

The Co-op is a busy place, and aisles between groceries and fresh produce, dairy products and dried fruit, bulk grains and pet foods, herbs and spices, health and beauty aids and food supplements are crowded, but there is something about it all that makes sense, and it is com-

(See *Buffalo* on Page 10)

Nothing Like Maple Syrup Fresh From the Pan

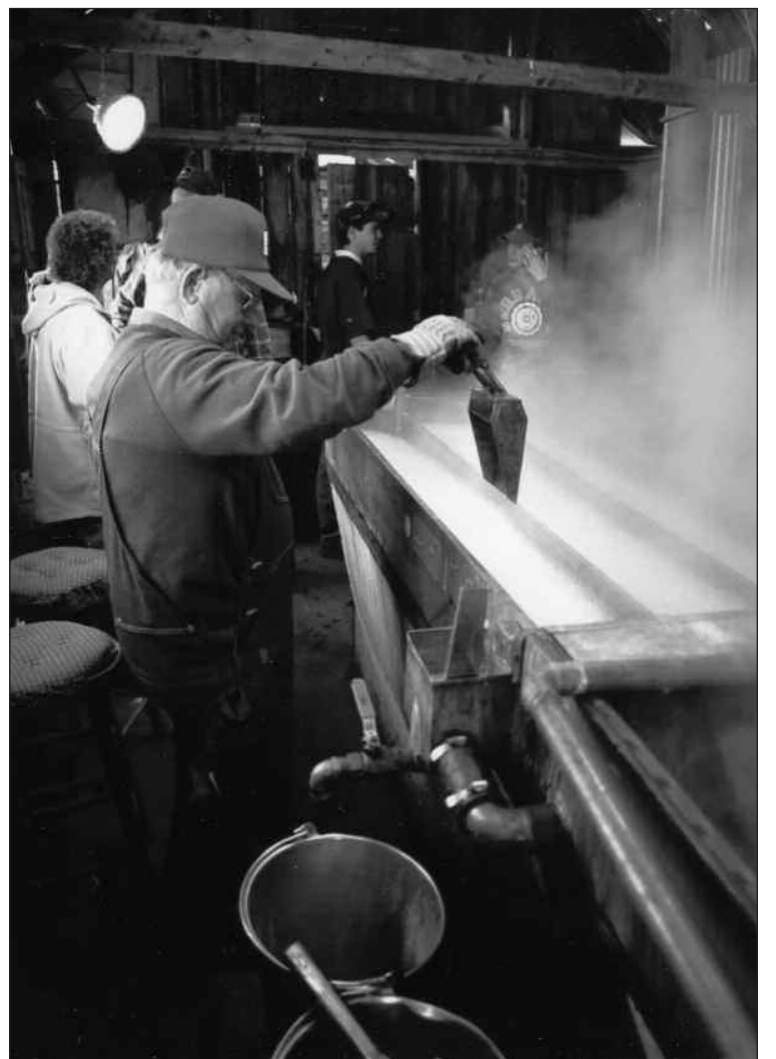


Photo By: Mike Herdiner

Albert Taylor is a South Kirby dairy farmer, but he has been in the business of sugar making for all of his 86 years.

DAVID RANDALL

The smell of sweet steam in the air, rumbling sap and the roar of fire in the arch create the atmosphere of a sauna inside the Taylor family's sugar house. Albert Taylor oversees the day's work. He is a dairy farmer, but he has been in the business of sugar making for all of his 86 years.

Albert is surrounded by family and friends, who have come to be part of a Vermont tradition in South Kirby. His family has been sugaring on this land since 1865 and they probably have been sugaring somewhere since 1790 when Timothy Taylor settled in the Sugar Hill area of Lisbon, NH.

Albert's family moved its sugaring operation in Kirby three times in the last 150 years due to changes in their sugar woods, the stands of tall gray sugar maples. Their current sugar place was added to the farm around 1951. The sugar house, itself, is a time capsule, with broad beams and rough wood defining the outside walls. The building is well over 100 years old. Albert says, "When I was in graded school, they stripped all the old boards off, right down to the frame, and reboarded it." That was around 1930, and those boards are still there today.

The Taylors take particular pride in their copper boiling pans. It was in 1951 or so that Albert bought the first ones. "They were used when we got them, and we used them until 1995 when we got our new arch and a new set of pans. When asked about copper compared to the more

(See the *Sweet Smell of Maple* on Page 11)

(Continued from Page 1)

Danville Hardware
Hill St. • Danville, VT
(802) 684-2538
Mon.-Sat 8-5
Sun. 9-3

HOWARD'S Home & Garden
"You're Home at Howard's!"
Monday-Friday 8-5
Saturday 8-2 & Sunday 9-1
St. Johnsbury Center 802-748-3127

THE North Star MONTHLY
P.O. Box 319 • Danville, VT 05828-0319

All Those in Favor ...

Susan Clark and Frank Bryan would declare the first Tuesday in March a statewide holiday in Vermont. For crying out loud it's Town Meeting Day.

Clark and Bryan are authors of *All Those in Favor, Rediscovering the Secrets of Town Meeting and Community* a refreshing and straightforward description of civics, local decision making and the wonder of town meeting.

Frazzled by the prospects of town meeting reform, Clark and Bryan use data from research at the department of political science at the University of Vermont to show, for instance, that the Australian Ballot will slowly strangle our great form of citizen democracy.

Australian Ballot eliminates the right to legislate - to be a part of the lawmaking process. It offers instead the chance to vote yes or no on an issue prepared often by the selectboard or a small group of activist citizens with a special interest.

Bryan and his students at UVM have observed more than 1,500 town meetings, and they conclude that 20% of the voters attend. By contrast, Australian Ballot in non-presidential elections draws about 30%, a small increase given the time required to cast a simple vote as opposed to attend town meeting where one can listen to debate, hear both sides, speak up and even amend the resolution before voting. And speak up they do. In the average Vermont town meeting 44% of those in attendance speak to the issues.

Clark and Bryan describe their book as a call to action to those who understand the beauty of what Thoreau described as the "people's congress."

They see town meeting as the tie that binds liberals with conservatives, the outspoken with the reserved, old-timers with the newly arrived, and the haves with the have nots.

All Those in Favor is an inspiring book for those who have loosened the grip on their conviction that town meeting is important. Whether you are a moderator or a selectman, a public speaker or a habitual listener this will satisfy your questions about the history of town meeting and its value in our time.

Clark and Bryan give their buffet of ideas for improving town meeting, and they are not just about microphones and potluck dinners. The authors propose a means to building participation, increasing satisfaction and creating stronger communities.

In a time when our attention is pulled to Iraq and Afghanistan, to blue states and red ones, to the pitfalls of our social security system and to the upward spiraling costs of participating in even the simplest side of modern life, it is reassuring to remember that there is a place where democracy stands firm and where the "Ayes appear to have it" and "By gosh - the ayes do have it."

Clark and Bryan are asking us to preserve our grassroots democracy and urging us to take the opportunity to have a more meaningful influence on our small town lives. This book should be required reading for everyone, and the first Tuesday in March should be state holiday.

Terry Hoffer

A Bad Idea Despite Good Intentions

Wise elders some time ago decided 16 years is the age that our youth could independently operate potentially lethal, high speed mechanisms of transportation, 18 the age they can sacrifice their lives in the defense of our nation, 18 the age of assuming the responsibility of maintaining a democracy, and 21 the age of legally consuming an intrinsically depressing, reflex-slowng, mind-altering drug. These are admittedly slanted descriptions of the ages we allow youth and young adults to drive, join the military, vote and drink alcohol.

I wonder if developmental principles were consciously used in determining these ages. Applying concepts of physical and psychological development, I can rationalize the ages chosen for initiating driving, serving in the military and voting. Late adolescence—16-20 years—is the period in development when strength, speed, reaction time and eyesight, among other physical attributes, are reaching their peak. This also is a period in psychological development dominated by hope, denial of vulnerability and willingness to take risks. Given these attributes, and with proper instruction and supervision to compensate for the lack of experience, it seems reasonable to allow 16 year olds to drive (Hurrah for the graduated license!) and 18 year olds to participate in military missions and to vote.

If 18 year olds can drive, vote and die for their country, then they should also be allowed to drink alcohol; this is the rationale put forth by the sponsors of a bill in the Vermont House to lower the legal drinking age from 21 to 18. I don't buy it.

There is no more readily available, mind and behavior-altering drug in our society than alcohol. To make this legally available to 18 year olds invites all of the problems that stem from mixing the inexperience of youth with a drug that impairs judgment, depresses and disinhibits the user. I admit that the present legal drinking age of 21 is almost as arbitrary as age 18. Yet, lowering the age to 18 invites more alcohol-related problems (for example, traffic deaths).

Given the potential loss of millions of federal transportation dollars if the drinking age is lowered to 18, I suspect the proposed bill will not get far in the legislature. Even if there are no fiscal consequences, I see no benefits and only risks in lowering the drinking age to 18. I hope the legislature quickly relegates this bill to the recycling bin.

Tim Tanner

President Bush and Tort Reform

If I could hit President Bush on the chin - as I did President Ford when as a Yale Law School student he refereed a boxing match that I fought and lost - I would be committing a tort. Webster's *New World Dictionary* defines a tort as "a wrongful act, injury or damage, for which a civil action can be brought." Many associate a tort with the negligence involved in causing an automobile accident. That is probably the most common tort.

"Tort reform" is an expression you will hear and read about often during the president's second term. He has been talking about the need for it ever since he first ran for office. He was able to 'drop the first shoe' in what may become an epic struggle to reform the basic tort law when on February 18 he signed into law the Class Action Fairness Act, which limits class action lawsuits.

The business community had been lobbying for this basic change for years without success. But this year, with increased control of the Senate and House of Representatives resulting from increased majorities in the 2004 election, Republicans had the votes to pass this legislation for the first time. It will result in a big reward for the traditional Republican business community and Bush supporters in years to come. This will come about at the expense of injured citizens who will find it

(See *Tort Reform* on Page 4)

THE North Star MONTHLY

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

EDITOR:
Terry Hoffer

ART DIRECTOR:
Suzanne Tanner

CONTRIBUTING EDITOR:
Tim Tanner

CIRCULATION:
Kathy Hoffer

ADVERTISING:
Vicki Moore

EDITORIAL ADVISORY BOARD:
John Haygood
Jane Larrabee
Susan Lynaugh
Betsy McKay

The North Star Monthly (ISSN#1043-8041) is produced and published monthly by Polestar Publishing, Inc. located at 29 Hill Street, Danville, VT. Subscription Rates are \$15.00 per year. Printed in USA. Copyright 2003 by Polestar Publishing, Inc. All rights reserved. No part of this publication may be reprinted or otherwise reproduced without expressed permission from Polestar Publishing, Inc. Publisher is not responsible for errors resulting from typographical errors. Acceptance of advertising is subject to publisher's approval and agreement by the advertiser to indemnify the publisher from loss or expense on claims based upon contents of the advertising. Publisher does not assume liability for errors in any advertising beyond the cost of the space occupied by the individual item in which the error appeared.

Postmaster: Send address changes to **The North Star Monthly**, P.O. Box 319, Danville, VT 05828-0319. Periodical postage paid at Danville, VT.

Contributors to this issue include: Jenny Patoine, David Randall, Van Parker, Isobel P. Swartz, Carol Zuccaro, Rachel Siegel, Vanna Guldenschuh, Lorna Quimby, Jeff & Ellen Gold, Bill Christiansen, Richard Quimby, Judith Howland, Alice S. Kitchel and Burton Zahler, Joyce Marcotte, Lois (Field) White, Bruce Brink, Richard Ewald and Mike Herdiner.

e-mail: northstar@kingcon.com
www.northstarmonthly.com

Write to Us



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:

Civil Liberties and Personal Privacy


Dear North Star,
The article Civil Liberties and

Personal Privacy by Isobel P. Swartz. (*North Star* February 2005) caused me to think about some of the things she mentioned and how much we all are affected. With the advancements of the computer and the ease in compiling information things are much

(See *Letters* on Page 4)

St. Johnsbury Town Band May Have Played Its Last Tune Passumpsic River Bridge in St. Johnsbury Destroyed By Ice

The North Star
"WHERE LIBERTY DWELLS THERE IS MY COUNTRY"
1807-1891
Est. by Ebenezer Eaton
Danville, Vermont



THE NORTH STAR
MARCH 6, 1874

Weather very warm for the season - hardly any need of fires in shops and stores during the middle of the day. Freezing nights, but not much sugar weather yet. Sleighting most gone, again.

Ten days ago the sum of eight thousand dollars was raised for the erection of a new Odd Fellows Hall at St. Johnsbury. They want \$15,000 and probably ere this time have added considerably to the sum.

Fire at Sheffield - On Friday morning a house on the Square Road occupied by a Mr. Robinson was discovered on fire by the family about 2 a.m. It must have taken fire in the upper part of the building as several holes were burnt through the roof when the family awoke. All the furniture, seed grain and almost all their clothing was destroyed. The loss will be felt

severely as the man is poor. Subscription papers were immediately circulated and we understand enough has been raised to cover his loss.

The St. Johnsbury band is virtually disbanded, which will be unwelcome news to lovers of good music. They still practice occasionally but not as a band, some members having resigned. This breakdown is on account of certain expenses which at different times accrue and which members get tired of incurring and drop out of the ranks.

Nelson James of Burlington, having missed the stage for Port Kent, NY the other day was taken across Lake Champlain on a hand sled by a skater in 30 minutes. A boy named Antoine Bankett in attempting to cross the lake from Port Kent to Burlington, where it is 12 miles wide, the first of the week, got lost and was frozen to death.

Ex-President Millard Fillmore died at his residence in Buffalo, NY on March 6. We do not know his precise age but judge it to be over 70 years. Mr. Fillmore was elected vice president with General Zachary Taylor as president in 1848. Taylor soon died after his inauguration and was succeeded by Fillmore, who served the entire term. It is over twenty years since he retired from the presidency, during which time he witnessed many eventful scenes in the his-

tory of our government.

Judge Bailey of St. Albans, railroad commissioner of the state, has initiated proceedings against the Passumpsic Railroad for running freight cars with doors at the end, contrary to state statute. This style of cars was formerly used on different railroads previous to the enactment of the law prohibiting the same and all railroad companies have abandoned the practice except the Passumpsic. The penalty, we understand, is \$50 per car per day.

The Cuban Revolution - The position of the Spaniards in Cuba is rapidly getting worse. The recent draft by the Spanish authorities has renewed the revolutionary enthusiasm of the people and they are flocking to the ranks of the insurgents by hundreds. Over three hundred Cuban volunteers who had been pressed into the Spanish ranks recently deserted to the Cuban army, taking with them their Remington rifles, accouterments and ammunition, their families fleeing to the mountains. The Spaniards are quite demoralized and find excuses for not leaving the fortified towns to attack the Cubans in sight of their fortifications.

Polygamy - Holland Bonnett of Lyndon some years ago married one Margaret Cassidy. They quarreled and parted. In August 1872, Bonnett married Martha

Town, a Lyndon Fisher - a widow with several children. A short time ago Margaret appeared to her husband who had never got a divorce from her, and according to neighbors there was an interesting time of it. Margaret concluded she would not stand it with another woman between her and her lawful husband and complained to the proper authorities, when Bonnett was arrested for bigamy.

Royal Havana Lottery of Cuba - Prospectus for 1873 now available. Address Geo. Upham, No. 9 Weybosset Street, Providence, R.I.

Psychomancy or Soul Charming - How either sex may fascinate and gain the love and affections of any person they choose instantly. This simple mental acquirement all can possess free by mail for 25 cents. Together with a Marriage Guide, Egyptian Oracle Dreams and Hints to Ladies. 100,000 sold. Address P. Williams & Co., Publishers, Philadelphia.

The long bridge over the Passumpsic River at St. Johnsbury just north of the depot broke in the center and fell into the river last Friday morning leaving the two ends sticking out of the water at an angle of 45 degrees. The ice had previously taken out the middle pier which rendered travel over it somewhat dangerous. There were three or four men on the

bridge at the time it fell but nobody was injured. It is now proposed to build a single span without any center supports so that the ice can have a clear passage.

Broke Jail - Last Sunday morning Sheriff Weeks, who as charge of the jail in St. Johnsbury was awakened at an early hour by some of his neighbors who observed a rope manufactured from a blanket protruding from a window in the gable end of the jail. An investigation showed that Dick Wilson who had been confined on a charge of grand larceny had during the night quietly let himself down the rope and left for parts unknown. Since the escape, officers have been diligently at work to catch their victim but have so far not succeeded. It is supposed he fled to Canada. A reward of \$50 is offered for his apprehension. This is the first man that has escaped from Weeks, who rather prided himself on having his prisoners safely secured and ready to answer the calls of justice, and he can't quite get reconciled to the affair. Wilson will be remembered as the person who stole something like \$500 in goods from the store of N.M. Johnson, merchant in St. Johnsbury.

The grist mill at North Danville was sold at auction last week. Fred Green was the purchaser at \$1,500 which is considered very cheap as the same property changed hands a few years ago for \$3,000.

THE North Star MONTHLY

Haven't heard from your neighbors in a while?

Take 'em a copy of the *North Star*...

New North Star Subscribers and Renewals

<p>Gene E. Arborio, Avon CT Edward Barrett, Palmetto FL Paula & Skip Bassett, State College PA Sandra Batchelder, Barre VT Mrs. Herbert Bennett, St. Johnsbury VT SR. Joanne Bibeau, R.S.M., Watertown MA Marion A. Blake, St. Johnsbury VT David Brown, St. Johnsbury VT Eleanor J. Brown, Cabot VT Betty Calkins, Danville, VT Lucinda Campbell, Danville VT Ed Carr, Orono ME Leonard & Helena Carson, Danville VT Yvette Chester, Lyndonville VT Greg Christiansen, Houston TX Cobleigh Public Library, Lyndonville VT Edna K. Cowling, Brattleboro VT Karen Daniels, Danville VT John & Roz Daniels, Cabot VT Alfred R. Decker Jr., Tuckerton NJ Luella D. Demers, Fallon NV Doris Demick, St. Johnsbury VT Mr. & Mrs. Deresienski, Windsor CT Mrs. Joel R. Dole, Danville VT George and Margaret Dole, St. Johnsbury VT</p>	<p>M.J. Dorgan, Portsmouth NH Ruth Drown, Danville VT Evelyn Dunn, St. Johnsbury VT June Elliott, St. Johnsbury VT Mary Encarnacion, West Danville VT Sandra & Toby Fairbank, Arlington MA Doreen Fraser, St. Johnsbury VT Carolyn French, Vinton VA Arnold & Winona Gadapee, Danville VT Irwin Gelber, West Barnet VT Mark Gelber, Santa Fe NM Pat & Shirley Gillander, Danville VT Mrs. Bernice Goulding, Lyndonville VT Philip K. Grime, St. Johnsbury VT Gordon Hastings, Danville VT Marcia J. Hebel, Northport NY Ralph & Pamela Hudson, Ajo AZ Margaret Ide, Danville VT Myriam Jacopille, Brookline MA Jim Johnson, Grand Rapids MI Inez Johnston, Waterford VT Ms Inda Laflam, St. Johnsbury VT Dwight & Sharon Lakey, Danville VT Fran Lamothe, Danville VT Maurice & Ruth LaRose, Danville VT Thomas Letourneau, Danville VT Reeve Lindbergh, St. Johnsbury VT</p>	<p>Airie Lindsay, St. Johnsbury VT Paul E. & Catherine M. Machell, Danville VT Allan & Mona Marceau, Barnet VT May P. Marrier, So. Burlington VT Mary Ellen McCarthy, St. David AZ Sidney A. McLam, Randolph Center VT Irene McNally, Winston Salem NC Stuart Merrifield, Hopkinton MA Alan R. Morse, Underhill VT Wendy Olcott Nelson, Lyndon Center VT New England Newsclip Agency, Belfast ME Beverly Noyes, Montpelier VT Jane E. Peck, Danville VT Harriet Perkins, Vergennes VT Wayne & Susan Pierce, Essex Junction VT Phil & Jean Pike, Cabot VT Michael Pollock, Prescott Valley AZ Mary & Hollis Prior, Danville VT Greg Prior, Issaquah WA James & Gloria Reed, Beaverton OR Carol N. & Clayton A. Robinson, St. Johnsbury VT Alice C. Rowe, Montpelier VT St. Johnsbury Athenaeum, St. Johnsbury VT</p>	<p>Dan Schmiech & Donna Lambert, Danville VT Claire Sevigny, Raymondville TX Marion E. Sevigny, Danville VT Martha Sevigny, St. Johnsbury VT Tovia Siegel, Providence RI Eleanor Bonney Simons, St. Johnsbury VT Douglas A. Smith, Richboro PA Mike & Judy Smith, Highland CA Mr. & Mrs. Edward Somers, Danville VT Margaret Springer, Danville VT Donald & Mauna Steele, Fort Collins CO Gilbert & Cynthia Steil, East Ryegate VT Mary L. Swartz, Shelburne VT Robert F. Swartz, St. Johnsbury VT Glen Taylor, Burke VA Joan & Allen Vohden, Danville VT Brian Ward, Danville VT Shirley Warden, Barnet VT Olive C. Watt, Barre VT Mr. & Mrs. Ronald Young, St. Johnsbury VT</p>
---	---	---	---

... or let us send it.

The North Star
Only \$15.00
(17% off the cover price!)
\$24.00 for foreign subscriptions
Or Send a Year to Yourself.

Yes! Send me The North Star Monthly:

Name _____
Address _____ Apt. No. _____
City _____ State _____ Zip _____

Please let us know if you don't want your name published as a subscriber of The North Star.

Limited number of back issues are available for the previous 12 months. Get them for \$1.50 per copy at *The North Star* office or send \$2.50 each and we'll send them to you.

SUBSCRIBE TODAY!
\$15 / year

North Star Monthly
PO Box 319
Danville, VT 05828
(802) 684-1056

Long Distance
(800) 286-1056

Please! Send a gift subscription to:

Name _____
Address _____ Apt. No. _____
City _____ State _____ Zip _____

YOUR NAME _____
YOUR ADDRESS _____ APT. NO. _____
YOUR CITY _____ YOUR STATE _____ ZIP _____

Letters to the Editor:

(Continued from Page 2)

different than they were 40 years ago. In 1965 Ms. Swartz and I were both moving to a new home. She to a new country. I to a new state.

Life was simpler. No interstate stops, no baggage or shoe checks on airlines. No dogs sniffing for drugs or explosives. I recall a fellow worker, who had just moved from New Jersey, remarking how delighted he was that his high school daughter could walk home from school events at night without the fear of being molested. Yes, things have changed; even in St. Johnsbury

The interstate stop on I-91 below White River Junction is a mere inconvenience. I have passed through that stop over six times and never once have been questioned. I suspect they are "profiling," and I am glad. I wouldn't object to more stops south of our borders with Canada, and I would like to see more profiling for airline travel.

Privacy is something we all value and don't want to give up. The chest x-ray experience when coming to the US was a disruption of Ms. Swartz's privacy but I wonder how many of her fellow immigrants really cared. Do you care what the person in front of you in the food store check out line is buying? Maybe the stores should start erecting screens so the person behind you can't see what products you are purchasing. Maybe immigration should have a separate room for each person entering the country to display the chest x-ray. Not very expedient or practical.

Ms. Swartz is naive if she thinks things aren't going to change more since that terrible disaster now referred to as 9/11. Our government must use measures to locate the terrorists that are trying so hard to infiltrate our society in order to do us harm. We should be happy to give up a little of our privacy to prevent another attack similar to the one we experienced a few years ago. For anyone to argue that point is to be selfish, and out of touch with this day and age.

Richard Diefenbach
Danville, VT

End of Life Care

Dear North Star,

I should like to add my voice to the discussion of House Bills 168 and 115, the legislation about end of life care. One of my first comments is about our fear of death and using every medical procedure available to extend life. Life is precious, but "death [is] a resource to the resurrection of the spirit." I know from personal experience that it is possible to carry out a loved one's desire to die at home. A nurse in the family helped withstand pressure and follow correct procedure.

The crucial time is when the patient is hospitalized. An up-to-date Advance Directive (formerly called Durable Power of Attorney for Health Care) signed by the patient must be in the possession of every member of the family as well as doctors and nurses. Even these documents "may not be honored by the medical staff without an aggressive family member to intervene."

I feel strongly that, as I age, I want minimum interference when health issues arise; and if pain becomes unbearable, I want my primary care giver to be authorized to give me whatever is necessary to control that pain, even if it hastens death. I have

Tort Reform on the Agenda

(Continued from Page 2)

increasingly difficult to enforce their claims. Larger cases will have to be brought in federal courts that are often overworked and not as 'friendly' towards such actions as state court have been historically.

A *New York Times* editorial on February 2 predicted that "New procedural hurdles and backlogs would be destined to delay or deny justice in many cases and to discourage plaintiffs and plaintiffs' lawyers from pursuing legitimate claims in the first place."

A class action can be brought when citizens with similar injuries seek redress from the same defendants. Individually they would not have the knowledge or money to undertake the action. Just imagine the complications and expense involved for an individual wanting to bring a successful action against a tobacco company!

Many lawyers are involved in bringing the usual class action suit. Collectively they share the work and expenses involved in finding the plaintiffs and carrying on the investigation and pre-trial preparations. Only a few of them try the case and argue the appeals. The individual plaintiffs ordinarily pay nothing.

Understandably, if and when the suit is successful, the lawyers share a substantial part of the recovery for their fee that is usually determined by the court. Consequently, lawyers do not undertake such litigation without careful thought and analysis of the facts, the law and the potential damages.

I met two of the principal lawyers involved in a class action suit that began in the 1950s and finally concluded in the 1980s after several appeals to the U.S. Supreme Court. As it was told to me, the court awarded the plaintiffs \$100 million, with \$25 million of the amount for the plaintiffs' lawyers' fees. The plaintiffs — small oil producers in a mid-western state — paid only the minimal expenses the lawyers incurred while pursuing the case for years.

This case demonstrates the need for class actions. The producers claimed that the large oil companies that had contracted to buy their oil were not paying the price per barrel stipulated in the long-term contract. The big oil companies ignored the contract price and were willing to pay only a lower amount that had been established during World II under government price controls.

There were many millions of dollars at stake, as the verdict confirmed. But what was equally important to the plaintiffs was establishing the price per barrel to be paid them for the many years that the contract would continue to be operative. The defendants wanted to pay the lower federal price. The plaintiffs won on this issue, too, but there was no supplemental fee for the lawyers.

There have been allegations recently about deaths caused by Merck's pain drug Vioxx and the competing drug Celebrex. Unquestionably there will be class action suits for personal injuries and damages that will involve billions of dollars in potential damages.

We have not seen the end of the president's efforts to bring about tort reform by the enactment of this law. Writing in the February 18 issue of the *Washington Post*, John F. Harris and William Branigin wrote that it was, "... the first part of a broader White House drive to limit what Bush sees as a glut of meritless lawsuits seeking billions of dollars ..." Medical malpractice issues will be high on their list for future action.

More later, so stay tuned!

John Downs

seen older people feel they have cheated death, only to spend months and even years "sans eyes, sans ears, sans everything." I don't want to "live" that way.

You can contact the Vermont Ethics Network by mail at 64 Main St., Room 25, Montpelier, VT 05602-2951 or their website vtethicsnetwork.org for informa-

tion and forms.

Fran Walker
Jonesville, VT

Fingersplits

Dear North Star,

I always enjoy the *North Star*. I read it from cover to cover when it arrives, and last month I noticed Tim Tanner's piece on "finger splits" [February 2005]. When we started making herbal lip balm 13 years ago we gave a sample to our neighbor Mae.

A few weeks went by, and Mae called and told us we needed to put the lip balm in a larger container. When asked why she said, "Because I used it on my hands, and it's all gone, but my hands don't crack and bleed anymore."

That is how our herbal body balm was born. We use the same formula as the lip balm only we pour it into two-ounce tins and call it "herbal body balm." Later we progressed to more economical 10-ounce jars.

ST. J. FOOD CO-OP
Eat better.

Fresh Local Organic
Are grains a perfect food? Well, almost. Whole grains contain the majority of basic nutrients essential for life. And if you add beans and peas, you gain an almost perfect balance. There are so many odd little grains and legumes to explore, that you'll want to come to the St. J. Food Co-op on Friday March 24. 11 a.m. - 4 p.m.

Let us show you many delicious ways to prepare a healthy meal, featuring whole grain and legumes. You'll be surprised at all the wondrous things you can make! The St. J. Food Co-op, is next best thing to a Farmers' Market!


Open: Mon - Wed & Sat 9-6
Thurs & Fri 9-7; Sundays 11-4
Member or Not, Anybody Can Shop
490 Portland Street
St. Johnsbury VT
(802) 748-9498

SLEEP SOURCE
YOUR MATTRESS EXPERT



30-DAY COMFORT GUARANTEE!

Sleepsource of Littleton, LLC • 49 Main Street • Littleton, New Hampshire
603-444-REST (7378) • Mon- Sat 10-5, Sun Noon-4 • Debbie & Skip Gray



Caledonia County
Natural Resources Conservation District
Annual Conservation Plant Sale
2-3 foot flowering shrubs and trees at \$6 each

Taking Place Now!
Call Caledonia County NRCD
for plant descriptions and order form
Orders due by March 15th
Kerry (802) 748-3885 x110

REID & BALIVET
ATTORNEYS AT LAW

ERNEST TOBIAS BALIVET
JUDITH A. SALAMANDRA CORSO

DANVILLE GREEN • DANVILLE, VT • (802) 684-3666

Danville Restaurant & Inn
Casual Dining • Lodging • Fully Licensed

FRIDAY NIGHT SPECIAL
Chicken Pie Buffet \$7.95
SATURDAY NIGHT BUFFET: \$9.95
Breakfast: Tuesday - Saturday 7:00 - 11:00 a.m.
Lunch: Tuesday - Friday 11:00 a.m. - 1:30 p.m.

Dinner Reservations are a must.

Main Street, Danville VT
(802) 684-3484
Steve A. Cobb, owner
Justice of the Peace & Notary Public
Weddings/Civil Unions
By appointment or by chance



We have many satisfied customers who use our all natural herbal body and lip balms. They have a multitude of uses from easing minor burns, chapped hands and face, cuts and scrapes to solving the old problem of finger splits.

Our products are available at the St. Johnsbury Food Coop on Portland Street, the Artisans' Hand in Montpelier and the Frog Hollow Craft Center in Burlington. Try our herbal body and lip balm, and you may never have finger splits again.

Jean E. Temple
Jean Elizabeth's Soap & Co.
Concord, VT

Dear North Star,

I read about the problem of cracked fingers and I had that problem for years. I used Bag Balm. I rubbed it into my fingers at night. It seems to be worst if you have your fingers in water a lot. Don't use detergents with lemon or other strong stuff.

Wilma Johnson
Lyndonville

Dear North Star,

My data on the finger splits I get. Getting them, latitude, genetics factors: My father had them after 50 and living in the San Francisco Bay Area. I got them sporadically after 50, but more often after 60 while living in the Boston Massachusetts area.

I get them earlier than before (by December) for the two winters I've lived here in Vermont. I get them only on my right thumb on the right end of the nail. (I am right-handed and do not get that hand wet doing dishes while holding a handled dish brush or the rinse sprayer.)

Fixing them, nail, tape, and salve: Keeping my nail slightly longer (but not more than 1/8 inch) after Halloween delays the starting of a crack past Christmas. My dad used the adhesive part cut from a "band-aid" to draw-closed the crack to stop infection. This works for me, but if I remove the tape too early, the infection redness restarts.

After removal of the tape,

preventing restarts is possible until about March with the longer nail and if I poke the thumb in some hand salve (Burt's Bees) after bathing.

I haven't yet tried the longer nail and the hand salve to prevent a crack. That is for next season.

Jim Wuertele
St. Johnsbury

Littleton Cobbler

Dear North Star,

I enjoyed reading your story on the Littleton cobbler and his wife [North Star February 2005]. I have to admire their attempt to diversify and take on extra work. That is the way it has to be in a changing world. I see that in all kinds of businesses. I know people who have car repair shops and are seeing a downturn in business because cars are better made today - and if a car gets too old and has too many problems - with 0 percent interest, it is replaced.

The electronics repair business is worse. I used to fix 25 VCRs a week. The only time I see a VCR these days is if it is a VCR/DVD or a VCR/TV combination. People used to repair 19-inch televisions. Today, they hardly repair 27-inch sets. Instead they go to discounters for a new one and put it on their charge cards.

Fortunately, in Massachusetts, you can't just throw TVs away. They have to be recycled. We charge 25 - 40 dollars to recycle a set, and it costs us about 10 dollars to send it on. Now our real money is in recycling TVs rather than fixing them. What a world!

Randall Bashta
Acton, MA

Up on the Farm Early

Dear North Star,

In the article in the January issue of the North Star, Lorna Quimby did not say Henry was a very sick man who had had cancer twice and had lived with a colostomy for much of his life. Neither did she say that Henry

had a bad heart. His doctor told me before his second cancer operation that he had less than a fifty percent chance of surviving the operation. He did survive the operation but later died of heart failure. How do I know this? I know it because I am his son. Do I take offense to this article? You better know I do. It was in bad taste, at best, and should never have been printed.

Rev. Neil H. Bradley
Norfolk, VA

Dear North Star,

The Bradley's have been well respected on "East Hill" for at least four generations. They have not been forgotten.

Henry was respected for his kind deeds; he gave work, room and board to "summer" boys. Some were rough and tumble when they came to the farm but not so at the end of the summer under Henry's nurturing. He sent them away with enough money for their next school year. He would keep on a hired hand when he could hardly afford the wage.

Henry had a very tender heart. He had love of life and of people. My grandfather had a yarn to tell anyone who had time to listen. He should have put all of those yarns in a book for the Peacham library (and maybe the world to enjoy).

It made no difference that I was the first born grandchild, my grandfather had three little girls and four grandsons. He loved us equally and dearly. I loved this man. I could speak volumes about this endearing man but will not. He has family and friends who cherish the memory of this sweet, gentle, caring man during his life time.

M. Elizabeth Smith
Chesapeake VA

Dear North Star,

I am responding to the article written by Lorna Quimby in the January 2005 issue of the North Star.



The Friday Afternoon Tea Room opened on February 4 at the North Danville Baptist Church. The Tea Room is open to all from 2 - 4 p.m. from November to April 1. Stop by for a chat or bring some handwork and spend the afternoon. Donations are accepted for the church renovation fund.

Questions (802) 748-4096

Quimby failed to mention my grandfather for the noble and generous person he was and the contribution he made to the community over a lifetime. There was no mention of family and friends he supported along the way working on their farms to help with chores, haying, gardening and lumbering when they needed help. There was no mention of my grandfather assisting the town selectmen to help clear roads in the winter and spring time, helping others cut and haul ice from the lake for use during the warm months and being there when emergencies arose.

I am profoundly disappointed and saddened by the position the North Star took in printing this article. The North Star Monthly is widely known and recognized as a fine, quality publication and my belief remains that the publication will continue to set high journalism standards in the future to serve the community and its subscribers. I do suggest that you research who "Henry" and his wife were and their place in the community to gain an appreciation for their hard work and the contributions they made that would provide an insight into the hard working people from generations past who made Vermont the great state that it is today.

R.J. Bradley
Arlington, TX

Genetically Modified Organisms

Dear North Star,

So why the hype? Isn't a Genetically Modified Organism

(GMO) just another form of a hybrid? It is not. A hybrid occurs when two varieties of the same species combine to produce offspring with qualities similar to both parents. Hybrids have been used by farmers, gardeners and animal breeders for ages and are available in most seed catalogues. Genetic engineering (GE) is a new technology in which genes of different species or even kingdoms (i.e. animal genes into plants) are spliced together to produce certain traits such as corn inherently toxic to corn worms. This new science is imprecise and carries tremendous risks. The pollen can drift, can contaminate other plants and can be toxic to unintended insects such as honeybees and monarch butterflies. Moreover GE foods have been known to lack important nutritional qualities or contain new allergens.

Over the last four years people in 79 towns across Vermont have called upon the governor, the state legislature and regulatory agencies to support three resolutions with regard to Genetically Engineered (GE) foods: 1. Mandatory labeling of all GE foods. 2. Legislation holding companies that develop and promote these seeds (i.e. Monsanto) responsible for damages, versus the farmers who use them; and 3. A moratorium on growing of GE crops for commercial use until there is credible and independent evidence that these products are not harmful to our health, the environment and survival of family farms.

(See Letters on Page 6)

Sunflower Consignment Shop



Winter Hours:
Friday 10-6 & Saturday 10-4
Rt. 5 South, St. Johnsbury, VT
(802)748-0148
Winter Clearance Sale 50% off

As Part of Vermont's Maple Open House Weekend
March 19 & 20, 2005
10 a.m. - 5 p.m.

Visit Cabot Hills Maple
Thistle Hill Road in Cabot
Marcia Maynard, Ken Denton and daughters
(802) 426-3463



See our sugar house and learn how we make maple syrup start to finish. Try some old-fashioned sugar-on-snow and doughnuts and enjoy the scenic area.



We are just 7/10 mile off US 2 on Thistle Hill Road in Cabot. Thistle Hill Road is 2.1 miles east on US 2 from the junction of US 2 and VT 232 in Marshfield. Watch for signs.

Richard P. Barrett Insurance Agency
309 Portland Street, Suite 102
St. Johnsbury, Vermont 05819
(802) 748-5224

Need Home & Auto Insurance?



Let us put it together for you!

- Savings
- Service
- Satisfaction

CO-OPERATIVE INSURANCE

- Convenient Payment Plans

ASSOCIATION OF VERMONT INSURERS • MIDDLEBURY, VT 05750

It's Back Annual

Time and Talent Auction

Danville Congregational Church
Saturday, March 12

All Proceeds Benefit Danville Congregational Church

Dinner at 6:30 p.m. Auction to follow at 7:30 p.m.
Tickets must be purchased in advance for the dinner: \$10 adult/\$5 child
Everyone is welcome to bid on auction items.

Tickets are on sale NOW!
For more information call 684-2176

Letters to the Editor:

(Continued from Page 5)

Europeans have long been skeptical and opposed to this technology, but here in the United States our use of GE seeds continues to rise. Vermont farmers bought a record 517,207 pounds of GE seeds last year. People in Barnet and across the state will again vote on these resolutions at town meetings on March 1. We must seriously question the risks of this untested technology.

Airie Lindsay
Barnet VT

Animal Cruelty

Dear North Star,

What occurred in Lyndonville on the night of October 16, 2004 should never happen to an animal or person ever. Kacy was a two-year old chocolate lab. Full of life; loved people; a happy and friendly dog. The fact that she was sweet of nature and completely trusting of people was what made her the perfect victim. Because of the brutal and violent attack on her, Kacy will never again go for a swim, fetch a stick or greet at the door the family that loved her.

This was an intentional act of

unimaginable cruelty and violence against a helpless animal. By her own breed traits she was docile and submissive to humans; she would not fight back against her attacker(s) or defend herself. To try to bite in self-defense would not be in her gentle nature. This act is particularly disturbing because it demonstrates a total lack of compassion for the suffering this animal was forced to endure – and sociopathic behavior by her tormentor(s). It is uncertain whether Kacy would have been able to recover from the horrific and gruesome injuries she sustained; what is most certain is she would never have recovered from the severe emotional trauma.

The community needs to be concerned about this incident. Why? Because a person or persons capable of committing such a brutal act indicates they may have abused or tortured animals in the past and may be predisposed to committing acts of violence in the future – and maybe next time it will be a person. Some people may not care because Kacy was “just a dog” and to them we would ask how would you feel if it was your daughter.....or your elderly grandmother? The person or persons capable of such a horrific act are predators.

Much past research by those in the field of psychology, sociology and criminology has documented a connection between children who commit violent acts against animals and those who are more likely as adults to commit other forms of violence such as child, spousal or elderly abuse. Some have become serial killers. Prosecutors and courts

around the country are beginning to treat animal abuse and cruelty cases more seriously and there is a growing trend to prosecute these cases and seek the maximum sentencing. For Kacy’s sake and for our community we hope the judicial system will take the severity of this crime into account and not only hand down punishment to which these actions deserve but also mandate psychiatric counseling – and prohibit the person(s) responsible from ever possessing or coming into contact with any animal ever again.

If you have any information, past or present, that could assist in this case, please contact CRIMESTOPPERS at (802) 748-2222 or Lyndonville Police Chief Harris at (802) 626-1271. You can request that your name be kept confidential.

Anonymous phone calls and letters cannot be acted upon and are not admissible.

For information on “Friends of Kacy” and upcoming events please visit: justice4kacy.com or contact Karen Powers at (802) 427-1200.

Cindy Cady, Lyndonville
Joyce Littlefield, Lyndonville
Karen Powers, Lyndonville
Melissa Shumard, Irasburg

I Try to Think of Taxes as an Investment

VAN PARKER

Taxes! Ben Franklin said that, along with death, they were life’s other sure thing. Every year we are reminded of that as “tax season” rolls around. “Here we go again,” a friend of mine said recently. Negative ideas about taxes have crept into our language. A hard job is “taxing.” A woman, trying to juggle responsibilities, finds her energy being “taxed.” We hear public figures promoting “tax relief.”

The same man has done our taxes for perhaps 30 years. Not that our tax forms are that complicated. It’s simply that this person knows us. He keeps up with all the changes in tax laws. His charges are modest, and he’s a nice guy. Our job is to keep track of deductible expenses and give him copies of our 1099 forms, interest statements, medical expenses, charitable contributions and anything else that happens to be relevant and/or deductible. If Bob ever gives up doing other people’s taxes, I’m really going to miss him.

Let me be honest. I don’t get a thrill out of paying taxes. It doesn’t give me the same kind of inner satisfaction as giving a little more than I think I can to a cause or group I really believe in, whether it’s deductible or not. Surely our tax code could be improved and made a lot fairer than it is. Then maybe I’d be more enthusiastic.

But there is, I believe, something deeper, something quite fundamental in paying taxes. When we pay our property taxes in Danville we know the road grader is going by our house in the summer and the snowplow in the winter, and the people who run them will get reasonable compensation. We’re happy that schools will be supported. It makes us feel like a part of the community, even though we’re only here for half the year.

A man named George Lakoff said recently that “tax relief” may sound like a catchy phrase, but how about using another one - “tax investment!” Social Security Payroll Taxes are an investment in us all when we grow older. The Interstate Highway System, begun under President Eisenhower, was an investment that continues to pay off as we travel around the country. Taxes pay to keep the air clean and the water pure. They enable us to do together what we couldn’t do ourselves.

Paying taxes reminds me that we are not a bunch of isolated individuals each scrambling for him- or herself and the devil take the hindmost. We belong to a community and, for that community to continue, we need to look out for one another. I’ll try to remember that when we pay our taxes. ★

the INN at MOUNTAIN VIEW FARM
Fine Food and Lodging
"Editor Pick" ... Yankee Magazine
Enjoy a memorable dining experience!

Farm fresh food served with style

Breathtaking views from our historic Vermont farm

On the Kingdom Trails

Open for dinner Wednesday - Sunday

802.626.9924
Darling Hill Road, East Burke, VT 05832
www.innatsv.com

Peacham Library

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

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

"Your Clear Choice in Auto Glass Replacement"

Windshield World
"We Come to You"

- FREE COURTESY CAR OR MOBILE SERVICE
- INSURANCE APPROVED FOR DIRECT BILLING
- WRITTEN WARRANTY
- ORIGINAL EQUIPMENT SAFETY GLASS
- LOCALLY OWNED & OPERATED

DIAL TOLL FREE
800-639-0666
"PROMPT FRIENDLY SERVICE"

BARRE 479-0666
HARDWICK 472-5554
WHITE RIVER JCT. 295-9903
NEWPORT 334-1348
GORHAM, NH 752-1414

ST. JOHNSBURY
371 Memorial Drive • 748-3310

Cobleigh Public Library
Lyndonville

Monday: Noon - 7:00 p.m.
Tuesday: Noon - 5:00 p.m.
Wednesday: 10:00 a.m. - 5:00 p.m.
Thursday: Noon - 5:00 p.m.
Friday: 10:00 a.m. - 7:00 p.m.
Saturday: 10:00 a.m. - 2:00 p.m.

NORTHEAST COLLISION CENTER

**684 Portland Street
St. Johnsbury, VT
(802) 748-4292**

**GENERAL MANAGER
COREY BURGESS**

Mon.-Fri. 8 a.m.-5 p.m. & Sat. 8 a.m.-12 p.m.

Your car is the second largest investment you're likely to make. Preserve its value and your safety by having it repaired professionally here at NORTHEAST COLLISION CENTER.

We strive to meet the standards of top quality paint and repair work and with our state-of-the-art Garmat paint booth we'll have you back on the road ASAP!

We do Insurance Collision Repair

PROFESSIONAL AUTOBODY TECHNICIANS

RICHARD MILES • LINCOLN PAQUETTE • ROBERT MAGOON

*Expert Collision Repair & Custom Paint Work:
Cars, Trucks & Motorcycles*

Professionalism & Pride • means • Satisfaction Guaranteed!

Now Accepting EBT Cards!

SEAN B'S Quality Discount

Tuesday is Senior Day 10% off for 55 & over

Come see us up on the hill, at the corner of Route 5 and Red Village Road in Lyndonville
626-7200
Open everyday 10-6

Wednesday is College Day 10% off with college ID

Discount Groceries

Sewin Love Fabric Shoppe
Just Opened

Sewin' Love Fabric Shoppe
Located at: Kimberley Rose Antiques

Latest Quilting fabrics by today's top designers: MODA, Thimbleberries, Hoffman, RJR, Marcus Brothers, etc. Warm and natural battings and lots of sewing notions.

West Danville (802) 684-2556

Opinion: It's Women's Work and There's Much to Be Done

- Isobel P. Swartz

This morning, as I was eating my breakfast, I heard a news story, from the Gaza Strip in Palestinian territory of the Middle East. The report hit a nerve. A pregnant woman was being driven to a hospital by her neighbor, a Palestinian man. He approached an Israeli checkpoint too fast and the stressed-out guards shot him in the head.

Mothers, grandmothers and "experienced" women, must do something about what ails the world.

The report ended with the words "the pregnant woman survived and gave birth to a baby boy later that day." I taught childbirth classes in Vermont for 30 years and never did a client have a birth story like this one! As a mother and grandmother it is almost more than I can bear to hear such stories.

As Emily Hoffer pointed out, in her article, "I Wasn't Looking For What I Found in India," in the January 2005 issue of the *North Star*, I do not believe that we need go further than our own communities to find similar heart rending stories, though they may be very different. I believe this because women's issues transcend national borders and take on a global aspect.

For example: knowing of school guidance counselors who regularly supply clean, decent clothing to their younger students and give them a chance to bathe at school; a teacher who gave a child some mittens on a sub-zero day only to find the

same child the next day with freezing hands and no mittens because "my grandma liked them"; and from further a-field, a desperate teen who delivers her baby in a toilet stall and leaves the live infant in a bathroom trash can.

So what are we women going to do about some of the world's problems that we see around us? My mother implanted two sayings in my mind, which I believe contain grains of truth: "The hand that rocks the cradle rules the world," and "A mother educates her children." To me this means that mothers, grandmothers and "experienced" women, must do something about what ails the world.

We can't go out and take a broom and sweep away all the dirt and trash, but we can make a difference in our own spheres of influence. We do have many things to offer. I have had help from many of the women I know and respect in preparing this article. What follows is a composite of their ideas and mine.

The first and foremost goal for women is that they should be true to themselves by recognizing and being comfortable with their real feelings about issues and being willing to express them.

Women need to acknowledge their personal strengths and weaknesses and understand their perspective on the world.

This is essential so that we can achieve balance in the workplace, government and the boardroom, not trying to be like men, but by stating our view on the topics under discussion.

Those views can sometimes provide such a different perspective from those of men present, that they may spark discussions about, and new ways of looking at, difficult situations. This, in turn, should lead to new, and

sometimes better, solutions to problems.

Women can effect change at the local level by recognizing the unmet needs of their families and neighbors and trying to improve services. Women also work well in group situations. This should mean being active on the boards of school districts and other community organizations, in parent groups, meals on wheels, church groups and local politics. Seeking political office, first at the local level, is one way that women can get power/achieve the influence to change things for the better. Being passionate about whatever cause you espouse can encourage others to become involved. Cultivating a deep and broad communications network can promote well-researched ideas and issues to a wide variety of people and institutions. We can provide a broader base for local change by encouraging and valuing others with less spare time, to find differing ways for involvement and by seeking their input.

Life is not a popularity contest! We need to speak out when we know that things are not right or acceptable whether globally, nationally, locally and even in our own families. Though they are grown, these are still our children, and their offspring are our connection to the future.

An article I read some time ago, promoting "Partnership for a Drug-Free America," entitled the Power of a Grandma, talked of how grandparents, through their special relationship with their grandchildren, can probe into sensitive topics with them that parents may not easily be able to do.

Raising our families to be open-minded world citizens, caring for the environment and

being sensitive to the needs of others, is a powerful gift to (influence) the future. Nurturing and guiding the power and potential of youth is something all of us need to aspire to.

Many women are the primary caretakers of children and the elderly so they see first hand the need for good environmental stewardship. The importance of clean air and water, healthy food and life styles becomes very obvious to someone caring for a sick child or chronically ill adults. The ability to give the very best care and support to children depends on having a family size appropriate to the economic and time resources available.

This also allows women the

time, energy and economic resources to develop their own skills and talents through better education. Education about life, the world, arts, science, health, child rearing and basic economics at the family level is the key to the future. Without the power of education women cannot hope to make changes for the better.

Last, but not least, we need to maintain a sense of humor and a sense of perspective. Anyone who's been pregnant knows that it takes nine months to radically change the shape of a human female body, and about the same time to return the shape to normal. So if it has taken millennia to screw things up in the world, we can't expect miraculous changes overnight. But we DO need to

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 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 good health. 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.

MAGNUS & ASSOCIATES



TAX PLANNING & PREPARATION



459 Portland St., St. Johnsbury, VT
(802) 748-5555

MARTIN LARABEE
MLC
CONSTRUCTION

P.O. Box 308
Danville, VT 05828
(802) 684-2506

Schedule plowing & sanding now.

PROM IS COMING ARE YOU READY?

Uniquity

443 Railroad St., Suite 2
St. Johnsbury, VT 05819
(802) 748-1912
Mon.-Sat. 9:30-5:30 Sun. by appt.

TUXEDO RENTALS

Courteous,
Experienced
Stress-free Fittings

Dr. Mark A. Leipert
Dr. Richard Leven
Dr. Stephen Feltus
Dr. Rebecca Hogan
Peter Boyle
Optician

STYLE+FOCUS

Spring Sale of Progressive Lens Eyewear

Buy one pair of No-Line Bifocals at regular price and receive second pair at half price. Second pair must be the same prescription. Offer ends March 31.

Berlin Mall
282 Berlin Mall Rd., Unit 4
802 223-2090

Green Mountain Mall
US 5, St. Johnsbury Center
802 748-3536

Benefits of the Strong Living Program Are Huge

(Continued from Page 1)

approximately one hour. The Tufts program was designed to be safe and effective for most people over 40, however a medical release is required by a participant's physician.

added benefit of walking or other aerobic activity.

This exercise is important for diabetics who need to reduce glucose levels. The social value of group participation is important as well for the depression that often accompanies diabetes, too, not to mention its value for those trying to make it through long winters with a positive attitude. People look forward to coming to Strong Living classes, and they develop a camaraderie within the group, forming a network and a way of checking on each other.

Strength training can prevent or reduce low-back pain and discomfort from arthritis. When muscles are stronger they take more of the weight that has been going to joints, so it reduces stress and pain in those areas of the body. It has been shown that strength training is helpful for people before and after hip- or

knee-replacements for quicker healing. One participant had a scheduled hip replacement after 12 weeks in the program, and he only missed five weeks of class! He is doing maintenance training now and will not go to a doctor's appointment if it conflicts with his class.

The Strong Living Programs came to Vermont in 2000 and started with four sites. Today there are seven in the Northeast Kingdom plus one at the Wellness & Rehab Center in Newport, which is not community-based. (Community-based essentially means that, except for a small donation, the classes are free. Certified leaders are volunteers, and classes are usually located in donated space such as a senior center, mealsite or church.)

The program is recommended by doctors, an important shift in the philosophy of encouraging people to participate in their own health management.

At present, the Strong Living Program is available in Vermont,

New Hampshire and Massachusetts, and demand for the program is greater than the number of leaders who are certified to teach. Currently the Tufts Program has 108 active leaders at 57 community sites in Vermont. The Area Agency on Aging provides weights (hand-weights and leg-weights) for community based programs in the Northeast Kingdom, so donations have been used to purchase fans and chairs.

Vermont's Department of Health facilitates this partnership with Tufts by offering a site for leader training. There is no cost to leader certification other than getting yourself to Burlington for the day-long training. Certification takes place twice a year – once in the spring and once in the fall. The next leader training is on April 1, and we are seeking volunteers to become certified. Regional coordinators visit each site to be sure exercises are performed correctly and answer questions.

As a leader of groups in Lyndonville and Concord, I see the value of this program for older members of the community. One man in our Lyndonville program could not lift his left arm higher than his shoulder when he started, and last week he held it up over his head for 30 seconds. There is a 76-year-old in the program who lifts 10 pounds over her head. She told me about taking down all her storm windows and putting up screens in the spring.

Each of the elders in the program has a story of how it improved their lives; from walking up and down stairs to opening jars, to simply getting out and being with other people. These are the things that make a difference between living an independent and high quality life or needing daily personal care as you grow older.

The real trick is getting people to understand that staying fit is an important and ongoing part of their health and well-being. In the "old days" staying fit was taken for granted as we worked physically hard around the house and at work. Then came a revolution in work patterns, and it has made a difference. Today, many adults sit at desks, and children sit for long hours in front of television. The result is that statistics of childhood obesity show it as a #1 problem in this country. Many older members of our community risk the same problem as well.

Everyone doesn't have the

opportunity to go to the neighborhood gym, even if there is one. Programs through Area Agency on Aging, Wellness Centers and hospitals and other programs at private fitness facilities offer more and more strength training. It is never too late to make physical activity a part of the life you want to live. With these seven, essentially free, community programs there is no reason for not making the effort to improve your physical well-being.

If you are over 60 and need a ride to a location that is a mealsite, you can call the Area Agency on Aging at (802) 748-5182 and have the RCT van come and pick you up.

Think about our youth. We are still role models. If you are over 40, call a friend and plan to visit a Strong Living site soon. If you cannot come during the day, consider becoming a leader and starting a group that meets in the evenings. Remember too, that the real resources have to be pulled from deep within each one of us to make the commitment.

Revolution in Work Patterns Made a Difference

Benefits of the Strong Living Program are huge. It is a means to osteoporosis prevention. However, not only preventative, it has been proven that strength training can actually build bone. And, with increased muscle tone, elders are able to walk with greater confidence, without fear of falling and thereby get the

Intellectual pursuits without tests, papers or grades!

Osher Lifelong Learning Institute
in St. Johnsbury Offers
New 2005 Series



Thursday, March 10	St. Johnsbury House
Metaphor & Meaning with Bill Eddy	
Thursday, March 17	St. Johnsbury House
Myth & Meaning with Jim Doyle	
Thursday, March 24	St. Johnsbury House
Symbol & Meaning with Dorian McGowan	
Thursday, March 31	St. Johnsbury House
Music & Art: The British Ballad Tradition in New England with Burt Porter	
Thursday, April 7	St. Johnsbury House
Vermont Folk Art with Jane Beck	
Thursday, April 14	St. Johnsbury House
An Afternoon of Harp Music with Bill Tobin	
Thursday, April 21	St. Johnsbury House
The Many Stories of Jazz with George Thomas	
Thursday, April 28	St. Johnsbury House
The Roaring '20s in Foxtrot Tempo with Martin Bryan	
Thursday, May 5	St. Johnsbury Athenaeum Art Gallery
The Hudson River School Tradition with Larry Golden	
Thursday, May 12	St. Johnsbury Athenaeum Art Gallery
Nature, Culture & Art: Reflections on African, Asian & Western Art with Lois Eby	

Individuals pay \$40 membership fee, which covers the cost of all 10 sessions. Non-members may attend individual lectures for a donation of \$5. For membership information or additional information about the Osher Lifelong Learning Institute in St. Johnsbury call (802) 626 5135. All sessions will begin at 1:00 p.m. Discussion will follow each program. Funding is provided by the University of Vermont, the Osher Foundation and the Vermont Council on the Humanities.

Tufts Strong Living Schedule for St. Johnsbury and Newport Area

Concord – Concord Community Church, Mondays and Thursdays, 2:00 - 3:00 p.m. Contact Jenny Patoine (802) 751-0436.

Danville – Danville Senior Action Center, Tuesdays and Thursdays, 10:30 –11:30 a.m. Contact Jenny Patoine (802) 751-0436 to sign up for spring 2005.

East St. Johnsbury –East St. Johnsbury Church, Mondays and Thursdays, 9:30 - 10:30 a.m. Contact Charlotte Blodgett (802) 748-2860.

Lyndonville - Darling Inn, Tuesdays and Fridays, 1:30 - 2:30 p.m. Contact Marcelena Smith (802) 748-8372 or Alice Healey (802) 626-5388.

Lyndonville – Darling Inn, Mondays and Wednesdays, 9:00 - 10:00 a.m. Contact Jenny Patoine (802) 751-0436.

Newport – Senior Center in Municipal Building, Tuesdays and Fridays, 9:30 - 10:30 a.m. (802) 334-6029.

St. Johnsbury House – St. Johnsbury House Senior Center, Tuesdays and Fridays, 9:30 - 10:30 a.m. Contact Barbara Bessette (802) 748-0958.

Watch for a new program to start in Barton.

Fred W. Lewis

Fuel Oil and Kerosene

Cash Discounts
Automatic Deliveries

(802) 748-3011

Serving this area for over 60 years

Opinion: Death is Not Convenient - Carol Zuccaro

Death is never convenient - neither our own nor someone else's. How many times have we had a vacation ruined by a funeral or wake of a friend or loved one. But that's what life is: sadness and joy. Interruptions are life. And when a death occurs, we deal with it, convenient or not.

As for our own impending death, that may not be convenient either. However, there may be a reason for the timing of our death that we mere mortals will never know. In the February 2005 *North Star*, John Downs recounts the story of a 68-year-old friend with pancreatic cancer who decided to end her life "at a time convenient for her," and answers "yes" to the question asked by Patricia Burnham, who is hoping to persuade the Vermont legislature to pass a "Death With Dignity" bill. Her question is, "Don't I have a right to have this choice?"

No, we don't. We don't have the right to choose the hour of our death anymore than we chose the hour of our conception.

There is a reason for our being; each human being is here for a purpose, but as mere mortals, we may not ever know the reason. We can only hope to fulfill our mission during our lifetime. How do I know that the purpose for my being is not to be fulfilled until my last few agonizing weeks? I may never know.

True dignity is saying "Yes" to life, to the sorrows and the joys, to "drink life to the lees" as Tennyson wrote in "Ulysses." Some do not believe in a loving creator who alone knows our mission, but the fact that they don't believe does not negate what is.

Of course it would be more convenient to choose the time and manner of death. I could choose to die before my body wastes away and even have my hair and nails done the day before so I'd look good in my casket.

No one should suffer pain; there is no need in this age of science to endure physical pain, even if, as the text of most living wills reads, the medication to alleviate suffering might "hasten the moment of death." The purpose of the medicine is to help the individual to live out her last moments without pain, and our attorney general is sending the right message in saying there is no need to fear opiates in whatever doses are required to relieve suffering.

I watched my father die of

bladder cancer from early January of last year, when he made the decision to have no further chemo, until mid July when his life finally ended.

During those six months of Hospice care at his home in South Carolina, even though he was bedridden and gradually weakened by cancer, many good things happened. All of his children were able to visit, some several times, and listen to his stories and express their own thoughts and feelings. We cried together, but more often we laughed together. Dad had a wonderful sense of humor, and his acceptance of death made it easier for all of us. He was able to relive memories in stories and photos, receive phone calls from old friends and relatives, and prepare himself for what was coming. My mother, who cooked and cared for him so faithfully, had time to work through her denial and finally accept the fact that he was dying. As sad as I was to lose my Dad, I could only call this stage of his life a positive experience for our entire family.

For some, the end of life can be a time of healing, of family or personal reconciliation. Few of us could say as Thoreau did when asked a few hours before his death if he had "made his peace with God."

"I have never quarreled with Him," Thoreau said.

Death can be slow. It was unbelievable to me that my Dad's cancer had eaten its way through to his back, and still he was awake and alert, although not in pain because of morphine. I sometimes wondered why he had to go through this, but I knew there must be a reason even if I didn't understand. Maybe it was the same reason he survived wounds in the South Pacific in WWII, or a near-death experience in his forties when his appendix ruptured, or four bouts of chemo he endured in his last ten years. That's dignity.

One important aspect of hospice care is that people need to tell their stories before they can die. Not everyone is as fortunate as my father was to have a loving family take care of him and visit and listen to his stories. Does that mean that those less fortunate should be denied what could be a rewarding stage of their lives. And death is a stage of life. Maybe we have a responsibility to help those whose quality of life

is not as nurturing. That's not easy, nor is it convenient.

If accelerating death becomes more common, will some terminally ill patients feel that they should terminate their own lives to save their families the duress and financial burden their end-of-life care will generate? And will caregivers and professionals who know that a patient has no family be tempted to accelerate death to make room and resources available for others?

My dear friend Bill Biddle wrote last year about the peaceful death of his dog, very shortly after our own wonderful dog, Harry, died, also peacefully in my arms, in Dr. Pekala's office. I agree that it was a beautiful, if sad, moment, and that we, as reasoning humans have a responsibility to help all animals avoid suffering. They would never understand nor would it be practicable to care for a bedridden animal.

But humans can think, and can do good in the world even if unable to speak or move.

An elderly woman in Manhattan whose doctor visited her bedridden, shrunken body, when asked why she didn't become discouraged in her useless condition, answered, "But I'm not useless. See those men up there on the scaffolding," she said, looking at a skyscraper construction site she could see through her window, "I pray for them every day so they will stay safe and not be injured in their job."

(The doctor told the construction workers, who then started visiting the old lady on their lunch breaks. They not only brightened her day but enriched their own lives as well.) Even if the workmen had never known that the woman prayed for them, she still was doing some good.

Danville's own Father Jon Bruder, the hermit monk and friend of thousands of Vermonters, is suffering from

lung cancer but receiving excellent hospice care. He is not in pain because of medications like morphine. Even in his weakened condition, he is spreading joy and touching the lives of caregivers and visitors at the VT Respite House as he did at NVRH and at Dartmouth-Hitchcock. Fr. Jon says that people have to be told that they can get painkilling drugs if they need them even if they are not in a hospice or hospital. However, he believes that "we can't anticipate and set our date" for dying. "That's when you bang heads with the Lord," he says.

"Where you would expect only misery, often remarkable things happen."

Newsweek's cover story on November 25, 1996, featured the death of Cardinal Joseph Bernadin of Chicago and lessons on how to die. Days before he died of pancreatic cancer, Bernadin wrote a letter to the U. S. Supreme Court urging the justices to reject arguments that the dying have a right to a physician-assisted suicide.

"As one who is dying, I have especially come to appreciate the gift of life," he wrote. "Creating a new right to assisted suicide will endanger society and send a false signal that a less than 'perfect' life is not worth living." Even the Cardinal, who was 68, asked, "Why me?" and "Why so soon?" but came to accept his imminent death and made it his mission to help others who were dying.

Dr. Ira Byock, author of *Dying Well: Peace and Possibilities at the End of Life*, and former president of the Academy of Hospice Physicians, is one of the nation's leading proponents for changing how we approach death and deliver end-of-life care. In an interview on Vermont Public Radio, February

3, 2005, Byock said people can be "well" even to the very end, and that in his vast experience, many hospice patients seem to even experience moments of joy. Byock, who is director of palliative care at Dartmouth-Hitchcock, says that no one need suffer pain, regardless of the disease, if opiates are administered properly. He stresses that dying can have "precious value," and that for people who are dying, the best care possible may be at home or in some other hospice situation. He advocates bringing "the medicines and technologies into the home," but not losing the tender loving care.

He says people should be "not only kept comfortable, but honored and celebrated through the last part of their lives." Byock says that there are things we could do that would improve the way people die. Among other things: repair relationships, respect the patient's integrity, help the dying to live as fully as possible, reduce pain, allow time and space for transcendence and "letting go."

According to Byock, the reason given by the majority of those in Oregon who have chosen physician-assisted suicide is the feeling of being a burden. Those who work with the dying, as hard as it may be, should try to improve their quality and comfort of life. He says, "Our job as physicians is to help people redefine hope" and find meaning, and that "it seems beyond the bounds of medical practice to validate the person's feeling of hopelessness and worthlessness."

In his experience with hospice, Byock says that "where you would expect only misery, often remarkable things happen."

Maybe we should all join Hospice, and rather than accept as a given the lack of quality of life for terminal patients, work to make a difference in that quality of life by making each person feel loved and valued, even if she can no longer contribute physically and visibly to society.



The Creamery Restaurant

Lunch

Tues.-Fri. 11:30-2:00

Dinner

Tues.-Sat. 5:00-closing

Pub

Opens at 4:00

(802) 684-3616

Closed Sundays & Mondays

St. Patrick's Day
Dance with
Hidden Drive
on March 12

Gauthier's Pharmacy, Inc.

The only independent pharmacy in St. Johnsbury

"Dedicated to your good health"

March is Poison Prevention Month



SOME IMPORTANT TIPS TO REMEMBER

- Have the number of your physician or local poison control center near your telephone at all times.
- Have syrup of ipecac on hand and only administer when your physician or poison control center has instructed you to do so.
- Get rid of old medicines periodically by flushing them down the drain.
- Rinse containers and discard them.
- Always turn the light on before giving or taking medicine.

415 Railroad St. ♦ St. Johnsbury, VT 05819 ♦ (802) 748-3122

"Sugar Snow"



Signed and numbered prints by Will Moses

Limited Edition Prints, Serigraphs,
Lithographs, Antique VT Maps & Prints,
Notecards and Calendars

The Framing Format & Gallery

485 Lafayette Street ♦ St. Johnsbury, Vermont 05819
800-699-3964 ♦ 802-748-3964

Buffalo Mountain Co-op Has High Ideals But They Work

(Continued from Page 1)

pletely inviting.

Gaillard describes the community as that of two distinct cultures. She sees customers who represent old Vermont families and those who are from (or are descendants from) the back to the land movement. "It's an eclectic mix," she says, "of people familiar with the value of buying in bulk and the appeal of foods without additives. There are second- and third-generations of original members who have a commitment to the Hardwick area and their community. It's not an exclusive sort of place, and you find people from

as far away as Johnson, Peacham, Charleston, Cabot and Troy. They must come because they like it - the inventory and the place."

As a result the Co-op has grown. Gaillard says the annual growth is between ten and twelve percent, and in 2004 sales volume exceeded \$1 million.

Two years ago Buffalo Mountain Co-op made the final payment on its mortgage for the building, and the elected directors, in keeping with their non-profit purpose, voted to reinvest the monthly surplus. "For years," Gaillard says, "there was talk of a café, and we always hoped as

restaurants came and went that one would offer homemade food consistent with our philosophy and preference for organic, chemical free and locally produced." None did.

Finally the directors agreed to renovate the second floor of their building and create a café. The space was gutted, the ceiling was raised, windows were added and the beautiful hardwood floors long covered by carpet were brought back to life.

As a result, a bright stairway leaves the main floor of the Co-op and winds up to the second floor. There is the café kitchen and 21 seats with hot drinks, a

breakfast menu and a predominantly "hearty vegetarian fare" including burritos, hot soups, seitan Reubens or grilled cheese and avocado sandwiches, stir fried vegetables and an occasional cheesecake, applesauce cake or scones for dessert. The kitchen is crowded, but Kate Arnold and Alicia Feltus are café coordinators and have proven it has what they need. Arnold says, "The café opened in July, and we are constantly trying to make the most of it. The kitchen is morphing as we go along. It's small but it works."

Arnold says, "Everything we serve is homemade in this kitchen - with very few exceptions and those are homemade in other licensed kitchens giving us things we just can't produce."

Like the store downstairs, the café is available seven days a week, and coffee and other self service is available Monday - Thursday and Saturday from 9:00 a.m. to 6:00 p.m. and on Friday until 7:00 p.m. On Sunday the café is open from 10:00 a.m. to 4:00 p.m. The kitchen is open and serves hot food on a slightly reduced schedule, however, closing on weekdays at 3:30 p.m. and on Saturday at 1:30 p.m.

Gaillard says, "I've been to a lot of seminars on Co-ops and heard a lot of ideas about what works in places like this, and we were always encouraged to open a restaurant. When I think about how long we talked about it, it's mind boggling to have a café really here. It's not so much about cash flow and profit as it is about a place to hang out and let the buzz continue over coffee and food. Now the café is busy, and there is a lot of networking where people are meeting people and useful information is passed around."

Arnold says, "The Co-op

works in Hardwick, and I think it's a model that should be more common than it is."

"We are idealistic," Gaillard says, "and the board has tremendous patience, but I'd love to see more places like this. It's great that we've grown and been successful, but on the other hand there is something really wrong with the fact that people drive an hour or more to shop here."

"Step into the Buffalo Mountain Co-op any day of the week, and you'll find people who love Hardwick and who wouldn't trade their community for all the tea in the Co-op."

Hardwick's Buffalo Mountain Co-op and the upstairs café are inviting and they are growing in popularity, and for those who cast a sideways glance at the sign pointing to Hardwick they are missing an important lesson in business development and community building that works. ★



Photo By: North Star Monthly

The Buffalo Mountain Coop opened on Wolcott Street in Hardwick in 1975. It moved first to North Main Street and then 12 years later here to Main Street across from the offices of the Hardwick Gazette. In 2004 revenues exceeded \$1 million, and the Co-op has become a destination and anchor for the downtown community seven days a week.

Are You Having Trouble Affording the Prescription Drugs You Need?

Our Health Centers May Be Able to Help

Our Concord Health Center and Danville Health Center offer discounts on many of the most common prescription drugs. This discount is **available to all** patients of the health centers. In addition, for those with limited incomes, we apply an additional discount if you qualify for our sliding fee program. For more information, call for an appointment.

The following practitioners are accepting new patients:

Concord Health Center (802) 695-2512

Sarah Berrian, MD (Pediatric, Adult, and Obstetrical Care)
Susan Taney, Nurse Practitioner (Adult Care)
Donna Ransmeier, Behavioral Health Counseling
Jeniane R. Langmaid, PA-C

Danville Health Center (802) 684-2275

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

Concord and Danville Health Centers are units of Northern Counties Health Care, Inc. - established in 1976 to bring health services to those in need in the Northeast Kingdom.



Pope Library Hours

Monday & Wednesday
9:00 a.m. - 7:00 p.m.

Friday 9:00 a.m. - 6:00 p.m.

Saturday 9:00 a.m. - noon.

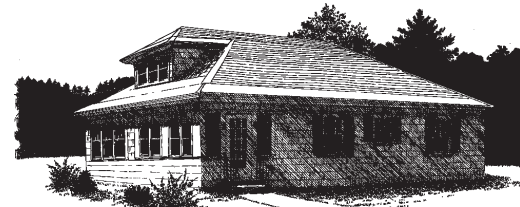
Stuart V. Corso, D.M.D.

GENERAL AND FAMILY DENTISTRY

31 Mountain View Drive
Danville, VT

(802) 684-1133

When you think insurance...



Caledonia Insurance
AGENCY, INC.

663 Old Center Road, St. Johnsbury, Vermont 05819
(802) 748-8797 Fax (802) 748-8609

The Sweet Smell of Maple

popular stainless steel, he says, "As far as I'm concerned, there is no comparison," because copper conducts the heat much better and there are no hot spots.

As the sap boils, the sugarhouse fills with visitors, which Albert very much enjoys. "We do a lot of socializing," he says, "because we are handy to the road." He goes on to say that many of the old sugar places were off the beaten path, which made socializing more difficult. Many local sugar makers mark the end of the season with a sugaring off party, but the Taylors welcome friends and family every day they are boiling.

Albert keeps a watchful eye

on the temperature and the density of his boiling sap. Occasionally he shakes a few drops of milk to settle the foam in the pan. He tests the hot sap with a copper dipper to see whether the drips resemble, as he calls them, "leather aprons."

There are a few more minutes before the syrup is ready to draw off so he tells more about sugaring in the old days. In the 1930's and 1940's, the Taylors tapped 500-600 trees with buckets; now they tap around 1,200 trees mostly connected by plastic pipeline. There are still a few with buckets. "The biggest changes I've seen in sugaring are the pipeline and not using horses to gather sap. The last time we used horses was in



Photo By: Mike Herdiner

The Taylor sugarhouse is like a time capsule. The building is more than 100 years old with improvements and changes that mark the shifts in technology and the ebbs and flows of success in the business of sugaring.



Taylor Family Photograph

Albert Taylor's father, seen here at the family sugarhouse in 1951, would be amazed at the absence of horses and the proliferation of plastic tubing to streamline the modern production of Vermont's liquid gold, Pure Vermont Maple Syrup.

1957, and we started using pipeline around 1979," he says. Albert clearly loved using his horses, but it was a lot of work. When snow was deep, they had to use a crawler tractor to break a road for the teams of horses.

Tapping has changed, too. For most of Albert's life they used a brace and bit to tap trees by hand. Now the Taylors use gas-powered tapping equipment. A power tapper is still physically hard work, but it's faster. As Albert says, "If you have a good crust on the snow you can go to beat Hell."

As we talk, activity continues in the sugarhouse. Syrup is canned in a separate room. The Taylors have used tin cans for as long as Albert can remember. They fill orders for longtime customers for \$27 per gallon, and they sell the rest in bulk to Maple Grove in St. Johnsbury. Albert remembers, "Before World War II, if you got \$1.50 a gallon you were doing good."

On deciding when to tap, Albert uses a theory that many have used for centuries, and it's based on the moon. "New moon's coming on the 10th of March, and that's a pretty good sign that we'd

better be ready," he says, but he adds that weather here has changed a lot in the last 10 years. He says, "Used to be we wouldn't even think of tapping till the 20th of March, but the seasons are different now." When it comes to sugaring, Albert says, weather tells the whole story; in order to have good sap runs, you have to have cold nights and warm days, and some storms will help get the sap moving.

In Albert's memory, the best year for sugaring was 1995, when the Taylors got their new arch and new pans, and they made 450 gallons of syrup. The poorest year was 1939, right after the devastating hurricane of '38.

When asked for a prediction about sugaring this year, Albert Taylor says with his warm Yankee humor, "I'll let you know when we're done, but I think you'll want to be ready around the first of March."

With that, Albert is ready to draw off some of his syrup. As the boiling liquid runs from the valve on the side of the pan into a pail, he carefully checks its density to make sure it's ready. We each get a small cup of the new warm

syrup to sample. If we are really lucky, Albert's wife Polly has provided a fresh batch of her famous homemade raised donuts for dipping. Now that is quite a treat.

When chore time comes

**"New moon's coming on the 10th of March, and that's a pretty good sign that we'd better be ready."
- Albert Taylor**

Albert finishes up his duties in the sugarhouse and heads to the barn. As he leaves, the next generation of Taylors is finishing up in the sugarhouse. Two sons, three daughters and many grandchildren are keeping the family tradition alive. And they look forward to it every year.

Thanks to the Taylor family for their help with this article. ★

MICHAEL K. WALSH & SON, Builders

New Construction ♦ Remodeling ♦ Renovations
Finish Work ♦ Decks ♦ Wallpapering ♦ etc.

♦ Call Now for Winter & Spring Projects

Solid reputation of quality workmanship,
reasonable rates and dependability



Over 25 years of experience (802) 684-3977 Danville, VT

DANVILLE SERVICE CENTER

Route 2, Danville Village 684-3481

Offers you our 12th Annual

SWEET DEAL for this Maple Season

Bring your car or light truck in during the month of March and we will change your oil* and filter, lube chassis... **plus** safety check your brakes, exhaust system, lights and drive train. (*up to 5 quarts)

Only **\$19.95**



HOURS: 7-5 Mon. thru Fri. ♦ 8-1 Sat. ♦ Mechanic on Duty

**Kids.
Cargo.
More Kids.
More Cargo.**



**STOW'N GO™
Seating System**



**STOW'N GO™
Under Floor
Storage System**

SEVEN SEATS TO TWO IN 30 SECONDS FLAT...THE LATEST IN A LONG LINE OF INNOVATIONS YOU EXPECT FROM DODGE. STOP IN AND SEE ALL OF THE STORAGE AND SEATING SOLUTIONS TODAY.

THE NEW 2005 DODGE GRAND CARAVAN



FEATURING STOW'N GO™ SEATING AND STORAGE.

America's Hottest Products

...available at your Dodge Dealer...



Ford ♦ Lincoln ♦ Mercury ♦ Chrysler ♦ Jeep ♦ Dodge
8 MEMORIAL DRIVE, ST. JOHNSBURY, VT.

802-748-4444 www.gilmoursfordchrysler.com 800-323-8333

Don Bredes Returns with Detective Bellevance

TERRY HOFFER

Growing up on eastern Long Island, the war in Vietnam, idealism of youth, a college generation in rebellion, civil rights movement in America, moving to northern Vermont, love lost and found, people with proven prowess in one's own field of interest and a colorful mosaic of people, places and things that you come to call home ...

Where does fiction come from anyway?

As Don Bredes described his own path to this hilltop home between North Danville and Wheelock, I hadn't asked the question about writing fiction yet, but the answer bubbled forth from his biography.

Bredes is cagey about attributing much of his writing to personal experience, but that's his style. He's neither pushy about his work nor arrogant about its success.

Bredes studied journalism and creative writing at Syracuse University, and in 1969 he followed the scent of a state trying to beef up its public education. He moved to Newport and a job teaching English at the Lake Region High School in Orleans. "Vermont had a priority of attracting more teachers to its schools at the time," Bredes says,

and he joined the ranks of young teachers bringing new visions to classrooms.

The experience was exhilarating. But there were times when the new visions faced serious resistance. Bredes tells about high school seniors in his advanced English class reading the provocative *Manchild in a Promised Land*.

The web of human relationships becomes what you are.
- Don Bredes

Manchild in a Promised Land is the thinly disguised autobiography of Claude Brown's growing up in Harlem. First published in 1965, the book is optimistic and inspiring for any generation, but the vivid portrayal of broken families and hardworking adults, hustlers, junkies, prostitutes, violence, sex and life on the street, however accurate, was bitter medicine in Vermont's all-white Northeast Kingdom. On a night in February 1970, 300 angry parents stormed a meeting of the union school board and demanded that order be restored in their

school. They had had it with the teacher from Syracuse.

"I was accused of being a Communist," Bredes says, and he describes the confrontation. "I argued that kids needed to learn about the Black experience and that social unrest was not something to ignore. The kids were familiar with the bad language, and none of them had objected to the book in my class. Finally, I told the parents that if they could prove I was a Communist I'd eat every copy of the book in the school."

Bredes had the support of the school librarian and the school board, and his teaching continued.

In 1972 with encouragement from the likes of fellow tennis player and celebrated poet Galway Kinnell and from his neighbor and novelist Howard Frank Mosher, Bredes left the Green Mountains for the University of California at Irvine and a Master of Fine Arts in writing. There in southern California, Bredes says, again over tennis and quite by accident, he met a literary agent who liked his work and sold a story to the highly regarded *Paris Review*. The agent suggested Bredes write a novel, and in 1977 his first, *Hard Feelings*, about coming of age through the harsh lessons of teenage tribulation was pub-

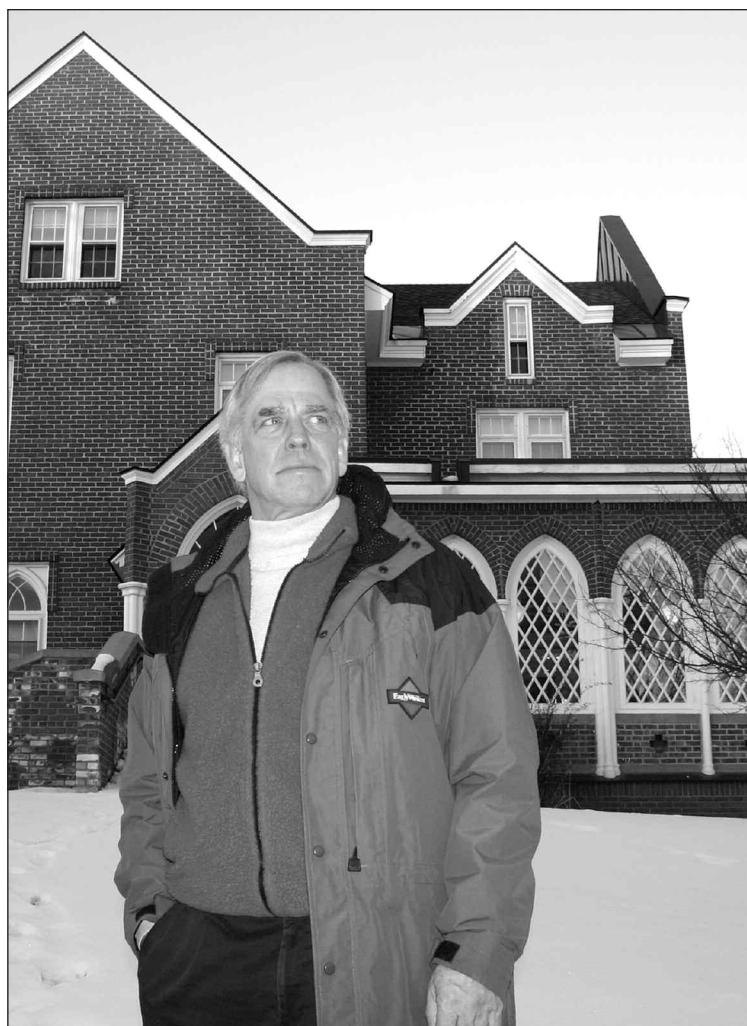


Photo By: North Star Monthly

Wheelock author Don Bredes will see his next novel published in April. His main character, Town Constable Hector Bellevance, returns to Vermont and the scene of a puzzling murder. One of the scenes in the book describes a building (formerly a convent but currently used as a dental office) not unlike St. Johnsbury Dental Associates.

lished.

With remarkable humility Bredes admits, "I was 30. My first novel had been published. There was movie interest in the book. I had enough money to buy this land in Vermont. And my lifetime dream had come true."

Bredes returned to California for a year as a Wallace Stegner Fellow at Stanford and wrote Muldoon, his second novel, which is set in California.

Back in Vermont and with enough roots to call it home, Bredes became an instructor and advisor for the External Degree Program at Johnson State College. His connections through students to the northern slopes of the Green Mountains stretched in every direction, and he says with great reverence, "The poverty and pride and the artistic talent of the people here are something you have to respect. The web of human relationships becomes what you are. You know people who know people, and through them you develop a wonderful

understanding of the place. I played on a town volleyball team, and I learned to know my neighbors. I listen to people talk, and I learn about their lives and how they think. I understand loose dogs and the shadows on back roads, and I think I understand what makes people tick."

In the 1980's Bredes collaborated with Vermont filmmaker Jay Craven as screenwriter for two films based on Howard Mosher's *Where the Rivers Flow North* and *Stranger in the Kingdom*. "I had known Howard for a long time, and he wanted me to write the screenplays. I liked the idea, but where written fiction tends to seek its own length, a film is limited by the standards and norms of the medium. It was long work and hard."

In 1984, through yet another twist of happenstance, Bredes learned firsthand about a double homicide in the Vermont town of Jay, hard against the Canadian border. His research and a course (See *Bredes' Sequel* on Page 13)

At the Carpet Connection
We employ Flooring Specialists.
Each crew in each van has its own area of expertise.

We have:

- A Carpet Crew
- A Vinyl Crew
- A Ceramic Crew
- A Hardwood Flooring Crew

Whatever type of floor covering you choose, you can be assured that if you turn to the Carpet Connection, someone trained in that specialty will install your new floor.

JACK OF ALL TRADES? NO.

We are the Master of One - Floor Covering.
We are the Flooring Specialists.

THE CARPET CONNECTION

"The Flooring Specialists" Wholesale & Retail
11 Depot Street • Lyndonville, VT 05851 (802) 626-9026



Goodrich's Maple Farm

2427 US Rt. 2, Cabot, VT 05647
(802) 426-3388

goodrichsmple@yahoo.com www.goodrichmaplefarm.com

AWARD-WINNING MAPLE SYRUP & PRODUCTS

Retail Wholesale Mail Order

**Sugarhill SMA XL Jugs
RO Filters, Sap Filters &
Other Sugaring Supplies**

Custom Tubing Installation & Consultation

Open Monday-Saturday 9-5, Closed Sundays & Holidays



Follow the Money

by Rachel Siegel

“Some measure of protection”: Perspectives on Social Security”

“We can never insure one hundred percent of the population against one hundred percent of the hazards and vicissitudes of life. But we have tried to frame a law which will give some measure of protection to the average citizen and to his family against ... poverty ridden old age... It is... a law that will take care of human needs and at the same time provide for the United States an economic structure of vastly greater soundness.” – Franklin D. Roosevelt, August 14, 1935.

Roosevelt was speaking of the Social Security Act, as he

signed it into law. It had passed by a large majority in both the Senate and the House. Clearly, this was a popular idea, and Roosevelt’s remarks reflect widespread sentiment of the time.

Creating “old age” insurance raised a practical issue that sowed the seeds of the debate we have today: should the funding be “pay-as-you-go” with today’s contributions paying today’s benefits, or should the system be “fully funded” such that today’s contributions are set aside to pay for tomorrow’s benefits?

Several things recommended fully-funding the system. For one, actuaries knew from the “social insurance” programs in western Europe (Germany had

old age insurance as early as 1889) that as industrial economies mature, the ratio of workers (tax payers) to retirees (beneficiaries) shrinks, making “pay-as-you-go” increasingly difficult to support and, in fact, a prescription for higher future taxes.

“Pay-as-you-go” creates unfunded future obligations, which means that once you start, it is very difficult to ever switch to a fully-funded program because there is the problem of funding those benefits until the full funding catches up to the obligations.

Most importantly, perhaps, a fully-funded program creates a direct connection between the contributions of today and the benefits of tomorrow, making Social Security an entitlement rather than a transfer of wealth, and thus making it more compatible to our idea of work ethic and economic responsibility.

On the other hand, fully funding or setting aside taxes for future benefits would take disposable income out of an already depressed economy (in 1935), whereas “pay as you go” would put those tax collections immediately back into the economy, as transfer payments to the elderly.

The bill created a compromise, as bills do. Tax collections would begin in 1937, with benefit payments beginning five years later, in 1942 (later pushed up to 1940). So there would be an appearance of fully funding the program, but since it would actually take a couple of decades and a much higher tax rate for the tax contributions of workers to fund their benefits, it was really a “pay-as-you-go” system. Social Security was designed

to be an insurance against “poverty ridden old age.” As insurance, it was meant to operate on the principles that insurances do, using a large pool to offset individual risk. It was deemed the role of government to create the pool and to provide that insurance for all. This would not relieve individuals of the responsibility for making provisions for themselves, but no matter how carefully laid the individual plans, there would always be “hazards and vicissitudes of life.” It was up to the government to provide “some measure of protection.”

As industrial economies mature, the ratio of workers (tax payers) to retirees (beneficiaries) shrinks.

Now our discussions are much less about collective responsibility for and much more about individual ownership of retirement security. That would mean an obvious change in how retirement funds are managed (by the individual instead of the government) and invested (in things other than Treasury bonds).

It would also mean a change in how the program is financed. If individually managed funds are set aside for that individual, then there will be less to maintain our “pay as you go” benefits, and so we would have to find a substitute source of financing.

The government can only finance through borrowing or taxation, neither of which is probably sustainable to fill in that gap. So eventually we would have to shift entirely to a fully funded, individually managed, plan.

That may have its advantages, even in 1935 there was much to recommend fully-funding the program, and perhaps if the times had not been so desperate and a remedy not so immediately needed we might have designed the program differently back then. Now, the changes proposed would mean a philosophical as well as an economic shift. We would be changing the program from one of social insurance to one of compulsory individual investment. In doing so we would be encouraging individual initiative in investing, but we would be shrinking that large pool that actuarially protects us. Would the pool be necessary if individuals took more responsibility? Perhaps not, but then, beware the “hazards and vicissitudes...”

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. Siegel is a member of the Ethan Allen Institute’s board of scholars.

Bredes’ Sequel Will Be Out in April

(Continued from Page 12)

in crime scene investigation resulted in the novel *Cold Comfort*, published in 2001. *Cold Comfort* introduces readers to Hector Bellevance, the former detective from the Boston Police Department who returns to Tipton somewhere in northern Vermont and finds himself investigating a gruesome double murder.

After accepting the position of town constable, Bellevance finds more than he ever expected through a network of associations with the crime. A down-to-earth dairy farmer and the reporter for the local newspaper draw Hector into the dark side of life in a small town where shady business ventures and high stakes real estate development provide a drumbeat for social behavior.

In April 2005 Random House will release *The Fifth Season*, the second in Bredes’ Hector Bellevance series. This time the writer was inspired by the murderous rampage of Carl Drega, the self-preservationist from New Hampshire who, in August 1997, in response to a zoning dispute, mounted a single-handed rampage in Colebrook and killed

four. Back again are Tipton, Bellevance’s girl friend, the reporter, and a host of questions and answers bound up in the old family relationships of small-town rural New England.

Tipton may be almost anywhere in northern Vermont, but careful readers will recognize landmarks including the Passumpsic River, Vermont State Police barracks, the St. Johnsbury Dental Associates building and the college in Lyndonville.

The Fifth Season provides an insight into the peaks and valleys of small-town relationships as they get pushed and shoved by realities of modern life. Bredes brings multi-dimensional characters to life on his pages, and *The Fifth Season* will make you look twice, maybe three times, at some of those people whose presence you have simply taken for granted.

Bredes has found a valuable source for his fiction. He lives it, and he sees it from his home every day. He will never say that that makes it easy, but by blending the invented with the real, he makes this fiction familiar and curiously satisfying. ★



protect
your
friends

Rabies Vaccination Clinics for Dogs & Cats

Walden

Saturday, March 12, 10 a.m. to 12 noon

Walden Fire Station. Walden and Cabot Town Clerks will be present to license dogs.

Danville

Saturday, March 19, 10 a.m. to 1 p.m.

Danville Fire Station. Danville Town Clerk will be present to license dogs.

Hardwick

Saturday, March 26, 10 a.m. to 2 p.m.

Hardwick Fire Station. Hardwick, Woodbury and Calais Town Clerks will be present to license dogs.

Other vaccinations available

Please bring dogs on leashes and cats in carriers.

Just for Cats

Saturday, April 2, 12 noon to 2 p.m.

Vaccination Clinic at Danville Animal Hospital.

STANLEY J. PEKALA, D.V.M.

LISA D. WHITNEY, D.V.M.

684-2284

HIGH-SPEED DIALUP

6x faster than normal dialup access!

The Kingdom
Connection



junk mail filtering
email virus scanning
popup blocker
local dialup numbers
nationwide access

SlipStream
TECHNOLOGY

WWW.KINGCON.COM

PO Box 526
St. Johnsbury, VT 05819
1.800.398.7775
email: info@kingcon.com

1-802-748-7005

Art of Eloise Miller on Display at Gilmore Gallery: Peacham in the Previous Century

The Gilmore Gallery is grateful for the opportunity to exhibit Eloise Miller's delightful paintings of Peacham scenes and buildings. Although painted in the late 1970's and early 1980's, Eloise based them on a combination of photographs from earlier in the century and her own vivid memories. They were painted under the tutelage of Horace and Helen Gilmore, whose generous donation to the Peacham Library made the Gallery possible.

Eloise Miller was born in Peacham and spent the first year or so of her life at the Mountain View Hotel. At that time the Hotel was owned by her Bayley grandparents. A painting of the hotel is included in the exhibit. When her parents sold the hotel, the family moved to Massachusetts. Nonetheless, her father deeply missed Peacham, and when he had the chance to manage an East Peacham farm, he brought his family home. One of the paintings on display is of the East Peacham farm, then owned by Walter Harvey. Eloise remembers the farm as "a wonderful place to grow up."

She graduated from Peacham Academy, and then, after two years of caring for young children in Scarsdale, NY and Boston, attended the University of Vermont. During the summers while roller skating she met her future husband Richard Miller, and therein lies a tale!

Together they raised five children on their farm southwest of Peacham Corner. A lovely painting of this farm, as it was when they lived there, forms part of the Gallery display. When their youngest child was in third grade, Eloise returned to Peacham Academy, this time as a teacher.

In the early 1970s, after years of hard work, Eloise and Richard sold their farm and most of their land. However, they retained one spectacular piece. There they built a home for retirement. Sadly, Richard was killed by a falling tree shortly after their home was completed. At about the same time that Eloise found herself on her own, the Gilmores began giving painting lessons at their home on Macks Mountain Road. Eloise "jumped at the chance" to fulfill a lifelong dream and begin her painting career. And paint she did!

Now we are the beneficiaries of her energy and talent. Peacham as it was comes colorfully and joyfully in Eloise Miller's paintings on display in the Gilmore Gallery at the Peacham Library.

Gallery Hours: Monday, Wednesday, Friday and Saturday 10:00 a.m. - noon. Tuesday and Thursday 1:00 to 7:00 p.m.

Elroy Towle Exhibits Work at Artisans Guild

St. Johnsbury artist and teacher Elroy Towle will exhibit his recent work in the Back Room Gallery at the Northeast Kingdom Artisans Guild on Railroad Street in St. Johnsbury, through March 31.

Towle favors acrylics and oil but enjoys the departure into clay, watercolor, gouache, pastel and plaster. His subject matter is equally wide-ranging: landscapes of California, Hawaii and Monhegan Island in Maine as well as Vermont; and subjects ranging from pears and feathers to surrealism.

Towle has been an art teacher

for 30 years. His work is full of fresh color and vitality, which reflect his celebration of the world's beauty.

Towle says the exhibit, "From the Soul," is organized by theme. You'll see his coastal landscapes, self portraits, works from nature, spiritual pieces, lakescapes and others arranged in order, to represent their continuity in his life.

Even his Apple Core and as larger than life carrot celebrate the simple pleasures of life.

You are invited to enjoy this exhibition Tuesday through Saturday, 10:30 am to 5:30 p.m.



Elroy Towle's recent work will be on display at the Northeast Kingdom Artisans' Guild through March 31.

the ARTS around

March

- 1 World Music Percussion Ensemble, Hopkins Center, Hanover, NH. (603) 646-2422.
- 1 Lisa Loeb, Higher Ground, Burlington.
- 2 National Black Light Theater of Prague in *Fantasy Travelers: "Gulliver and Aspects of Alice,"* Opera House, Lebanon, NH. (603) 448-0400.
- 3 Eddie from Ohio, Higher Ground, Burlington.
- 3 Kreg Viesselman, Middle Earth Music, Bradford.
- 4-10 *The Merchant of Venice* (2004, US) [R] Director: Michael Radford. Set in lavish 16th-century Venice, Shakespeare's play centers around Bassanio, an Elizabethan aristocrat, and his lavish lifestyle, which has left him deep in debt. He's desperately in love with the fair Portia, and to win her hand he must prove his worth and to prove his worth he must raise money. Catamount Arts, St. Johnsbury. (802) 748-2600.
- 4-5 Dartmouth Dance Ensemble, Hopkins Center, Hanover, NH.
- 5 Handel Society of Dartmouth College, Rollins Chapel, Hanover, NH.
- 5 Makem Brothers, Alexander Twilight Theater, Lyndon.
- 6 Natalie MacMaster, Flynn Theater, Burlington.
- 10 Dallas Children's Theater with Coyote Tales, Hopkins Center, Hanover, NH.
- 11 Birds of a Feather: Charlie Parker Tribute, Flynn Theatre, Burlington.
- 11-17 *Sideways* (2004, US) [R] Director: Alexander Payne. When a wine tasting road trip that's intended to salute Jack's final days as a bachelor careens sideways, he and his friend, Miles discover a great deal more about wine, women and themselves than could ever be anticipated. Catamount Arts, St. Johnsbury.
- 12 Roomful of Blues, Palace Theater, Manchester, NH.
- 12 Kate Redgate Band, Middle Earth Music, Bradford.
- 12 The McGarrigle Sisters, Fuller Hall, St. Johnsbury.
- 13 Jazz on a Sunday Afternoon, Catamount Arts, St. Johnsbury.
- 15 The Saw Doctors, Opera House, Lebanon, NH.
- 18-24 *Moolaade* (2004, Senegal) [Unrated] Director: Ousmane Sembene. The setting is a small African village and the issue is the practice of female sexual mutilation. Four young girls facing "purification" flee to a strong-woman who invokes the time-honored custom of moolaadé (sanctuary) for the fugitives. Catamount Arts, St. Johnsbury.
- 18 Second City, Sketch and improv comedy, Barre Opera House, (802) 476-8188.
- 18 Woods Tea Company, Morse Center for the Arts, St. Johnsbury.
- 19 Cabot Up & Coming Country Showcase, Country music. Barre Opera House, (802) 476-8188.
- 19 Roomful of Blues, Higher Ground, Burlington.
- 19 Duke Robillard Band, Middle Earth Music, Bradford.
- 20 The Joy of Jazz, Catamount Arts, St. Johnsbury.
- 24 Rickie Lee Jones, Higher Ground, Burlington.
- 25-31 *Million Dollar Baby* (2004, US) [PG-13] Director: Clint Eastwood. Eastwood says, "It's a love story about a person who is distressed about his non-existent relationship with his daughter, and who then finds a sort of surrogate daughter in this young girl who is dying to make her mark on the world as a boxer." Catamount Arts, St. Johnsbury.
- 25 Old School Freight Train, Middle Earth Music, Bradford.
- 26 Buddy Guy, Flynn Theatre, Burlington.
- 27 Jimmy Cliff, Higher Ground, Burlington.
- 28 The Eagles, Metropolis, Montreal, PQ.
- 29 Andre Gingras presents The Sweet Flesh Room, Hopkins Center, Hanover, NH. Pat Metheny Group, Orpheum Theatre, Boston.
- 30 Toots & the Maytals, Rusty Nail, Stowe.
- 31 Le Bon Vent, Middle Earth Music, Bradford.
- 31 Aquila Theatre Company in *Twelfth Night*, Hopkins Center, Hanover, NH.

Stabler Furniture
Proudly brings you Tempur-Pedic
Mattresses & Pillows!

TEMPUR-PEDIC
PRESSURE RELIEVING
SWEDISH MATTRESSES AND PILLOWS

Route 5 - Broad Street - Lyndonville, VT 05851
802-626-5996 or 1-800-439-5996
Hours: Mon-Fri 9-5, Sat 9-3, closed Sun.

Ask About Our
90-Day Free
Return Policy

1st Anniversary March Madness Celebration

BODY BASICS FITNESS STUDIO

Cardiovascular Machines • Free Weights • Aerobics

Aerobic Classes starting in March
~ Mondays, Wednesdays, Fridays & Saturdays
Firm your mid and lower body by summer!
Call for times. Mention this ad, 1st class is **FREE!**

Senior Flexibility & Strength Training Classes
Mondays, Wednesdays & Fridays @ 9:00 a.m.

March Tanning Special
10 sessions for \$40.

Hours	
Monday	7:00-7:00
Tuesday	7:00-5:00
Wednesday	7:00-7:00
Thursday	7:00-5:00
Friday	7:00-7:00
Saturday	8:00-1:00

**132 ROUTE 15
WEST DANVILLE,
VERMONT
(802) 684-2224**

"We Get The Point! Do You?" **95.7**



I see two fragrant pieces of blueberry French toast gleaming with a light coat of butter and covered by an overflowing amber river of maple syrup. The syrup runs over the toast and under the thick slab of perfectly grilled ham sitting on the side of the plate. It is a sight to behold and my favorite way to enjoy well made maple syrup – on its own – right from the bottle. But, there are many other ways to use this liquid gold in the kitchen and I have tried to give you a mix of recipes for this extraordinary and versatile sweetener.

Blueberry French Toast

An easy to make favorite in our household. You can use frozen or fresh blueberries. I always keep a container of berries in the freezer and just take out what I need for that particular batch. A fairly dense bread is good to use in this recipe, but any white bread will do.

- 8 slices white bread (2-3 per serving)
- 2 cups whole milk
- 8 eggs
- 1 teaspoon vanilla
- ¼ cup maple syrup
- 8-10 blueberries per piece of toast
- Butter for cooking
- Slightly warm maple syrup for pouring at the table

Break the eggs in a large baking dish with two-inch sides. Whisk until well until whites and yolks are well combined. Add milk, maple syrup and vanilla. Whisk until these ingredients are combined. Soak the bread in this mix until it is fairly soggy. I put as many slices as will fit on the bottom of the dish and one on top of each of these slices. I then keep turning them over and getting each side to absorb the mix.

Put the slices on a buttered medium hot griddle or frying pan. As soon as you place the slices on the cooking surface press the blueberries in the top of

each slice of toast. You can be as generous as you like. Cook 5 - 10 minutes on each side. The toast must be firm (not dried out) and browned (not burnt) on each side. Run a light coat of butter on the cooked toast and serve with maple syrup. Grilled ham and a glass of cider are nice accompaniments.

Quebecois Eggs in Syrup d'erable

A very simple recipe from two elderly women who live in Sherbrooke. They remember these eggs as a real treat from their childhood. I can see the frost on the kitchen window as the two sisters got fueled for a day of sledding in Quebec.

- 2 eggs per person
- ½ cup maple syrup per person
- Croissants (heated) or hot buttered toast

Put the maple syrup in a small saucepan. Cook until it is very hot. Put the eggs in the syrup and poach until done. Pour over a croissant or hot buttered toast. That's it! I might put a little bacon or sausage on the side.



Maple Cream Sauce

I made this sauce in my café for use on ice cream and on bread pudding or apple strudel. It was always in demand and I was in trouble if we ran out. Luckily it was and still is easy to make. I know this recipe sounds incredibly rich and you might be tempted to use different ingredients. But, the truth of the matter is,

you cannot substitute any of the ingredients in this sauce. It simply will not work. Use it sparingly instead.

- ¼ lb butter
- 1 cup dark brown sugar
- 1 cup maple syrup
- 1 quart heavy cream

Melt the butter slowly in a large saucepan. Add the brown sugar and cook until the butter and sugar are totally incorporated. Keep stirring the entire time. Add the maple syrup and cook for another few minutes. Keep stirring so the sauce does not burn. Add the heavy cream and bring to a rolling boil. Do not leave the stove at this point because the rolling boil will roll up and over the sides of even the deepest saucepan and make a great mess on your stove. I speak from experience.

As soon as it begins to boil up, stir it down and turn the heat down. Let it kind of "simmer boil" for about 5 minutes.

Let the sauce cool down, and it is ready to use. You may keep this in the refrigerator for about 2 weeks. You will have to stir it and heat slightly when you want to use it.

Apple Strudel

I include this yummy strudel recipe because it works so well with maple cream sauce. A little poured in the center of a hot apple strudel is ambrosia. I use frozen puff pastry and make sure to roll it out to about three quarters of its original thickness. It makes for a much lighter, flakier crust.

- 2 sheets frozen puff pastry
- 1 cup cream cheese – softened
- 4 cups cored, peeled and chopped apples
- 2 teaspoons cinnamon
- ½ to ¾ cup sugar
- 2 tablespoons flour
- 1 egg
- Sugar for sprinkling

Let the pastry thaw in the refrigerator and then bring to room temperature. On a lightly floured surface roll the pastry out to ¾ of its original thickness.

Cut into approximately 5"x10" pieces. Set aside.

In a large mixing bowl mix the apples, cinnamon, sugar and flour. Set aside.

Place the pieces on a flat surface and spread a thin layer of cream cheese on one half of each piece of dough. Cover the cream cheese with a handful of the apple mix. Fold the other half of the piece of dough over the apple side and press down with the tines of a fork to secure the edges. With a sharp knife make three long slashes on the top of the strudel. Make sure you cut right through the dough to the apples.

In a bowl beat the egg with a fork and brush each strudel with egg, making sure to cover the edges with the egg mix. Sprinkle sugar over each strudel applying it heavier at the edges (where the fork tines have marked it).

Cook in a 375° oven for about 20 minutes or until golden brown. Serve hot with a small amount of maple cream sauce poured over the top where it can seep through the slashes and into the center of the strudel.

Yankee Hoisin Sauce

I started experimenting for a maple sauce to use on meat and came up with this interesting concoction. You can spread it on everything from pork and chicken to shrimp or carrots before cooking. It also can be placed on the table as a dip for any meat you may be serving. It can be kept for a week or so either refrigerated or not. It does have a

tendency to crystallize which is not entirely unpleasant.

- 2 cups maple syrup
- 2 cups soy sauce

Place the soy sauce in a medium saucepan, and cook down until reduced by one quarter (about 5 minutes). Add the maple syrup and reduce by another quarter. You will do this at fairly high heat taking care not to burn the mix. I also noticed that it foams in irregular patterns and could create a dangerous situation for the cook who does not exert caution at this stage. Do not put your face to close to the pan and protect your hands from spatters.

Put the sauce in a glass jar after it has cooled a bit. It doesn't necessarily need to be refrigerated.

Use it on meat and poultry before cooking. You can grill, oven roast or sauté with this sauce. I did some savory carrots in a large saucepan on the top of the stove with the addition of this sauce to the scant amount of water I was cooking them in. I let the water and sauce evaporate from the pan and let the carrots caramelize. You could caramelize onions in this sauce for an interesting condiment. Have fun!

MAYO'S GLASS SERVICE

HAS A PRICE & STYLE FOR YOU!!

Looking Great Inside and Out

Replacement Windows with vinyl

- Tilt-in-sash for easy cleaning
- No painting or scraping
- Reduced heating costs
- Improved home looks
- Free estimates

Call us today for a **FREE ESTIMATE.**

Come see us at our new location
 744 Portland Street, St. Johnsbury, VT
 (802) 748-8895 or (800) 286-6296

We install everything we sell with guaranteed satisfaction. We also have a full selection of aluminum & vinyl clad storm doors!!

The Sewing Studio

Alterations ~ Repairs
 Slipcovers ~ Custom Sewing

Carolyn Cross, B.H.E.C.
 #1-10 Eastern Avenue
 St. Johnsbury, VT 05819
 802.748.1599

David Toll, M.D.

Pediatrics

1394 Main Street
 St. Johnsbury, VT 05819
 (802) 748-2348

PICTURE THIS!

Imagine color copies of your favorite photos as bright and sharp that you can hardly tell them from the originals!

At Trill Press, we can turn your photos into posters, calendars, labels, postcards and more!

Vermont's Fine Small Printer

Tel: 802 748-4777
 Toll Free: 1-800-819-1777
 Email: trill@trill.net
 108 Concord Ave.
 St. Johnsbury

BERKSHIRE PAINTING CORPORATION

- Painting & Staining
- Interior & Exterior
- Power Washing
- Sheet Rock Repair
- Quality Work
- Free Estimates
- Fully Insured

Doug Winseck (802) 626-4071 East Burke

Matt Pettigrew

ELECTRIC

"Quality comes first."

Residential • Commercial

Providing all aspects of electrical work including excavation for underground wiring and services.

Insured and licensed in Vermont and New Hampshire.

For prompt professional service call:

Matt Pettigrew (802) 751-8201 Danville, Vermont

Walden Hill Journal

ELLEN GOLD

March 1, 2004 - 6:30 sunrise over Mt. Washington. Days lengthen as the sun moves north from our earth-bound perspective. Morning mist obscures the distant peaks but helps radiate a subtle glow as the sun crests the horizon. A small flock of female pine grosbeaks has joined the chickadees at the feeder. The thermometer topped 40° today, bringing in our first thawing spell of the season. What was a beautifully packed snowshoe trail two days ago is not holding today. It was a hard and heavy slog through the wet and melting snow.

March 2, 2004 - We have rain and muddy, rutted roads to mark the beginning of March and Town Meeting Day. The big discussion this year was over a \$65,000 appropriation for the volunteer rescue squad to finish their controversial new building. That little bit of business took over 3 hours to bring to the vote with lots of thoughtful questions for this unusually large request. The town budget part of the meeting took until 2:30, but fortunately the school budget moved the second "half" right along, and we adjourned by 4:00. A setting sun amidst heavy storm clouds spreads a bronze light through the valley, creating a living Hudson River School painting. A mysterious rather plain gray bird arrived at the feeder this morning. A brief look makes me think it may have been a gray jay.

March 6, 2004 - Daytime temperatures hover around 40° bringing mostly rain. Occasionally droplets change into snow but not for long. The maples are looking very reddish, so sap must be moving up from the roots to bring the trees back to life. We had thick fog this morning with an unusual effect as it lifted. Stark, black, sculptural treetops emerged, floating unattached in a thick sea of white.

March 9, 2004 - Three days of light snowfall over a frozen base created ideal conditions for snowshoeing, quite a welcome surprise from the slushy, caving-in snow conditions of a week ago. Water is opening up in the wetlands, bubbling and even running in spots. Rich, dark, reflected pools provide a beautiful contrast to the fresh white snow. The occasional sap bucket is hung, probably testing the run, ready to announce when the sap is actually flowing. March weather is a combination of hurry up and wait.

March 11, 2004 - Radiant sunshine is here in honor of Jeff's 60th birthday. Ice crystals sparkle in the snow, a glittering ground mirrored last night's diamond studded sky. Crows are vocal this morning, their raucous cawing clearly audible through closed windows. Although the outside nighttime temperature shows only 28° the inside temperature has stayed at 70°, retaining the passive solar warmth of the day. Daytime temperatures neared the 50° mark. Looks like sugaring weather to me.

March 12, 2004 - A very large flock of redpolls has been swooping in and out of the feeder, siphoning seeds from the tube and searching for leftovers on the ground. Jeff estimates this flock between 75 to 100 birds. It's amazing to see them arrive and depart en masse. Chickadees hurry in for their seeds in between the waves of redpolls. As quickly as the swarm arrived, it disappeared.

March 14, 2004 - A nippy 10° this morning with bright sunshine. Yesterday's blustery winds have finally blown themselves out after piling the few inches of snow into sizable drifts. A faint waning moon is moving towards the western horizon. It's rising late, leaving the constellations to shine unchallenged in the cold, clear night. Brilliant Venus dominates the evening sky, shining brightly in the last glow of twilight.

March 20, 2004 - Vernal equinox, night and day are on equal footing with daylight soon to take the lead. Deer have been on the move, turkeys are flocking on Dole Hill and sap buckets are hung. Ice blue glacial deposits on the road cut rocks are beginning to crack and calve. Where horizontal breaks occur, dripping melt-off has formed mini stalactites, creating sharp teeth in the wide monstrous icy grins.

March 21, 2004 - First day of spring. The March wind is howling down from the north, bringing in more snow and colder weather. Yesterday's snowfall was more typical of 30°, very wet "spring" snow with large picturesque flakes. But today it's back to lighter and badly drifting wintry snow. Earlier today before the new snow and wind erased them, we had very interesting tracks coming across the back yard, continuing along the side of the house, then sliding down the snowbanks to the driveway and finally heading up the drive and across the road. It was a wide swath with tracks inside. Unfortunately the individual prints were no longer clear. I surmise that either a low slung body or dragging tail created the trough. It may have been a porcupine. We saw our first steaming sugar house this evening. That's certainly encouraging.

March 24, 2004 - According to the weathermen, we've had a brief relapse into deep winter. This bit of Arctic deep freeze has put the brakes on sugaring but temperatures look favorable for the next several days. We gave a call to Gadapee's to see if they were boiling tonight and got the OK to come visit and take some pictures. Sparks were flying out of the chimney and steam rolling out of the vent of the brightly lit sugarhouse, a very ominous scene on the otherwise dark road and woods. We got to see three generations in action, turning sap into liquid gold and even got to



Photo By: Jeff Gold

A pileated woodpecker has been excavating this rotting tree in search of winter feed.

sample some medium amber syrup hot from the tap.

March 26, 2004 - The thermometer rose to 50° today. Took advantage of a brief period of sunshine to walk down Walden Road. About a mile or so towards town, the fields have large bare patches. One brave robin was bobbin' on the grass, announcing that spring will arrive eventually. A pileated woodpecker has been busy excavating a rotting tree. Huge wood chips litter the ground where he's been working. A straight line of canine tracks led across the field. Looks like coyotes are on the move.

March 30, 2004 - We've had a series of gloriously sunny days. There's enough bare ground to entice the occasional lone robin to bring its bouncy spring strut up to our higher elevation. Caught a beautiful clear view over to Mt. Mansfield and

Camel's Hump. Spring is in the air with a hint of pine smell and the glorious sound of running water.

March 31, 2004 - Sunrise is just past 5:30 with sunset shortly after 6:00. The lengthening days are beginning to assert themselves in the morning hours now. Daylight savings time will soon bring the sunrise to a more reasonable hour. The moon comes up at its northern most point by the large poplars and sunrise is southerly near Mt. Washington. The moon moves south as the sun moves north with the lengthening days meeting, I assume, at the summer solstice. There's a bit of rain for the final day of March. It sure beats the snowfall we had this time last year or the 20 inch dump on April 1, 2001. March has been in and out like a lamb with the lions roaring in between.



THE
SAWYER & RITCHIE
AGENCY

A DIVISION OF NUGLE W. JOHNSON INSURANCE, INC.

Rest Assured ~

Sawyer & Ritchie offers:

**All lines of Insurance Coverage,
Professional Prompt Service,
Convenient Location and
Convenient Parking**

Open 8:00 a.m.-4:30 p.m. Monday through Friday
Weekends and Evenings by appointment

PO Box 196
Danville, VT 05828
(802) 684-3411
(800) 734-2203 (VT toll free)



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



Photo By: Jeff Gold

Maple sugaring is no casual task. The work stretches across the calendar as lines are checked, taps are set and fuel is gathered in anticipation of those early days in the spring when night temperatures are below freezing and the daytime sun warms the landscape. Finally the maple sap pours out of the trees into buckets or pipelines, and the business of boiling gets serious. Sugarmakers welcome visitors and look forward to their questions about the experience of making Pure Vermont Maple Syrup.

Pure Vermont Maple Products Available Here:



Goodrich's Maple Farm, Ruth Goodrich
2427 US RT 2, Cabot, VT 05647. (802) 426-3388. Award winning maple syrup and products. Free tours. Nation-wide mail order. Serving sugar-on-snow any time we have snow. New and used sugaring equipment for sale.



Kempton Farms, George and Matthew Kempton
2877 Green Bay Loop, PO Box 251, Peacham, VT 05862.
(802) 592-3542. Fancy, Grade A Medium Amber, Grade A Dark Amber and Grade B. Mail orders - shipping.



Gadapee Family Sugarhouse, Larry, Kevin & Keith
Gadapee. 718 Calkins Camp Road, Danville, VT 05828.
(802) 684-3323. Pure Vermont maple syrup in a variety of containers from gallon to 1.7 ounce nips. Plastic jugs and glass. Also maple cream, maple sugar and (special order) maple candy. Vermont Seal of Quality. We ship. Visitors always welcome when we are boiling. email: gadmaple@together.net. Stop by the Caledonia Farmers' Market in St. Johnsbury and Danville to visit us May through October.



Bragg Farm Sugarhouse, Douglas Bragg
1005 VT RT 14 North, East Montpelier, VT 05651. (802) 223-5757.
Located 1 mile north of East Montpelier Village on RT 14 N five miles from Barre or Montpelier. Traditional family-operated sugarhouse. Taste maple syrup and walk through the woods where we hang 2,000 buckets. Award winning maple products, Vermont foods and gifts. Sugar-on-snow. Open to the public every weekend (Noon - 5 o'clock) in March and April or by appointment. Try our maple creamies daily.



Rowell Sugarhouse, Norbert & Gloria Rowell
RT 15 Walden, VT 05873. (802) 563-2756. We have maple syrup, maple cream, maple candy, maple sugar, Vermont arts & crafts including unique wooden bowls, antiques, gifts and more. Visitors welcome to watch us boil.



Broadview Farm Maple, Joe Newell
442 York Street, Lyndonville, VT 05851. (802) 626-8396. Pure Vermont maple syrup available in Grade A Fancy, Medium Amber, Dark Amber and Grade B. Awarded Vermont Seal of Quality. Packed in glass and plastic from 1.7 ounces to one gallon. Maple cream and maple candy also available. We will ship your request via UPS or parcel post. email: joe@newells.net



Morse Farm Maple Sugarworks, Burr Morse
1168 County Road (Main Street) Montpelier, VT 05602. (802) 223-2740.
Montpelier's got steam especially just three miles up Main Street at the Morse Farm. Sweet things are happening on Maple Open House Weekend including fiddlers. See the boiling and have sugar-on-snow every weekend afternoon. Mail order, large gift shop, maple kettle corn and maple creamies. www.morsefarm.com



Center Hill Maples, Alan Fogg
505 Barnet Center Road, Barnet VT 05821. (802) 633-4491
Visitors always welcome. All grades of Vermont Maple Syrup, candy and sugar for sale. Take exit 18 off I-91, go 1.9 miles west toward Peacham, then right on Barnet Center Road. Farm is 1/2 mile up hill on the left.



Currier Family Farms, David Currier & Family
654 Currier Road, PO Box 175, Danville, VT 05828. (802) 684-3331.
Fancy, Medium and Dark Amber grade. Also available: maple sugar cakes and maple cream.



Goss' Sugarhouse, Gordon, Pat, Chris & Annette Goss
101 Maple Lane, Barnet, VT 05821. (802) 633-4743.
Pure Vermont Maple Syrup, all grades are available in a wide variety of containers including tin, plastic or glass. Also maple sugar, maple cream, maple jelly and maple-covered walnuts, peanuts and cashews. Visitors always welcome. Please call ahead for boiling information and road conditions. Products available at the sugarhouse or by mail. We ship anywhere. Please visit us on the Vermont Maple Open House Weekend, March 18-20, 2005. email: gossmaple@kingcon.com.



Cabot Hills Maple, Marcia Maynard, Ken Denton & Daughters
977 Thistle Hill Road, PO Box 68, Cabot, VT 05647. (802) 426-3463.
Certified Organic Vermont Maple Syrup packed in jugs or glass, plus other maple products including maple nuts and granola. Available at the sugarhouse (call ahead) or by mail order. Visit us during the Vermont Maple Open House Weekend. 10 a.m. - 5 p.m. on March 19 & 20. email: syrup@cabothillsmple.com



Sugar Ridge Farm, Stephen & Diane Jones
566 Stannard Mountain Road, Danville, VT 05828. (800) 748-0892.
Pure maple syrup, maple sugar, maple cream, Vermont Seal of Quality. Available at the farm or by mail. VISA & Mastercard accepted. Free Brochure.

Whats Happening at the Town Hall?

Barnet

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

February 14, 2005

Tax Sales – On request of Tax Collector Donald Nelson Board granted permission to begin tax sales on several properties with taxes owed back to 2002.

Transfer Station – Board noted various violations reported during state agency of natural resources inspection of Barnet Transfer Station. Board agreed to have Northeast Kingdom Waste District respond to allegations.

Barnet Water System – Board reviewed letter from Barnet Water System proposing a water well drilled near Barnet Fire Station. Letter included a map which identifies proposed well location and need for the water system to own or control by easement a circle around the well with a radius of 200 feet and identified a circle of 1,000 feet radius which must be monitored during pumping tests. Barnet Water System seeks permission to proceed with well on the lot. Board voted to allow drilling of well and 200 foot easement. Board will have town attorney respond by letter.

Bridge Inspection – Board noted 2004 state bridge inspection report.

Passumpsic Village – Board noted quarterly status report of water sampling at former Passumpsic Village Store. Lincoln Applied Geology consultants believe contamination will decrease over time and recommends semiannual site testing.

Dump Truck – Board signed municipal equipment loan fund agreement for \$82,500 towards 2005 dump truck. Loan is for three years at 2%.

Overweight Permits – Board approved overweight permits for Blue Seal Feeds, Carroll Ainsworth and Thomson Timber Harvesting & Trucking.

Cabot

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

February 2, 2005

Cabot Coalition – On request of Lori Augustyniak Board agreed to support and serve as fiscal agent for

a Cabot Coalition grant application.
Mortgage Discharge – After reviewing letters from Liberty Title and Closing Company of Vermont and from Blythe & Taylor and presentation by town clerk Board voted to discharge recorded liens on property owned by David & Myra Houston and by Wayne L. Barnett and Wendy J. Barnett.

February 16, 2005

Bridge Inspection Report – Board approved Bridge Inspection Report for TH bridge 7.

Liquor License – Board approved applications for liquor license from Derek's Country Store and Cabot Village Store.

Wastewater Treatment – On recommendation of wastewater commission Board appointed Larry Gochey as wastewater superintendent and set 2005 wastewater user fee at \$600 per equivalent residential unit. Board voted to appoint Julie Ackermann and Brian Houghton to wastewater committee with Larry Thibault to serve for duration of Brian Houghton's absence.

Civil Action – Following executive session to discuss a matter of civil action Board voted to approve attorney Gillies' answer and direct counsel to forward same to court clerk.

Willey Building Lift – Board discussed modifications to Willey Building lift.

Danville

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

January 20, 2005

Budget Review – Board worked on budgets for general, highway and wastewater funds.

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

Town Meeting – Board voted to approve warning for town meeting and approved Board letter for town report.

Line of Credit – After review of bids for town's line of credit: Merchants Bank, 3.5%; Community National Bank, 3.01%; Union Bank Citizens Division, 2.4%; and Passumpsic Savings Bank 2.14% interest; Board voted to accept low bid from Passumpsic Savings Bank.

North Shore Road – Board voted to reclassify North Shore Road from VT 15 to the railroad tracks approximately 700 feet, from a class 4 to a class 3 road, on condition that the road is brought up to standards set by Board at no expense to town and work is completed by December 1, 2005.

Fast Trash – Board voted to continue fast trash service for remainder of the contract.

Greenbanks Hollow Bridge – Board approved final payment on Greenbanks Hollow covered bridge project of \$1,467.71.

Overweight Permit – Board approved overweight permits for Roger Gosselin Inc., Gosselin Water Wells and Allen Lumber.

January 28, 2005

Budget Review – After discussion Board voted to accept general fund budget of \$574,990, highway budget of \$1,266,100 and wastewater treatment budget of \$73,828.

Grant Provisions – Board voted to accept provisions of a Vermont Community Development Program grant.

Rubbish Removal – Board voted to pay community service work crew to cleanup a pile of rubbish on the Water Andric Road at a nominal fee of \$12 for each worker.

Snow Plowing – Merton Leonard noted Garren Calkins will be hired part time as needed for snow plowing.

February 17, 2005

Appraisal – Lister James DeShone reported on townwide reappraisal, which is on track for completion for April.

Waste District – Paul Tomasi reported on Waste District operation and new budget for 2005, which will be voted on at town meeting.

Town Hall – Merton Leonard reported fire marshal approval of use of town hall for school junior prom. Danville Chamber of Commerce donated \$2,000 for tables for use in town hall.

Joe's Pond Beach – Town has a sales agreement with Washington Electric Coop for purchase of Joe's Pond Beach.

Highway Mileage – Board approved state certificate of highway mileage adding .562 miles of class 3 roads.

Town Green – Board voted to authorize Robert Bell and Rebecca Parrott to have their wedding on town green.

Road Crew Damage – Board agreed not to replace mailbox as requested by Ike Patch in that road crew had functionally repaired the box.

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

Town Telephone System – Board voted to authorize Mert Leonard to install a direct phone line with voice mail separate from the fax machine.

Lyndon

Town Clerk – Lisa Barrett
Selectmen: Martha Feltus, Bruce James and Rob Elmes

January 24, 2005

Highway Report – Art Sanborn presented highway department overtime report for first half of January 2005 and explained figures are much higher than last period a year ago due to ice storms.

Cemetery Rates – On recommendation of Gary Paris, cemetery sexton, Board voted to increase lot fees. Fees for town residents will be \$250 and \$500. Fees for nonresidents will be \$500 and \$1,000.

Planning & Zoning Fees – On recommendation of Justin Smith, zoning administrator, Board voted to establish fee for an appeal of granted permit as \$30 plus \$5 for every required certified letter.

Certificate of Highway Mileage – Board voted to approve the 2005 certificate of highway mileage with no changes.

RT 114 Bridge – After review of comments from the State of Vermont regarding future reconstruction of bridge #8 on RT 114, Board voted to agree with the comments.

Cemetery Mowing – Board voted to approve contract with Vermont Department of Corrections for work with town mostly for cemetery mowing. Board agreed to try program for one season.

2005 Budget – Board voted to approve 2005 budget expenditures as follows: general fund, \$2,820,944; highway fund, \$1,729,700; wastewater fund, \$886,921; and sanitation fund, \$312,226.

Town Meeting – Board signed warning for annual town meeting.

Wastewater Upgrade – Board approved bond documents for wastewater upgrade project.

Liquor License – Board approved liquor license for Broad Street

Beverage & Redemption.

Gilman Housing Trust – Board signed \$450,000 grant application from Gilman Housing Trust for Vermont Community Development Program revolving loan funds for health, safety and handicapped accessibility rehabilitation to homes.

February 4, 2005

Walk-a-thon – Board tabled request from March of Dimes for annual walk-a-thon until organization had conferred with police about traffic control.

Memorial Day Parade – Board tabled request from American Legion to use town roads for annual Memorial Day Parade until organization had conferred with police about traffic control

Cobleigh Library – Board voted to sign Lyndon Reads proclamation submitted by Cobleigh Library.

Lease Town Property – Board tabled request from Marcel Dionne to lease town property on Broad Street until Board views site and meets with Dionne.

Town Plan – Because town plan is being updated Board voted to adopt existing town plan as the community development plan for the purpose of satisfying requirements of state community development program.

Cobleigh Library – Board acknowledged Janis Minshull's service to Cobleigh Library. Minshull recently announced her resignation.

February 21, 2005

Highway Report – Board reviewed highway report for week ending February 11. At 12% through the year highway budget is 7% expended.

Bridge Report – Board voted to sign bridge report from State of Vermont.

Access Permit – Board voted to table request for access permit on Old Coach Road until road foreman has reviewed the site.

Catering Permit – Board approved catering permit for ARAMARK for an event at Lyndon State College on April 20.

Community Development Block Grant – Board voted to approve grant agreement for cell phone infrastructure at Industrial Park.

National Register – Board authorized Lyndon Historical Society to submit the District #6 Schoolhouse as a candidate for the National Register of Historic Places. The Schoolhouse recently received such

Exit 20, Interstate 91 □ Shop & Road Service
Complete Tractor Trailer Equipment Repair & Maintenance
Hardware, Spring & Chassis Repair, Welding & Frame Repair

B & W

Mechanical Services

(802) 748-1615

Rick Benoit Home: 684-1104 659 Bay Street, Suite 1 St. Johnsbury, VT 05819

modern woodmen of america

Offering fraternal financial services to help you reach your financial goals.





David Maile
FIC
PO. Box 88
Danville, VT 05828
802-684-3371



Deb Wallers-Maile
FIC, LUTCF
PO. Box 88
Danville, VT 05828
802-684-3371

Teaching lives. Securing futures.®



New England Forestry Consultants, Inc.

Kurt Zschau, Forester
PO Box 99
Danville, Vermont 05828
(802) 684-9900
email: woodlot@charter.net

Natural Resource Planning Services

- Forest & Wildlife Management Planning
 - Timber Harvest Administration
 - Timberland Appraisals
- Forest Road & Recreation Trail Layout
- Land Protection & Tax Abatement Planning

www.cforesters.com

Green Certified Resource Managers
Serving New England and eastern New York

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

designation from the state.

Property Lease – Board discussed request from Marcel Dionne to lease a portion of town land at the intersection of Tute Hill, Charles Street and US 5 for parking at Dionne’s new business. Board will visit the site on March 4.

Bulky Waste Disposal Days – Board noted May 14 & 21 and October 1 & 8 as bulky days. Board will consider setting fees for certain items.

Parade Request – Board approved request from American Legion for use of town roads for annual Memorial Day Parade on May 30.

Litigation – After executive session to discuss a matter of litigation, no action was taken.

Walk-a-thon – Board approved use of town roads for March of Dimes annual walk-a-thon on May 1.

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

Peacham

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

February 2, 2005

Legal Trail Relocation – Board reviewed letter and a survey regarding relocation of a section of Legal Trail #18. Board discussed width requirements for a right-of-way for a legal trail. Dick Browne will research state standards for legal trails.

Road Crew – Phil Jejer reports road crew is catching up on road maintenance.

Bookkeeping – Board discussed modernization of the town’s bookkeeping system and that all payroll changes will be approved by Board and all payables will be approved by department responsible for the charge.

Personnel – Board discussed possible revisions to personnel manual. Following executive session to discuss personnel matters no action was taken.

Town Plan – Board discussed town plan.

Cemetery Deed – Board approved cemetery deed for Charlie and Connie Goss.

Board of Listers – Board accepted resignation of Patrick Downes from board of listers effective March 1, 2005. Board accepted resignation of

Cheryl Smith for board of listers effective immediately.

Conservation Commission – Board appointed Marceya Roy to Conservation Commission.

February 16, 2005

Legal Trail – Board discussed Legal Trail #18 including letter received from Mr. Bent. Lawrence Tighe provided a map of the proposed trail move. Old trail is about 2,400 feet. New trail is about 2,700 feet.

Tax Maps – Becky Jensen, lister, discussed tax maps and a request for proposals for mapping services. Board voted to authorize listers to send out request for proposals.

Town Trucks – Phil Jejer reported one of the plow trucks caught fire last week. The fire was put out, truck was towed and repaired and is now back in service. There have been a few other minor repairs.

Town Plan – Board discussed town plan and without latest revisions agreed to table consideration until after town meeting.

Committee Appointments – Board regretfully accepted resignations of John Hartong from board of adjustment and as town health officer. Board also accepted resignation from Francis Berwick from planning commission.

Act 60 Funds – Board voted to request Act 60 funds be spent only for education as originally attended.

Town Treasurer – Lori Craig suggested that an experienced bookkeeper should be hired or elected. Board has discussed the matter and agreed that it does not know what statutory provisions are for replacing elected town treasurer or auditors with a Board hired accountant or bookkeeper.

Town Clerk – Craig asked if town clerk position is salaried or pro-rated based on actual hours worked and if benefits are pro-rated. Board agreed to ask at town meeting what citizens expect from town office (hours open, services) and from town clerk. Since town clerk position is elected, Board has limited influence and no control over the matter. Board agreed to look at all options regarding concerns expressed by auditors and others and that it is the right of voters to hold elected town officials accountable for their job performance.

St. Johnsbury

Town Manager: Michael Welch

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

January 24, 2005

Amendments to the Zoning Map – Following review of several zoning district boundary changes and discussion Board voted to approve zoning district boundary changes as recommended by planning commission.

St. Johnsbury Works – Barbara Morrow and Mark Desrochers presented Board with report on St. Johnsbury Works activity.

Economic Development – Joel Schwartz reviewed budget and activity of economic development department.

Town Clerk & Treasurer – Sandy P. Grenier presented proposed budget for 2005.

Planning and Zoning – Priscilla Messier reviewed planning and zoning budget with Board. Messier reported that there have been 110 permits issued through her office and 71 of them required planning commission and or zoning board review. In 2004 there were permits issued for 14 new homes, 25 additions and 16 commercial projects. Estimated value of new permitted construction is approximately \$3 million.

Schedule of Fines & Fees – Priscilla Messier presented proposed schedule of fines and fees, and following discussion Board voted to adopt revised schedule effective immediately.

Certificate of Mileage – Board noted changes made to total mileage of town roads and voted to accept town highway mileage certificate prepared by Priscilla Messier.

Town Plan – Priscilla Messier noted town plan needs to be updated in 2006 and that planning commission, members of zoning board and other volunteers will work together in subcommittees to prepare revisions to town plan. Messier encouraged Board members to get involved in drafting the town plan and to volunteer to work with one of the subcommittees.

Mobile Opiate Addiction Treatment – Board discussed various locations for location of facilities for proposed mobile methadone clinic.

Municipal Budget – Town Manager presented revisions to 2005 municipal budget, which result in a property tax rate estimated at \$.12 over 2004 (in the Special Services

District). Board asked for further revisions in nonessential services and equipment.

January 27, 2005

Recreation Department Budget – Eric Berry reviewed proposed recreation department budget with Board. Berry said department is raising 68% of its budget through fees and other fund-raising. Board discussed other means for sustaining support of recreation department.

Municipal Budget – On Jerry Rowe’s recommendation Board discussed various ways to see that combined municipal property tax rate not go up more than 5%. Town manager said that based on current budget proposals – general fund budget is up 2.9%; highway fund budget is up 1.7%; and special services fund budget is up 3.0%. After discussion Board voted to reduce highway fund equipment by \$10,000, eliminate Board stipend and reduce recreation allocation by \$1,500. Board voted to approve proposed 2005 general fund budget of \$1,908,495, highway fund budget of \$1,732,030 and special services budget of \$922,725. Board agreed to further discussion of essential services, formation of a finance committee for review of all municipal budgets, a rainy day fund to level out spikes in property tax and review options for providing recreation services in St. Johnsbury.

Town Meeting – Board approved warning for town meeting.

Fixed Asset Reporting – On recommendation of town clerk Board voted to set various dollar levels for reporting fixed assets among the departmental budgets.

Legal Fees – Board asked town manager to develop a draft procedure for requesting town attorney services for town.

Personnel – After executive session to discuss labor relations agreements Board voted to approve three year agreements with department of public works and police department.

Walden

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

January 24, 2005

Emergency Services Building – Chris Bissell presented plans for new emergency services building.

School Plowing – On request of Bill Half and after discussion Board agreed to plow property at school starting February 2. Board set yearly fee of \$2,250 and will prorate the amount for balance of this year to \$1,350.

School Bus – Board authorized schoolbus driver to order bus supplies through the town to qualify for a discount.

Common Level of Appraisal – Board invited Lucy Leriche, Jane Kitchel and Julius Canns to a public meeting for town officers to discuss common level of appraisal and its effect on town.

Constable – Bill Huntoon, constable, reported that he will apply for a GPS unit and a security camera for his vehicle through a Homeland Security grant. Huntoon suggested Board consider a dog ordinance.

Town Meeting – Board signed warrant for town meeting.

Richards Crossing – Board voted to place 3-way stop signs on Richards Crossing.

Town Vehicles – Board noted town received \$22,000 for Mack truck trade in instead of quoted \$20,000.

February 7, 2005

Dog Complaint – Following Stephen Zuraw’s complaint of an attack by a neighbor’s dog, Board discussed dog policies with Jo Guertin, dog warden. Board will consider a dog ordinance and follow up on recent incident.

Constable – On Bill Huntoon’s request, Board authorized constable to attend four training classes, pay fees of \$27 and reimbursement for lost day of work. Huntoon reported complaints of snowmobiles on tracks after 10:00 p.m.

Board of Listers – Board appointed Judy Clifford to board of listers until town meeting.

Storm Repairs – Board discussed FEMA work. Board will seek bids on repair work in spring.

Road Standards – Board discussed road standards and agreed to review those in surrounding towns.

Appraisal – Board discussed reappraisal and whether it should be done in-house or by an outside firm.

Firewood – Dan Lamont reported road crew has priced firewood and purchased it from lowest bidder.

Overweight Permits – Board approved overweight permits for Blue Seal Feeds and Cabot Creamery.

Cast Your Vote at Town Meeting Tuesday March 1

The LITTLETON BIKE SHOP
 SINCE 1981
 Open Seven Days a Week
 No Sales Tax

We Have Bikes Skates Fitness Equipment Hockey Equipment

87 Main Street
 Littleton, NH 03561
 (603) 444-3437
 litbike@ncia.net
 www.littletonbike.com

Danville Congregational Church
 United Church of Christ
 An Open and Affirming Congregation
Rev. James D. Llewellyn

Please Join Us for Worship at 10:00 a.m., and bring your family.

Just north of the Danville Green on Hill Street
(802) 684-2176

Free AARP/IRS Tax Counseling for the Elderly 2004

Please call the desired counselor for an appointment
 All Assistance Is By Appointment Only

	Days Available	Shut-Ins
ST. JOHNSBURY s12055819		
Rodger Boyle, 748-4476	Thurs. & Fri.	Yes
Kathleen Mayhew, 748-8267	Tues. & Thurs.	Yes
Norman Sleeper, 748-2244	Thurs.	Yes
Lloyd Rainey, 748-9094	All Evenings & Saturdays	Yes
George Hollos, 748-2786	All Days	Yes
Clara Badger, 748-9040	Thurs. & Fri.	Yes
LYNDONVILLE Senior Action Center s12055851		
Marion Mohri, 626-4544	All Days	Yes
Bill Mohri, 626-4544	All Days	Yes

February - April 15



String Worth Saving

Bill Christiansen

Here we are at the beginning of the spring season. As the old saying goes, "As the days grow warmer, the frost goes deeper." This is the time of year when water pipes that have come through the winter suddenly freeze. That is the same phenomena that produces the infamous mud sea-

Heat radiating from the soil keeps the ground from freezing.

By March, the frost line may be three or four feet below the surface.

The frost line is still taking heat from the soil below it, dropping the temperature and causing the soil to freeze deeper. If you thought of the frozen ground as an ice cube, the cube keeps getting bigger. As air temperatures rise, due to the stronger spring sunshine, the surface of the ground begins to melt. But the frost line deeper down is still moving deeper. Soon, the frost is out of the upper few inches of soil. This is the start of mud season.

The water produced from the melting is trapped. It can not go down because the soil below is still frozen. It has trouble draining to the side of the road because the ground is still frozen. So, it sits on top of the ground and mixes with the soil to form mud. The melting process goes deeper, and the mud gets deeper. If the road has a crown in the middle, a raised center section, the melt water can move to the sides and leave the center of the road dry.

As warm days progress, the melt line goes deeper and eventually overtakes the frost line. The frost is now out of the ground. For a lot of people, this process is not completed before the frost line reaches their water pipes. In some parts of the world, the melt line never reaches the frost line. These are areas of permafrost. The frost line just keeps going deeper and deeper, until it reaches bedrock. The melt line may go down a few feet

over the summer, but never catches up with the freeze line. The water on the surface in these areas can't be absorbed by the soil, so the surface becomes a series of shallow ponds, the tundra.

The freezing of the soil through the winter produces all kinds of problems with our roads. Keep in mind that water expands as it freezes. A culvert under the road often produces a bump in late winter or early spring. The ground on either side of the culvert freezes, lifting the road, but the ground right above the culvert has little water to freeze, so it stays lower.

The other kind of bump is the "frost heave." This forms when ice starts to form under the road. As the "ice cube" freezes, water is drawn in from the surrounding area, freezes the accumulating water and the "ice cube" grows bigger. As it does, it heaves the ground above the "ice cube" up. Often, the frost heave remains frozen on one side of the road while mud forms on the other side.

This phenomena is apparent in my driveway. In the summer, the driveway and the path beside the house are at the same elevation. By the end of the winter the driveway is about 8" higher than the path. The heat loss from the house keeps the ground in the path from freezing. The driveway is kept clear of snow so is frozen several feet deep. The driveway expands upward as a result. Insulating the basement of the house reduces the heat loss to the path and moves the driveway's frozen ground a bit closer to the house. The path has paving stone to walk on and over the years, the frozen driveway has pushed them closer to the house. Every few years, the stones have to be moved back toward the driveway.

One sure sign of spring is the

famous "BUMP" signs that sprout beside the road every year. They lead to the great guessing game of "Where is the bump?" Since there are no rules as to the location of the sign to the bump, every town has its own strategy. Some put the sign next to the bump, some put the sign 100 yards away.

When the ice under the road melts and the bump goes away,

the sign remains until summer or it is stolen by some college student. Some stay year round. If a bump appeared this year, wouldn't it be only logical for one to appear next year? If we take the sign down we will only have to put it up again. Let's save the taxpayer some money!

Frost heaves, frozen pipes and mud are a small price to pay for the spring that will follow. ✪

As the old saying goes, "As the days grow warmer, the frost goes deeper."

son. When the ground begins to freeze in the fall, heat is extracted and ice crystals begin to form in the soil. The heat in the ground migrates toward the freezing layer, lowering the temperature deeper in the soil. The freeze layer grows thicker and thicker. This is the same way ice on a lake gets thicker through the winter. The frost line keeps going deeper and deeper. Remember, heat always travels from high temperature to lower temperature.

Snow on the surface of the ground acts as insulation, slowing the heat transfer from the ground to the atmosphere. Wherever the snow has been disturbed, the heat transfer increases and the depth of the frost line increases. This would include roads, driveways, walkways and paths, even ski trails. Out in a field, with undisturbed snow, the ground may not freeze at all.

We Went Over the Hill By Shank's Mare

RICHARD QUIMBY

When I was growing up on Slack Street, where the Iaconos now live, shanks' mare (walking, hoofing it - really moving out on your feet) was the way my brother Jim and I got around.

In 1932, when I started first grade at the Penny Street School, I was not quite 6. My brother, three-and-a-half years older, and I walked cross lots through the mostly open pasture up back of Thresher's barn, down over the hill, across the stone bridge and up to the school. In the winter, when snow was deep, we took the rolled road down across the field to the low spot, through Thresher's orchard, by the house, through the barn yard, across the "elm tree field," to the lower corner, around the hill, over the bridge and up to the school.

I can still remember how good it felt, on a cold windy day, to get to the barnyard out of the wind. I wore long underwear, corduroy pants, a sheepskin jacket and two pairs of socks in rubber pacs. Although heavy, our clothes weren't as warm in the '30's as they are today.

The Penny Street School closed in 1937. Jim had finished the eighth grade. He walked approximately three miles to Peacham Village to attend the Academy. I walked to McBrides' (now Priesters') and rode with them, sometimes sitting between the milk cans, to the Ewell Hollow school.

When we weren't walking to school, on Sunday we walked to go fishing, sometimes nearly to the Macks Mountain road, the upper end of Willow Brook. We'd fish down to Ha' Penny road and walk home in time for dinner.

For a year, after I finished the eighth grade, I walked with Jim to the Academy, - sometimes twice a day.

One night (I think it was in June of 1941, Class Night, if my memory is right), we were walking home in the dark. We didn't carry a light. When we got to the top of Gracie Hill, we could see a faint red spot. We thought the Threshers had been burning brush. John and Albert (Babe) were in partnership at that time.

The closer we got to the Thresher place, the bigger the red spot. We finally decided it was something besides brush, so we "hoofed it," maybe even ran. Then we could see it was a flame on the old barn that abutted the present barn. Jim opened the house door and yelled, "Your barn is on fire!"

John and Babe came tearing out in their underwear, with milk pails. (Yes, in those far-off days, the milk things were washed in the kitchen.) They got water from the tub just inside the barn and, after several trips, managed to get the fire out.

The brothers had been using a portable forge and set it back in the barn. A cinder must have dropped out. Allen Thresher tells me he can remember this incident. He wasn't very old at the time. I've often thought what a difference a few minutes either way in our travels could have made.

In 1942 or 1943, when I was on my way home from the Academy, there had been a good snow storm with a "blow" and low temperatures. The snow had blown and frozen hard enough so I could walk on top of the drifts on Gracie Hill. I walked up the hill, sometimes

(See *It Was the Only Way Home* on Page 21)

John and Babe came tearing out in their underwear, with milk pails.

River Garden Cafe
 ROUTE 114 • EAST BURKE VILLAGE
 802.626.3514
 Lunch 11:30-2 • Dinner 5-9 • Sunday Brunch 11-2 closed Mon. & Tue.
 - - fresh ideas...fresh ingredients. - -

DANVILLE SELF STORAGE
 26 units
 from 5X10 to 10X30
 Route 2 West,
 Danville, VT
 Clean, Dry, Inside Storage
 Your Own Lock & Key
 Carmen Calkins
 PO Box 96
 Danville, VT 05828
 (802) 684-3865

LET US HELP YOU ENJOY THE SNOW!
 ...everyone deserves to have as much fun outdoors as we do.

- * Professional Service & Equipment Repair
- * Friendly, Helpful Service

Equipment, Clothing & Accessories from
 Oakely ♦ Scott ♦ Boeri
 Karhu ♦ Atomic ♦ Alpina
 Tubbs ♦ Salomon ♦ Fox
 Solstice ♦ Columbia
 Trek ♦ Garmont ♦ Swix

Your Complete ATOMIC Demo Center

SALE
 ON ALL WINTER ITEMS
15-50% OFF

RENTALS
 ♦ Shaped Ski Rentals - \$17
 ♦ Telemark - \$25
 ♦ X-Country - \$15
 ♦ Demo Skis - \$30
 ♦ Snowboards - \$25
 ♦ Snowshoes - \$15

(802) 626-3215
 Rt. 114, East Burke, VT
 skibike@sover.net
 www.eastburkesports.com

Service & Tune-ups that you will not find anywhere else!

OPEN 7 DAYS A WEEK
 All Major Credit Cards Accepted

Authorized Parts Unlimited dealer and Amsoil dealer

Engine diagnostics, tune-ups, brakes, exhaust...

professional, friendly service

Countryside AUTOMOTIVE
 FOREIGN - DOMESTIC - LIGHT TRUCKS - POWER SPORTS
 SERVICE & REPAIR

Randy Brown, owner
 Monday-Friday 7 a.m. - 5 p.m., Saturday by appointment
(802) 684-3825
 Route 2, West Danville, VT

Milburn Lincoln Wilson - Founding Father of Soil Conservation Districts

JUDITH HOWLAND

Milburn Lincoln Wilson, known to everyone by his initials "ML," was assistant secretary of agriculture, under Secretary Henry Wallace, in Washington, DC during the 1930's. Wilson was born in 1885 in Iowa and raised there on a farm.

After graduation in 1907 from Iowa State College [later University] with a degree in agronomy, Wilson tried homesteading in Montana. By 1912, he was working as the first agricultural extension agent in Montana. Wilson did work with large-scale wheat farmers in Montana, became an expert on world wheat trends and was a departmental head at the state university when he was called to work in Washington, DC.

Wilson's hobbies included Lincolniana [after all, his parents had named him after the late president], Indian wars of the Northern Great Plains and early agriculture. Wilson was a Mason, a Unitarian and a Democrat. His ideas influenced the relationship between the federal government and agriculture in America through the twentieth century, especially in the realm of soil conservation.

Wilson's protégée at the department of agriculture in Washington, Philip Glick, described him in an interview in 1967, saying ML looked like a Montana boulder and he sounded like one too.

This was a unique undertaking in America, for it involved local citizens [mostly farmers], government administrators and land-grant college scientists in a process of setting farm policy.

Wilson had great respect for the ranchers and farmers of Montana. When conducting a week-long seminar for them, for example, he did not tell them what they were doing wrong. Instead he described two farmers who purportedly came for advice in improving their farming outcomes. Standing in a circle outside with the farmers at the sem-

inar, and speaking without notes, ML guided the two hypothetical farmers through the growing season, pointing out along the way each task they were to do and when. "Of course, you planted this and then after that you..." ML had the two farmers interrupting him with their excuses for not getting anything done in a timely fashion.

Soon, the group at the seminar was laughing. They had heard every excuse before, indeed they had MADE every excuse themselves before, and they knew first-hand why the growing season would end in disappointment. Finally, Wilson could explain new developments in agriculture to a receptive audience.

Wilson's philosophy of decentralization, influenced by his friend, economist/educator Ralph Borsodi was evident in his work prior to his appointment in the Department of Agriculture. For ten months, Wilson worked in the Division of Subsistence Homesteads in the Department of Interior. The program was set up to re-settle some unemployed city dwellers who had no way to feed their families during the Great Depression.

Two or three acres of land, a garden, some chickens, perhaps a cow or a pig would mean the difference between going hungry and eating well. When the program ended, Wilson went to work for the Agriculture Department.

After Congress established the soil conservation service, Wilson consulted with Agriculture Department Attorney Philip Glick about how to set up a system promoting soil conservation. Soil conservation demonstration districts were set up in different parts of the country, but that was no guarantee that the new methods would actually be put into practice.

Even if farmers liked the ideas, it was unlikely they could afford the equipment, the procedures and the time. And, Wilson did not believe in the government telling farmers what to do. With advice from Glick, the process began for setting up soil conservation districts in each state.

Since the US Congress could not set up municipalities on a local or state level, each state legislature needed to pass legislation setting up a municipal entity, known as the Conservation District, with local landowners on the board of supervisors.

Eventually each of the states and territories passed legislation setting up conservation districts. This was a unique undertaking in America, for it involved local



Milburn Lincoln Wilson was born and raised on an Iowa farm and a homesteader in Montana. His enthusiasm for farming and his understanding of people who were farmers led to our national system of soil conservation districts.

citizens [mostly farmers], government administrators and land-grant college scientists in a process of setting farm policy.

Wilson retired from the USDA in 1952 and subsequently worked internationally in the promotion of modern agricultural methods, especially in India. He died in 1969. ★

It Was the Only Way Home

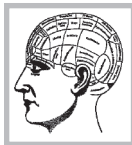
(Continued from Page 20)

ducking the tree branches – yes, the drifts got that deep! There, at the top of the hill, was the snow plow (an old Cle track) with two men doing something around it.

When I got there, they were fastening chains around a tree and on the lags, so they could pull the plow off the drift. The road at the top of the hill was blown bare. The plow shoes had ridden up on the hard drifts 'til the lags started spinning.

The next morning when I went to school, the plow was gone – not down the road but down through a field.

Thank goodness the roads are much better now! ★



Ask the Shrinks

Alice S. Kitchel and Burton Zahler

Dear Shrinks,

I am a 42-year-old divorced woman living with my 8-year-old daughter Lisa and my 12-year-old son Jeff. My husband was alcoholic and growing increasingly abusive; I left him four years ago, and the divorce came through a year later. For the past three months I've been dating Greg, a widower with three children. Considering the complexities of trying to blend two families, things have gone remarkably smoothly. Why am I writing? Jeff, my 12-year-old, absolutely hates Greg and insists I stop seeing him.

I've spent hours explaining how kind Greg has been to our family and how good he makes me feel. Jeff remains adamant.

Please, how can I change Jeff's attitude?

A. We understand that you must feel an urgency to convince your son to change his perception of your new friend. But, with apologies, we feel that you are asking the wrong question. We would rather try answering (what we consider) the right question... "What can we say that

will change your attitude?" Let us try...

As we see your situation, your problem is trying to change how your son feels about Greg. As already stated, we appreciate that you would feel more comfortable if they liked each other, but the bottom line is that Jeff (although only 12) is allowed to feel however he feels. That having been stated, you can and should enforce decent, respectful behavior on Jeff's part toward Greg, or anyone in your lives.

It may be helpful for you to have us speculate on some of the possible reasons for Jeff's behavior. It often happens that one or another child will be deeply upset when a single parent gets attached again. Some of the reasons for this could be that Jeff is experiencing the loss of a special relationship with you, or that he is jealous of Greg. Perhaps Jeff misses the relationship that he had with his father, or feels that he must represent or honor his missing father. He may feel that accepting Greg would be a betrayal of his father. And of course, there is probably a combination of feelings and reasons.

Regardless of the reasons, we believe that the best strategy in this situation to be acceptance of the emotional distance until the child decides to approach. We think it likely that Jeff needs (for whatever reason) to have this power struggle with you. Put another way, he needs to know that he can have his own feelings, even when you don't like them and you require his appropriate behavior. He also needs to lose the struggle. What do we mean by this? No child should have to carry the guilt inherent in being responsible for his parent's choice of, or lack of a partner in his or her life. Jeff needs to understand that while you are interested in his opinions, having heard them, you will make all the decisions about your relationship with Greg based on your mind and heart.

Although you may still wish that these two could like each other now, we think that you will also feel easier if you surrender your self-imposed task of making this happen now, and settle for having them treat each other respectfully. Remember, Jeff is only 12; in two years he will be 14 and at a very different stage of development. The world will look very different to him then than it looks to him today. Who knows how it will come out? Good luck! ★



Up on the Farm Early

Lorna Quimby 

Back in December Sarah Deasy interviewed me for a paper about the Peacham Congregational Church. She was amused when I told her that, at once time, everyone owned their pews. That was how the early church financed the pews, and the process was continued when they installed new pews around the time of the church's centennial. Ownership of pews was handed down in families and people talked of "their" pews and allowed others to use them as a special mark of friendship.

When Dad and Maw attended church, we all sat in Aunt Martha's pew. Toward the back, on the left hand side (as one enters the sanctuary), the Jennison pew was where Aunt Martha, Dad and her four little girls sat of a Sunday. Her daughter Arlene was a wiggle worm and would have caused Aunt Martha much concern had it not been for John Varnum, who sat in the pew behind. As Arlene told the tale, after the singing and the readings, when the minister started his sermon and she began to squirm, a bony hand reached over the back of their pew and dropped hard candies into her lap. She would be so busy sucking on her sweets and deciding which one to take next that the sermon would be finished before she became too uneasy.

Gar and Alvin's pew was near the middle, on the right hand side. "Old Mr. So-and-So" had invited Alvin to share his pew when Alvin first arrived in Peacham. Long after Mr. So-and-So had passed to his reward, Alvin and Gar still spoke of their pew as belonging to the old man.

Sue and Lew Abbott sat on the right side, in very nearly the first row at the front of the church. I'm sure it was the Blanchard pew, for Susie was a Blanchard before she married Lewis. Saturday nights, Susie and Lew might dance until nearly midnight — they were something to see as they fox-trotted around the floor — but they would be in their pew the next Sunday morning, Lewis in his best suit and carrying his hat, Sue in a dark rayon print dress, her hair in a bun at the back of her head, a black or a navy hat, pinned to her head with long, vicious-looking hat pins. Lew had a habit of taking a "chaw" of tobacco and sliding it into one cheek just before they entered the church. He sat immobile all through the sermon, stood but did not sing during the hymns, and, no sooner than the minister said "Amen" after the benediction than Lew headed down the outside aisle, down the stairs and out the door. Noreen Crane remembers one particular spot at the side of the church where the grass never grew because of the tobacco juice.

The Hooker pew was on the right side, too. I'm sure that pew "belonged" to Orman and Sue, for the Hooker family had been in town forever. Dad and Orman were great friends in school and always visited while we girls stood around, waiting for them to finish talking. Sue had a sharp-tongue and Maw was prickly, so the two wives did not have much to say after Sue had commented, "My! My! How they've grown!"

On the left side, near the front, was the Rowe pew. It must have been a full one when their family was young. I remember seeing old Ed Rowe — he was up in his 90's by then — his wife Mary and their daughter Ruby walking down to take their place at the front. When the minister started his sermon, Mr. Rowe would take out his time piece and check the time. Alice, his daughter-in-law, once told me — but I've forgotten — whether he timed the sermon to make sure it was not too long or whether it was to make sure he was getting his money's worth.

Carpeting was only in the aisles, so when one dropped one's pennies for the collection, they rolled with a loud noise on the wooden floors under the pews.

(See *Ownership of the Pews* on Page 23)

► 27-month CD
3.00% APY*

► 48-month CD
4.00% APY*



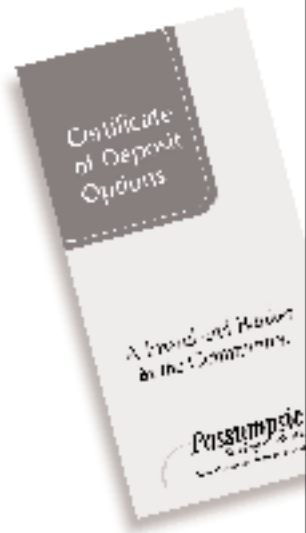
SPECIAL CD OFFER

Want to earn more for your long-term deposits? Purchase a 27-month or 48-month CD at Passumpsic Savings Bank. Either way, you'll enjoy a rate that really counts...plus the flexibility to add deposits of \$250 or more during the term to eligible accounts including IRAs**.

These rates are available for a limited time only. As a local banking partner, Passumpsic Savings Bank strives to help our neighbors succeed. We're always here for you, so stop by any office today!

* APY (Annual Percentage Yield) accurate as of 2/8/05. Rate subject to change without notice. Penalty may be imposed for early withdrawal. Minimum balance to earn APY \$500.

** Maximum amount you can deposit is designated in your IRA disclosure.



St. Johnsbury • Danville • Island Pond
Lyndonville • Newport • Littleton, NH

Passumpsic Savings Bank

Your Partner in Financial Success

www.passumpsicbank.com

Member FDIC

Kix 105.5 FM
Hot New Country WKKH



**LISTEN TO JOSH THOMAS
WEEKDAYS FROM 6:00 - 9:00 A.M.
AND HEAR GREAT MUSIC,
LOCAL NEWS, SPORTS AND
TONS OF CHANCES TO WIN PRIZES.**

My Vote for Basketball Team of the Year

JOYCE MARCOTTE

I want to tell you about my pick for basketball team of the year. The Concord Middle School boy's team is awesome! Sitting in the bleachers all season, I've heard some pretty negative comments from folks supporting other teams. One of those is, "Well, they picked players from three towns. They ought to be able to win."

Here's the thing. Last year this team was a winning team when it sent players on as freshmen to be starters at the varsity level. This year they also had a strong team (and a great coach) when the Gilman coach approached them because he didn't have enough kids to make a full team. Now, if you know Concord's Coach Bolton, you'll know he would never refuse any kid the opportunity to be involved in any positive activity. He welcomed the four players from the Gilman-Lunenburg area.

That made a total of 14 players on the team, some of whom had never played before. From my prospective, that's a coach's nightmare, any adult's nightmare: 14 guys all experiencing or approaching puberty in a physical arena and ready to go!

Here are some of my observations. They are a team and they care about one another. I've watched, time and time again, high scoring players, when they could have made an easy basket, pass the ball off to a teammate who hasn't yet scored. I've watched older, more experienced boys leap to their feet in earnest joy because a younger boy made a good play. I've watched those kids help one another learn to make a move or a play. I've watched them automatically forgive one another's mistakes.

I mean, really, they never get mad at one another over anything that does or doesn't happen in a game. I've seen everyone on the team, play in every game I've attended. I've watched them shake hands - and mean it - with every team they've played - even those who haven't been so nice on the court (enough said.)

I've seen them stand and applaud a team which was their runner-up in tournament play. I've watched them offer a hand to players who have hit the floor (and once, a hand to a referee who hit the floor.)

They have fun at practice, but they take it seriously. On January 17, I took a cake to their team practice so they could surprise their coach for his birthday.

They ate cake and drank milk on the run and never lost sight of practice. Some waited till practice was over before they indulged. Practice is practice, and even a team that hasn't lost a game or scrimmage all season needs to practice.

It would be unfair to not mention the support they've had. Randi-Lynn, older sister of one player and daughter of the coach, keeps their book and reels statistics off the top of her head if you ask.

The varsity boys' coaches have practiced their team early mornings and late evenings so the middle school kids can have court time at hours that are reasonable for their age group. There are parents who take kids to practices and games and folks from the community who attend their games. It takes all of it to make it happen.

The Concord Middle School Boys have taken home the championship trophies in both the Waterford and Monroe tournaments this season. These guys are athletes in every sense of the

word, and as they move on to the Rotary Tournament in St. Johnsbury, I want them and their coach to know they are recognized for it.

As of today, February 13, 2005, they have won a total of 19 regular season games, scoring a total of 796 points. (That averages to be about 42 points a

game.) Not bad, huh?

Most objectively yours,
Joyce Marcotte

Joyce Marcotte describes herself as an admirer and supporter of the team, grandmother of a player and the record keeper, and mother-in-law of one awe-inspiring coach.



Joyce Marcotte Photograph

The Concord Middle School Boys Basketball Team includes: Front Row (L-R): Isaac Colby, Nate Monahan, Cody Arsenault and Brandon Bolton. Second Row: James Leonard. Rear: Robert Skinner, Gary Baker (parent), Dustin Mason, Corey McCarty, Alex Amadon, Coach Bolton, Phillip Tanner, Ryan Noyes, J.T. Descouteaux, Tony Conley and Richard Skinner. Missing: Nick Thompson. At the recent Monroe Tournament the team received the tournament trophy; Isaac Colby was best defensive player, Nate Monahan was best offensive player and Brandon Bolton received the award for best sportsmanship.


Ownership of the Pews Was Handed Down in Families


(Continued from Page 22)


When we children rehearsed speeches in the church and changed into costumes in the choir loft, we were fascinated by the mirror over the organ. The organist sat with her back to the choir and the congregation. The mirror enabled her to see when the choir was going to process and so on.

Heat came from large registers. It cost very little for heat, for the Men's Club cut up the wood, which was donated by some of the members. The janitor got up at 4:00 a.m. on cold mornings and started the fires. By the time church began at 11:00, the pews and the floor would be warm. When the temperature got to 20 or 30 below zero and the wind blew in around the windows, things were a little chilly around the edges.

We always "dressed up" when we went to church. Dad wore a suit, a tie, and had a gray fedora he wore to church. We girls thought he looked very distinguished. All the men wore hats to church - but not in church. Maw had a best dress. As Mimi was six years older, her clothes did not fit Deedee, who would get a new dress. Unfortunately for me, her cast-offs were usually nearly my size. All women, and some of the girls wore hats in church. I don't remember any of Maw's, but Gar had a pretty navy straw hat, with variegated velvet flowers and a short veil. I always bounced a little with pride when I sat beside Gar, with her pretty hat, and Alvin, dressed so nicely with shirt and tie and Sunday suit, in "our" pew that had been









PARTS PLUS
CarCareCenter
The Next Generation of Automotive Service



Wes Ward AUTO REPAIR
Complete Car Care Services



Parts Plus Car Care Center
Manufacturer's Brake Special
Rebates of up to \$130. with this ad
Ask for details (Some restrictions apply)

1193 Portland Street
St. Johnsbury, VT 05819
(802) 748-3636

The New Sears Catalogue was a Sure Sign of Spring

LOIS (FIELD) WHITE

Traffic on the back roads of Peacham in the early 1940's was sparse; some days only the milk truck and the mailman's automobile passed by in Green Bay. Housewives scurried to the windows when they heard other cars or trucks approaching. Walter (Spicer) Main of Groton was our mailman, and our Green Bay area was designated as Groton RFD.

There was great anticipation in looking forward to Spicer Main's deliveries. The deliveries were daily unless we were completely snowed in. In addition to the newspaper and farm publications, there might be a letter from a distant aunt or a picture postcard from someone traveling ("having a wonderful time, wish you were here"). Molly's Falls Telephone Company sent a bill

monthly. That was our only utility. There was no electricity yet in Green Bay. However, the Caledonia National Bank in Danville sent statements, canceled checks, ink blotters and calendars.

Pure maple syrup cost \$1.49 for a half-gallon, plus 14 cents for shipping.

All this literature was interesting, yet, one semi-annual mailing was eagerly awaited by all. Late in the winter, one day when roads were getting soft and school spring vacation and sugaring operations were soon to begin, Mr. Main's arrival might be delayed because of a special delivery for every mailbox. The much awaited item was the *Sears, Roebuck and Company Spring and Summer Catalog*.

There were no local Sears stores at the time; all merchandise was pictured and ordered from the catalog. We spent hours poring over the 1,300 bright pages, which contained everything anyone could possibly need or want.

We lived in parcel post zones 1 and 2, less than 150 miles from Boston where we sent orders and

from which our goods were shipped for a few cents; some items were even postpaid.

There were hats, clothing, shoes and boots (some items came in good, better and best qualities) for every member of the family. There were baby goods, fabrics and notions, bicycles, toys and games, books, hygienic supplies, medicines, wigs, dolls, foods (pure maple syrup cost \$1.49 for a half-gallon, plus 14 cents for shipping), household furniture and appliances, rugs and linoleum (and linoleum varnish), pots and pans, dishes, canning supplies, linens and towels, pianos and player piano rolls and other musical instruments' parts and instruction books. You could get cameras and photographic supplies, hardware, nuts and bolts, automotive, farming, carpentry and machinist supplies, horse harnesses, milking machines and accessories, engines, windmills, paint and wallpaper. Almost everything you needed was in the catalog.

And Sears had an "Easy Payment Plan."

Anyone with "good character, steady income and the ability to meet regular monthly payments" could apply for an easy payment account. The order had to total \$10 or more. If an order was from \$10 to \$11, Sears added a carrying charge of \$1. The customer answered several questions on the order blank, mailed in the order with the parcel post shipping cost of a few cents along with the first month's payment of \$2. A payment book with coupons arrived with the order. The customer sent in the monthly payment with a coupon. The chart of categories for the easy payment plan covered purchases to \$300. For that vast sum the carrying charge was \$26. Thirty dollars were sent with the order, and \$16 were paid monthly thereafter. For purchases over \$300, terms were available on request from the catalog's office.

Further, Sears Roebuck advertised that it would help a customer obtain a Federal Housing Administration loan of up to \$2,500, "to be used for the purchase of modernizing materials such as millwork, lumber, roofing, paint, electrical materials, plumbing, furnaces and stokers, insulation, fencing, water supply systems, grain bins, light plants, building hardware, built-in cupboards, and cabinets, etc."

If a housewife wanted to redecorate in the spring she saved all winter to purchase the necessary paper and paint from the catalog. Wallpaper cost from 16 to 26 cents a double roll, and paint cost less than \$3 a gallon. She could redecorate an average-size room for less than \$5. Fabric for curtains would cost another dollar or two.

Farmers typically ordered only absolute necessities in that era although their wives might wear a gasoline-engine-powered clothes washing machine, which appeared in the catalogue for \$50.

Mothers occasionally used the catalog to purchase clothing



Drum Major Bandtops were made from Sanforized extra heavy 8-ounce denim.

for their children. The eldest might get a new article while younger ones stepped into hand-me-downs. In many annual family snapshots the same item of clothing might appear on successive children. Sometimes new garments appeared at Christmas, but as clothing and shoes were outgrown they were often passed down. Shoes were outgrown when toes poked through the front of the shoe.

Many mothers sewed clothing on foot-operated treadle sewing machines (\$20 in the catalog; these machines were also passed down from one generation to the next). They made

(See *There Was* on Page 25)



Brand New Corona "Comet"

In 1942 Sears, Roebuck & Co introduced the brand new Smith Corona Comet with margin release warning bell and a case for \$31.50.



The Sears Coldspot "6" had easy cleaning finish on the outside and an easy action door handle. The all steel cabinet was "bonderized against rust." For only \$93.50.



Appalachian Supply Inc.

Wholesale - Retail

Plumbing, Heating & Electrical Supplies

4581 Memorial Drive
St. Johnsbury, VT 05819
(802) 748-4513

Rte. 302
Littleton, NH 03561
(603) 444-6336

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 Beach
	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 Resnik
Marketplace	2 P.M. Weekend All Things Considered	
(Meal of Living on Earth) (The 411) (Week/Song Traveler) (The 411) (Musician's Notebook)	3 P.M. A Prairie Home Companion	From the Top
Riverwalk	4 P.M. The Prairie Home Companion	Country Home Folk
The NPR 100 with George Thomas	5 P.M. The Prairie Home Companion	Soy Ya
Classical Music	6 P.M. The Prairie Home Companion	The American Life
	7 P.M. My Place	Sound and Spirit
	8 P.M. Hearts of Space	Classical Music
	9 P.M. Hearts of Space	Classical Music
	10 P.M. Hearts of Space	Classical Music
	11 P.M. Hearts of Space	Classical Music
	Midnight	

Music Through the Night (midnight to 5 a.m., Monday through Friday; until 1 a.m. on Saturday and Sunday)

WVPR 89.5 FM Windsor • WVPS 107.9 FM Burlington
WRVT 88.7 FM Rutland • WVPA 88.5 FM St. Johnsbury
WBTV 94.3 FM Bennington • Listen on the web at vpr.net

Set your dial to Vermont Public Radio WVPA 88.5 FM St. Johnsbury

WVPR 89.5 FM Windsor; WRVT 88.7 FM Rutland;
WBTV 94.3 FM Bennington or
WVPS 107.9 FM Burlington

Saturday Afternoon at the Opera airs Saturdays at 12:14 p.m.

March 5: *Samson et Dalila* (Camille Saint-Saëns)
March 12: *Il Barbiere di Siviglia* (Gioachino Rossini)
March 19: *Don Carlo* (Giuseppe Verdi)
March 26: *Cavalleria Rusticana* (Pietro Mascagni)
Pagliacci (Ruggiero Leoncavallo)

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

March 6: *Stone Fox*
by John Reynolds Gardiner

March 13: *The Adventures of Tom Sawyer*
by Mark Twain

March 20: *A Corner of the Universe*
by Ann M. Martin

March 27: *Esperanza Rising*
by Pamela Muñoz Ryan



There was nothing quite as distinctive and luxurious as mink. This "really chic little hat to wear with a plain coat or fur trim" was a sweet deal at \$1.98.





Pope Notes

Dee Palmer,
Library Director

Please join us for a delicious dinner during Town Meeting and support the Pope Library at the same time.

We will serve our traditional noon-time feast of ham, coleslaw, baked beans, cottage cheese, rolls and dessert.

Tickets can be purchased during Town Meeting or at the door of the cafeteria, \$7.50 for adults and \$3.50 for children.

Be sure and check out our 2005 raffle item: a hand-planed, six-board blanket chest with a till and

vinegar-grained finish, handcrafted by Sally Fishburn and Susannah Morlock. The chest will be on display and raffle tickets will be available.

Our "Jane Austen's World" book discussion series continues on Wednesday, March 23 at 7:00 p.m. We will discuss *Emma* with scholar Francette Cerulli. You can pick up books and schedules at the Library.

Mark your calendars for Sunday, April 3 for our Novel Dinner. We will again hold the

dinner at the Creamery Restaurant and Marion Beattie will donate her time, talent and staff to prepare a wonderful dinner of roast chicken with a rosemary, garlic and olive oil rub, antipasto salad, pasta with marinara sauce, rolls and tiramisu. Cocktails and hors d'oeuvres will be available at 4:00 p.m. with dinner to follow. This is a great event which benefits the Pope Library. If you are interested in attending call (802) 684-2256 or the Creamery Restaurant 684-3616 and we'll try to accommodate a t e .

The cost is \$22.50 per person. Attention book drop users! It is important that you put your library returns in the plastic bags provided inside the box, especial-

ly during the winter. Without the plastic bags books and other materials can be damaged by water, snow and ice. Thanks for your cooperation!

Our new book acquisitions are: Bob Greene's *Total Body Makeover*, *The 9/11 Commission Report*, *What's the Matter With Kansas* by Frank, *Kiss Me, Kill Me* by Rule, *102 Minutes: The Untold Story of the Fight to Survive Inside the Twin Towers*, *The Broker* by Grisham, *I am Charlotte Simmons* by Wolfe, *Tears of the Giraffe* and *Morality for Beautiful Girls* by McCall Smith and *Buried Stuff* by Fiffer. Come in and check them out!

From the YA Center Rita Foley, Co-Coordinator

February 3rd was a gloriously warm and sunny winter day, and Danville School had an early release. The YA Program had a grand afternoon on a sleigh ride with Bruce Brink and his horses. The students laughed and screamed with excitement and delight as the enormous horses pulled the sled through the woods, with the energetic goat Bubba running alongside.

The YA Program continues to attract 8-12 students each afternoon, and we're optimistic that fundraising events will enable the

program to continue another school year.

I recently asked the attendees at the Young Adult program if they wanted it to continue, and the response was a unanimous, "Yes." When I asked why, these are the responses I received:

It's fun; It's educational - I can do homework, and if I don't understand it I can get help; It's a good place to hang out after school; It keeps us off the streets; If it doesn't continue, I would have no place to go after school; If I went home, I'd just play video games; I can hang out with friends; It gives us time to talk and play games together; It's cool; It's fun to have a place to go instead of going home and sitting on the couch watching television; I get to see my friends; It keeps people from thinking about or doing drugs.

Peter Albright, Kitty Toll and I discussed fundraising to continue the program. \$7,500 is our goal to continue for another school year. Steve Cobb offered the Danville Inn and a Sunday brunch this spring, and the Danville Chamber of Commerce donated \$1,000. I am inspired by the generosity and community spirit of this small town, and I am encouraged that reaching our ambitious goal is possible.

There Was Nothing Quite Like the Sears Catalogue as a True Sign of Spring

(Continued from Page 24)

house dresses and aprons from printed grain bags or plain chambray or percale (10 cents per yard). You could make a woman's housedress for 50 cents, while it would cost \$1 in the catalog. Prints for girls' dresses and skirts and denim for boys' clothes cost 15 cents a yard. Corduroys cost up to 60 cents per yard and velvet was more than \$1 per yard. We never knew anyone who sewed with velvet. Wool fabrics for coats, jackets and suits cost up to \$1.80 per yard, and paper patterns were 15 cents. Mothers often got together and copied each others' patterns rather than buy new ones. Every penny counted.

Catalog prices for garments were likely twice the cost of the fabric for homemade clothing. Dressy rayon dresses cost \$2, and wool ones were \$4 and up. Women's lace-up oxford shoes with Cuban heels costing \$1.50 were advertised as "slenderizing for medium or fleshy ankles." Boned corsets cost \$1.50 and up. Every woman needed a hat, for \$1 or more, and the catalog carried pages of stylish women's headgear. Home millinery businesses had practically disappeared by the early 1940's.

Workmen's overalls and "bandtops" (those would be jeans to us) cost 85 cents a pair; chambray work shirts were 67 cents, and excellent work shoes cost \$2 to \$3 a pair. Virgin wool mackinaws cost \$9.95. Men's three-piece dress suits were

\$19.95. Many men wore their wedding suits for the rest of their lives. Then the garment was passed on to other members of the family or altered to fit a young boy.

Addie and others like her used the Sears Roebuck catalog as a reference to study fashions, then looked in their closets to see if they could remodel and update old dresses. A new collar or cuffs could refresh the navy-blue standby. Or maybe an old dress could be made over for a daughter. A wool coat was worn for years, then cut down for a daughter who wore the coat until it was outgrown. The coat was handed down to successive girls and eventually turned into patches or quilt pieces.

Dresses and skirts for girls were made with wide hems to be let down as the child grew, and sometimes bias tape or ricrac covered the previous hemline. This trim appearing about 2 inches from the bottom of the garment was a dead giveaway that the dress had been "let down." Boys wore trousers until they were half-way to their knees; these were known as "highwater pants." Some boys in winter wore corduroy knickers, which squeaked when they walked.

When men's shirt collars wore through they were removed from the neckband, the frayed edges sewn down, and the collar turned and restitched to the band. The shirt lasted several more years. Patched elbows and knees were common, and a mother's

mending basket was always filled with socks needing darning. When there was no wear left in a garment it went to the ragbag to be used as patches, cleaning cloths, rag rugs and quilts. Rummage and tag sales were unheard of in those days.

Addie and the other mothers were busy with sewing, remodeling and mending projects in March in addition to their spring cleaning, wallpapering and helping with sugaring.

Addie often made a quick spring-time dessert, she called maple cottage pudding. Children looked forward to this treat, which was served several times each spring, and there were seldom leftovers to be put away in Addie's pantry.

Maple Cottage Pudding

- 1 cup (or a little more) maple syrup
- 1 Tablespoon shortening
- 3 Tablespoons sugar
- 1 egg
- 1/2 cup milk
- 1 cup flour, mixed with
- 2 teaspoons baking powder
- 1/4 teaspoon salt

Cream shortening and sugar in a small bowl and beat in egg. Add flour mixture alternately with milk. Pour syrup into the bottom of a metal bread pan and bring to a boil on top of the stove. Then pour batter on top of syrup and bake in a 350° oven until done. Serve warm with heavy cream. ★



Photo By: Bruce Brink

The Pope Library YA Program enjoyed a sleighride on February 3.



H.A. Manosh Corporation

since 1959

We have not one but four drills for your convenience

- Well Drilling
- Water Systems
- Hydrofracturing
- Water Treatment
- Video Well Inspections
- Water Fountains

120 Northgate Plaza
Morrisville, VT 05661
(802) 888-5722 or (800) 544-7666

Web Site: www.manosh.com



HAWKINS
DENTAL GROUP

Hubert Hawkins DDS
Hubert W. Hawkins DDS, MPH

1350 Main Street, Suite 1
St. Johnsbury, VT 05819

(802) 748-2325

Dental Referrals Accepted
for Limited Treatment

Missing Teeth?

Dentures Not Staying in Place?

We Can Help

Call For a Dental Implant Consult Today

(800) 870-4963

"What's In Your Smile?"

Connecticut River Study Shows Water Quality Is Good



Photo Courtesy of Connecticut River Joint Commissions

Robert Christie, from Lancaster, is a river commissioner of the Connecticut River Joint Commissions and an enthusiastic kayaker here in the state designated "natural segment" of the River, the seven mile section from the mouth of Wheeler Stream to the Stratford Maidstone Bridge.

New Hampshire Department of Environmental Services (DES) presented the results of the most comprehensive river water quality assessment ever undertaken in New Hampshire to the Connecticut River Joint Commissions (CRJC) in Lebanon on January 31. Ted Walsh, coordinator of the department's volunteer river assessment program, presented results of the study, undertaken last summer at 45 sampling locations along New England's longest freshwater artery, the

Connecticut River.

Under the microscope was the safety of the River for recreation, including swimming, and the ambient conditions for aquatic life. Results indicate a river that is largely in fine condition, especially for dissolved oxygen, although there are several areas of concern with harmful bacteria in some of the most popular canoeing waters in the Upper River Valley.

The DES undertook the ambitious study at the request of the Connecticut River Joint

Commissions, who are engaged with their five local river subcommittees in updating the Connecticut River Management

Plan. CRJC found that the state had little or no information about the safety of swimming and other river recreation, or about the



Photo By: Richard Ewald

Despite the current, the Connecticut River makes fine swimming on hot summer days. A 2004 water quality study put the River under the microscope for recreation, including swimming, and the ambient conditions for aquatic life.

quality of aquatic habitat, for over 100 of the 275 miles of river between New Hampshire and Vermont and asked for help in filling the gap in information.

The DES responded with an intensive effort during the summer of 2004, sampling five times at each of 45 locations for the presence of E. coli bacteria and testing 12 times at each site for dissolved oxygen, temperature, pH and conductivity. Walsh noted that the study collected 50,000 data points, all of which had to be double checked for accuracy. Because bacteria samples had to be rushed within six hours to the lab in Concord, the handling of water samples from Fourth Connecticut Lake at the end of a trail on the Canadian border, for example, required careful planning.

"This effort has been a demonstration of choreography, including arranging for quality control, sampling timing and transportation to the lab," said Sharon Francis, CRJC executive director. "CRJC is very grateful for this work."

In most places, and at most times, the river is clean enough for swimming, but there are still areas and weather conditions where swimming is not advised. Bacteria can reach rivers through poorly functioning septic systems or drainage from areas where animals are concentrated, whether they are moose or cows, especially where they have direct access to a tributary or the River itself.

Bacteria can also reach rivers through runoff, including stormwater washing over a city street where dog walkers do not pick up after their pets and through combined sewer overflows, where runoff from heavy storms can overwhelm a treatment system and send untreated sewage into the river. Bacteria counts are likely to be higher in the River after a heavy storm.

On the Connecticut River on a single day in 2004, researchers found high bacteria levels in undeveloped parts of the Connecticut Lakes region, following a heavy rain. Walsh guesses that these results reflect the flushing of wetlands and other wildlife habitat areas after a long dry spell. However, con-

Antiques & Emporium
Group Shop
 260 Hill Street
 Lyndonville, VT 05851
 (802) 626-3500
Open Daily 10-5
Closed Tuesdays

Clocks
Furniture
Adv. Collectibles
Paintings & Prints

Glass
China
Pottery
Collectibles

Stop In and See Us on The Hill in Lyndonville, Vermont!
 Owner, Paul Steele **New Stock Arriving Monthly!** **Always Buying!**

New, Used & Rare Books

Annual Spring Sale
March 16-19
20% off all books in stock

GREEN MOUNTAIN BOOKS
 Broad Street, Lyndonville, VT 05851 802-626-3051 Open Mon-Sat. 9-5

Danville United Methodist Church
 "The biggest little church on the Green"

What your heart has once cherished, you will never lose.

Sunday Worship and Fellowship 8:45 a.m.
 Sunday School During Worship Service

Rev. Henry E. Cheney
 684-3389 office

Need a ride?
 Call Steve 684-3484

NORTHEAST KINGDOM ARTISANS G·U·L·D

Works in clay, fiber, glass, wood and metal. Handmade candles, paintings and prints. Your search for the perfect gift starts here.

Annual cooperative featuring five handcrafted gifts

UNDER THE PURPLE SPINDLE at 439 RAILROAD ST. ST. JOHNSBURY, VERMONT 05874-0854

NORTHERN PETROLEUM CO.
 189 RAILROAD ST. - ST. JOHNSBURY, VT 05819 (802) 748-8934 OR 1(800) 222-9276

MAYTAG
Washer Model SAV2655AWW \$439.00
Dryer Model SDE4606AYW \$439.00
with Intellidry Cash & Carry

NORTHERN PETROLEUM...
We make your home a better place.

"SERVICE"
 "Friendly, Dependable, Caring for You"

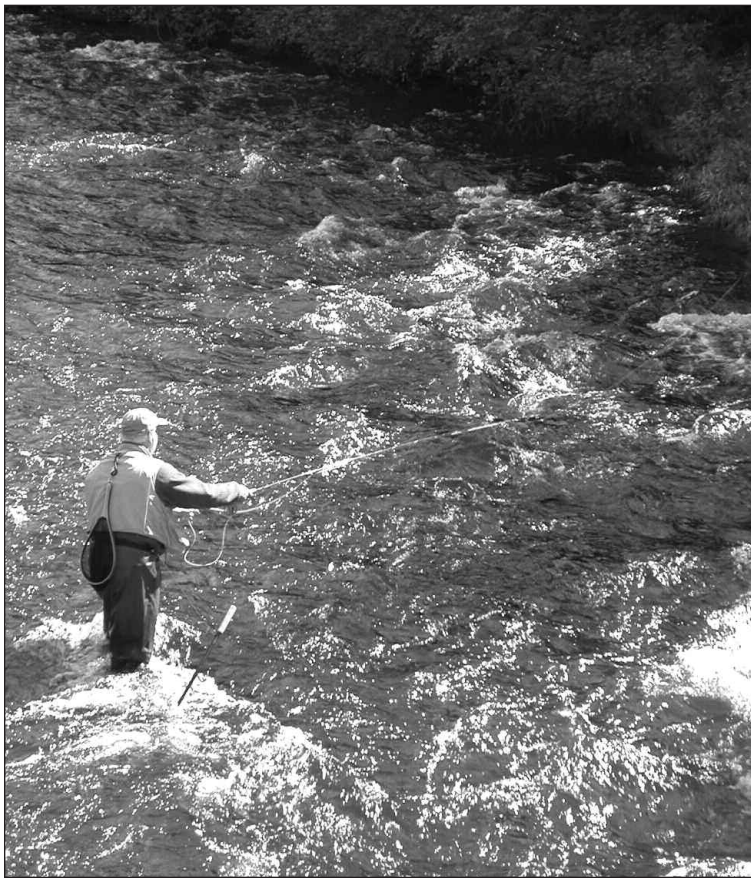


Photo Courtesy of Connecticut River Joint Commissions
 Much of the recent study of Connecticut River water quality was to determine the condition of its aquatic habitat. A full day of investigation took place here near the Magalloway Bridge in Pittsburg.

was within accepted limits.

Also the DES measured "specific conductance," a test that indicates various pollution, such as road salt runoff. Researchers found a clear increase in specific conductance of river water as they traveled downstream. For unknown reasons, a few sites tested high for aluminum, a metal that is leached from soil subjected to acid rain. At one station at the confluence of the Black River in Springfield, aquatic habitat is considered impaired because of the presence of milfoil.

The study's results are generally news that is encouraging for aquatic life, but they shed light on just four aspects of the underwater world, says Adair Mulligan, CRJC director of communications. "Mercury and other metals, automotive oils and pesticides can lurk in the sediments or the bodies of fish and their food and never appear in a bucket of river water."

An extensive study of Connecticut River sediments by the EPA in 2000 found contaminants from parking lot and road runoff at locations as far north as Pittsburg village and traces of copper from the mines high in the Vermont watersheds of the Waits and Ompompanoosuc Rivers. At some sites, contaminants were in levels high enough to threaten aquatic life.

Funds for the study came primarily from the DES and the U.S. Environmental Protection Agency. The Connecticut River Joint Commissions contributed to the cost of processing bacteria samples. The DES hired four interns, who went through detailed training before the study and their work began. Officials in New Hampshire have been encouraged by interest expressed from Montpelier. Vermont Commissioner of Environmental Conservation Jeffrey Wennberg says he would like to have Vermont's water quality program coordinate with New Hampshire's to help answer questions on the condition of the river. ★

sistent bacteria problems appeared a few miles downstream, from Bishop Brook to Canaan Dam in Stewartstown and in the Colebrook area.

The Commissions are especially concerned by dangerous bacteria levels found in the 19 miles from Bloomfield, VT to Groveton, NH, a particularly beautiful stretch popular with canoeists, kayakers and swimmers that includes the state-designated "natural segment." CRJC will be conferring with both states and investigating possible causes for this unexpected contamination.

Elsewhere, the river is safe for swimming and other recreation, except at times in the 14 miles from the White River to Cornish and Windsor. This stretch of river passed the bacteria tests this year but still may receive untreated sewage during and after big storms, due to Lebanon's remaining combined sewer overflows.

"For 30 years, wastewater treatment plants have been key to the return of the river's health," says Henry Swan of Lyme. "We must be certain that, as they age, these plants continue to operate effectively and that funds are there for maintenance and

improvements."

The study found that the River demonstrated its ability to hold enough oxygen for fish and other aquatic life throughout its length. No water samples taken during the 2004 study indicated dissolved oxygen levels below the state standard, even at the very bottom of 100 foot deep Comerford Reservoir.

Acidity was a different story, with readings in the river's first hundred miles showing pH below the state standards. Walsh pointed out that where the River is smaller, it has less ability to bounce back from the damaging effects of acid rain, which regularly falls in its watershed. Surprisingly the opposite result was found at the North Stratford Bridge, where the river's pH threatens aquatic life because it is so high. The cause is unknown, but Walsh guessed that new riprap placed just upstream might have come from a limestone area and suggested studying that theory. Otherwise, pH

Vermont Flower Show Offers Spring Oasis March 4-6 in Burlington

Vermonters are a tough group by nature, and they take winter's cruelest blows in stride. Cold snaps where the weather reaches 20° below zero, biting Arctic winds and two-foot snowstorms are things Vermonters endure for the privilege of living here. But like migrating birds or hibernating animals, even the heartiest among us begin to look for any sign of spring by the beginning of March.

One such sign of spring is the 2005 Vermont Flower Show, and who doesn't enjoy the smell of a flower show? Now in its 11th year, the Vermont Flower Show is a Vermont Chamber of Commerce Top 10 Winter Event and a perennial favorite that draws between 6,000 and 8,000 people.

This year the Show will be at the Sheraton Conference Center in Burlington on March 4-6. It features three days of seminars and hands-on workshops, flower displays, a professional floral competition, exhibitors and children's activities.

The theme for the 2005 Vermont Flower Show is "Art of the Garden" and will feature speaker Gordon Hayward, a nationally known author and landscape designer from Putney. Hayward has written such books as *Your House, Your Garden: A Foolproof Approach to Garden Design* and *Stone in the Garden: Inspiring Designs and Practical Projects* and has just published *The Intimate Garden*.


Also appearing will be psychotherapist and author P.J.

Long, who writes and speaks about gardening as a therapeutic art, as well as local author Jo Ann Gardner, who will give a presentation about growing and using silver plants in the garden based on her new book, *Silvers: Striking Plants for Every Garden*.

Kristina MacKulin of the Vermont Association of Professional Horticulturists (VAPH) and Chair of this year's event says the Vermont Flower Show is among the smallest of the major flower shows in the Northeast, but says its size may be its greatest asset.

"Most flowers shows are held in very large arenas or convention centers," MacKulin says. "The Vermont Flower Show, on the other hand, is held in Burlington which is a small, friendly city and easy to get to. Also, using the Sheraton as a venue helps us create a more intimate and welcoming atmosphere, where all the beautiful sights and smells really just overwhelm the senses."

Admission for the 2005 Vermont Flower Show is \$10 for adults (\$25 for a three-day pass), \$7 for seniors, \$2 for children 3-12, and children under 3 are admitted free. For more information on the program call (888) 518-6484. ★



Hamilton House Bed & Breakfast
 101 Park Street
 P.O. Box 280
 Danville, Vermont 05828

Pamper yourself in luxury. Comfortable beds and delicious breakfasts.

Someone you know need a break? Gift certificates available.

Toll Free: (866) 684-2445 www.TheHamiltonHouse.com
 Local: (802) 684-9800 info@TheHamiltonHouse.com





PAULS FARM SERVICE

Sales • Service • Parts

Paul D. Bergeron


Phone (802) 695-2500 • Fax (802) 695-2900

514 West Main Street (US RT 2) • Concord, Vermont 05824

Serving Agricultural Needs with Integrity Since 1976

WESTERN AVENUE STATION


"your friendly full service station"



Specializing in

- ◆ Exhaust systems
- ◆ Brakes

"See Dan the Muffler Man"
 Danny Lapierre,
 Mechanic



13 Western Ave. • St. Johnsbury, VT 05819 • **(802) 748-2339**




**Great Beer
 Gourmet Pizza**

Open Friday & Saturday
 11 am - 9 pm

Trout River Brewing

Route 5, Lyndonville, VT
(802) 626-9396




We specialize in sizes and widths

Brands include: Munro, Dansko, Ecco, Dunham, Stonefly, Naot, Beautifeel, Think, H.S., Trask, Blundstone, El Naturalista, Haflinger, Santana, Josepf Seibel, Soft Spots, Apex

And NOW

Arche • Mephisto • Red Wing

New Spring Styles & Brands at



Hours: Monday-Saturday 10:00 a.m.-5:00 p.m.
418 Railroad Street, Suite 1
St. Johnsbury, VT (802) 748-4500

Click & Clack Talk Cars

Who Knew You Can Mix Octanes

Dear Tom and Ray:

I read a column in the newspaper the other day by that notorious cheapskate Andy Rooney. He has a car that requires gasoline with 91 octane (as do I). He and I have both found that you cannot always find 91 octane at the pumps. When that happens, I use 93 and just pay the piper. But the el-cheapo Rooney puts in five gallons of 89 and five gallons of 93 and calls the mixture 91! Can this be? Is this the way octane works? Please clear this up for me so that I, too, can save some money at the pump. Stan

RAY: It sure does work that way.

TOM: In fact, that's how the pump does it. Most gas stations have only two underground gasoline tanks: one for the lowest octane and one for the highest octane. Then the pump blends those two to produce everything in between.

RAY: And it's exactly linear, like Andy says it is. So, if you mixed one part 89 and three

parts 93, you'd end up with 92. Why you'd want 92, we don't know, but now you know how to make it, Stan.

Extra Mileage Not Worth Ignoring the Problem

Dear Tom and Ray:

I have a '95 Geo Metro with a 1.0-liter engine and a five-speed transmission. I recently took my car four-wheeling and broke a few things. Actually, I broke a lot of things — the catalytic converter was one of them. I have no idea where it is now; it's just gone. Anyhow, when the converter was there, I got 52 mpg, but now I'm getting just over 60 mpg! I want to know why I'm getting better mileage. And would I be evil if I just never replaced the converter? (I have a straight pipe in there now, all the way to the back.) The muffler is gone, too, so the car sounds like a suffering cow, but the mileage is so good I'm willing to live with that. If I'm caught doing this, do I get sent to Guantanamo Bay? Thanks. Steve

TOM: Steve, Don Rumsfeld

is on his way to your house as we speak. But on the plus side, we hear Guantanamo Bay is quite nice this time of year.

RAY: The reason you get better mileage is because you've eliminated most of the back pressure from your exhaust system. In addition to protecting you from air pollution (converter) and noise pollution (muffler), those devices restrict your exhaust to a certain degree. And that decreases your mileage. It's the price we pay for what we call civilization, Steve. You should consider joining it sometime.

TOM: But the back pressure also protects your valves. Without sufficient back pressure, the hot exhaust will blow past your engine's valves so quickly that it'll burn them up, and eventually you'll need to replace them. Let's do the math.

RAY: You're getting an extra 8 miles per gallon. Which, over the course of 12,000 miles, saves you about 30 gallons of gas. So, without the converter and muffler, you save \$60 a year.

TOM: A valve job on this car would probably run you about \$600. But don't forget that while you're at Guantanamo Bay, you won't have to pay rent on your apartment. Factor that in, too, and then do what you think is best, Steve.

What is the Proper Oil Change Interval Anyway?

Dear Tom and Ray:

The owner's manual for my 2004 Pontiac Vibe lists two maintenance schedules. The long-trip plan calls for the engine oil and filter to be changed every 7,500 miles (or 12 months), while the short-trip maintenance schedule sets a 3,000-mile interval for this serv-

ice. Although my car meets all the requirements for the long-trip oil-change interval, the dealership where I take it recommends the short-trip schedule in winter, because according to the service manager, the winters in Vermont cause oil to break down more quickly, and this can lead to engine damage if the oil is not changed every 3,000 miles. Is the dealership just looking for more business, or is it correct? — Wayne

TOM: Yes, and yes. Of course it's looking for more business. But harsh winter conditions can be harder on your oil.

RAY: Most manufacturers now recommend a 7,500-mile oil-change interval for what they call "normal" service. That's the way most people use their cars - including you, Wayne.

TOM: Then they have what's usually called an "extreme duty" or "hard service" interval of 3,000 miles for people who make their engines work the hardest. These are folks who use their cars as taxicabs, drive on dirt roads a lot or tow trailers frequently. Normally, spending a winter in Vermont is not considered extreme duty. Not for the car, anyway. For me it would be.

RAY: But what tends to happen in the winter is that people drive places they usually don't drive. In the summer, you might walk 10 minutes to the store to pick up a quart of vegan peppermint patties. But when it's 2° out with a 50 mph wind, and your thighs freeze together after your first 10 steps, you'd probably decide to take the car. And when the car is used for lots of short trips in cold weather, the engine never really warms up entirely.

TOM: Until an engine warms up and reaches full operating temperature, it doesn't burn fuel efficiently. That means there's unburned gasoline in the cylinders. Some of that gasoline makes its way past the piston rings and into the crankcase, where it mixes with the oil. That mixture makes for a lousy lubri-

cant.

RAY: So, it's not the winter temperatures themselves that damage the oil, it's the type of driving people tend to do in the winter.

TOM: So if you make a lot of short trips like that in the winter, then it might make sense to change the oil more frequently. We recommend 5,000-mile intervals to all but the most extreme drivers. It's a decent balance between protecting your engine and not overburdening the environment with used oil. That should be plenty often, even in the tundra where you live, Wayne. ★



St. Johnsbury Athenaeum

Mon. & Wed.
10 a.m. - 8 p.m.
Tues., Thurs. & Fri.
10 a.m. - 5:30 p.m.
Sat.
9:30 a.m. - 4 p.m.

Danville Building Lot

ML #18906 New to the market, a .75 acre surveyed building lot, with views of the White Mountains, underground utilities and town water and sewer. You could be in your new home by this summer!

\$31,500

Century 21 QUATRINI Real Estate

1111 Main St. • St. Johnsbury, VT 05819
email: c21qre@sover.net
website: quatrini.com • realtor.com or AOL Keyword "Century 21"
(802) 748-9543
"Real Estate for The Real World"

ML#187304 Relax and enjoy the aquatic wildlife at this year-round cottage at the quieter north end of Joes Pond. It has an open kitchen / dining / living room with a spot for a wood stove. There are 2 bedrooms down plus a big sleeping loft upstairs. There is a sunroom off the living room and a handy mud room / laundry room at the entry. Joes Pond is just a stone's throw away, and there is a big yard for the kids to play on. The 1.4 acre lot is terraced so you might be able to build a home on the upper level and use the cottage as a guest house.

\$119,500

75 MT. PLEASANT ST.
ST. JOHNSBURY, VT 05819
802-748-8169 • 802-748-8855

230 MAIN STREET
LYNDONVILLE, VT 05851
802-626-8333 • 802-626-9342
www.parkwayrealttyassociates.com

The Riverside School
An independent school for grades 3-8

Love to Learn?
Find out about The Riverside School

See our School Musical: *Whirlwinds in Time*
Thursday & Friday, March 17 & 18 at 7 p.m.
at Fuller Hall in St. Johnsbury

30 Lily Pond Road Lyndonville, VT 05851
(802) 626-8552
theriversideschool@charter.net www.theriversideschool.com
Founded 1981

Danville Senior Action Center

March Meal Schedule

March 1 - Town Meeting Day. No Meal.
March 3 - Beef Stew, Rice, Biscuits, Orange Juice, Chocolate Cake. Library Day.
March 8 - Pork Pie, Corn, Homemade Rolls, V-8 Juice, Ice Cream and Brownies.
March 10 - Macaroni & Cabot Cheese, Ham, Cauliflower Vegetables, Blueberry Scones, Oranges.
March 15 - Cheeseburgers with Buns, Pasta Salad, Carrot & Raisin Slaw, Pineapple Cake.
March 17 - Roast Turkey, Mashed Potatoes & Gravy, Carrots, Orange Juice, Cranberry Scones, Fig Newtons. Library Day.
March 22 - Beef on Noodles, Homemade Rolls, Spinach Salad with Mandarin Oranges, Brownies.
March 24 - Chicken Divan, Rice, Oranges, Apple Crisp.
March 29 - Four Cheese Tortellini with Alfredo Sauce, Steamed Broccoli, Garlic Bread, V-8 Juice, Ice Cream.
March 31 - Buffet. Library Day.

Sing-a-Long with Winona Gadapee on Tuesdays at 11:30
Meals at Danville Methodist Church. All meals served with a beverage, homemade breads and desserts. Reservations are appreciated by calling (802) 684-3903 before 9:30 a.m. on day of the meal. A donation of \$3.00 for guests 60+ (Others \$4.00) is appreciated.

East Peacham Baptist Church Fits Its Pastor Just Fine

TERRY HOFFER

Wayne Dorsett is the pastor of the East Peacham Baptist Church. At 63 Dorsett is old enough to be slowing down, but on the second Sunday in January he and two other Vermont pastors were recognized for their recent completion of significant college-level study. Dorsett (joined by Chris Hatton of the First Baptist Church in Groton and Hugh Higgins of the Reformed Bible Church in Rutland) received his Master of Divinity degree from the South Atlantic Theological Seminary.

Dorsett was raised in Champaign, IL, a city that has swollen with economic development at the end of the 20th century. "We lived two blocks from the city limits," Dorsett says, "and what I remember as a prize-winning Brahma bull farm then is traffic lights and shopping malls today - WalMarts, K-Marts and the whole thing. Where there were corn fields is a big factory where they hydrogenate butter so they can ship it somewhere else and make cheese. By any means it's not the same place."

Dorsett met his wife of 41-years while he was in the Air

Force in Texas and returned to Illinois and a job with the Illinois Central Railroad. He was accepted at the Baptist Bible Institute in Florida in 1970 and four years later completed the program and returned to Illinois to teach at a Christian high school and operate his own business selling and servicing two way radios.

"I had no experience and no degree [only a certificate]," Dorsett says, "and I couldn't get a church." He juggled two jobs until a position opened at Liberty University in Lynchburg, VA, and Dorsett and his wife packed their bags.

Liberty was founded in 1971 by Jerry Falwell the well-known advocate of conservative fundamentalism. In 1983 the University was seeking an electrical engineer. Dorsett's experience fit the bill, and he was hired.

Dorsett laughs about changes he saw and worked on at the University. "We went from 350 telephones on campus when I started to 3,500 and from 5-10 computers to more than 1,000 with connections for personal computers in every room everywhere."

Liberty provided Dorsett the chance to continue his studies, and in 1994 he had a bachelor's degree in bible and economics. The degree and Dorsett's enthusiasm opened the door at a church 20 miles away in Evington, VA, and in addition to

a full time job he had a full time church.

Several years later Dorsett started a church in Rustburg, VA and began accumulating credits toward his master's degree. In 2003 the parallel and full time commitments collided with his inherited heart condition, and Dorsett says, "I realized I had taken on more than I could deliver."

Dorsett and his wife have two sons in Lynchburg, a daughter in Chicago and a son in Vermont, and they started making plans to move to the Green Mountains. Their son in Vermont is director of missions for the Green Mountain Baptist Association and was acting, at the time, as interim pastor at the East Peacham Baptist Church. On his son's urging the elder Dorsett conducted the service at the church on their 40th anniversary, and with the urging from the church he agreed to be its minister.

Dorsett says, "I resigned from my church in Virginia. I gave my notice at Liberty University and we moved to Peacham in June." East Peacham's church is small in number, but Dorsett says it fits him just fine. "We have 49 members and 28-30 on a weekly basis." He looks out the window of his compact office and says, "I see a place that God made beautiful and people that need to know the Lord. People here hurt



Rev Wayne Dorsett is pastor of the East Peacham Baptist Church.

like everyone else, and I want to reach out to those who are lost or hurting."

With recent completion of his master's degree Dorsett would like to resurrect the church's Christian school, which came to a stop in the absence of a full time pastor. He looks forward to having a parsonage near the church some day, and he envisions his affiliation with the

Extension Program of the Southern Baptist Seminaries as a means to establish an institute or seminary in the Northeast Kingdom. In the meantime he hopes to expand the size of the church and as he says with gleeful conviction "keep pastoring the flock."

West Barnet Senior Action Center

March 2005 Schedule

March 2 - Chicken Breast, Mashed Potatoes, Cranberry Jelly, Mixed Vegetables, Bread, Cake with Frosting.

March 4 - Buffet.

March 9 - Chipped Beef with Egg, Boiled Potatoes, Beets, 3-Bean Salad, Biscuits, Pears and Oatmeal Cookies.

March 11 - Baked Beans, Hot Dog, Brown Bread, Cole Slaw, Bread Pudding.

March 16 - Corned Beef with Cabbage, Potatoes, Turnip and Carrots, Homemade Rolls, Green Jell-O with Topping.

March 18 - Pork Chops, Rice Pilaf, Applesauce, Mixed Vegetables, Dark Breads.

March 23 - Baked Ham, Sweet Potato, Green Bean Casserole, Rolls, Cake with Frosting.

March 25 - Baked Fish, Mashed Potatoes, Tossed Salad, Dark Breads, Peach Shortcake.

March 30 - Macaroni and Cheese, Stewed Tomatoes, Green Beans, Muffins, 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.



Photos By: North Star Monthly

The East Peacham church building was purchased in 1978 to accommodate a bible study group under the leadership of Rev. Neil and Frankie Bradley. The building was dedicated as Peacham Baptist Chapel in 1979, and Peacham Fellowship was constituted as a church in February 1983.



Wheelock: Cape on 1.4 acres with great views. Home is in excellent condition. Nice landscaping. Small barn and woodshed. Small pond. New appliances. Must see to appreciate. Full finished basement with woodstove. **\$155,000**

REYNOLDS Real Estate, Inc.

791 Broad Street ■ Lyndonville, VT 05851
(802) 626-9357 ■ Fax (802) 626-6913
www.reynoldsre.com
Email: reynoldsre@charterinternet.com



ML # 6197. This charming, cozy, immaculate 3 bedroom home is waiting for you. Extra amenities include a central vacuum system and a 4th room for an office, small bedroom or playroom for children. Plus more. It's a must see! **\$165,900**
Call Debbie Baird ext. 104



470 Broad Street
Lyndonville, VT

(802) 626-4343

ALL SEASONS
REALTY

Fax: (802) 626-3700
email:allseaslyn@together.net

www.allseasonre.com

BEGIN REALTY ASSOCIATES

What
Are You
Waiting
For?



More homes are sold in the spring and summer than any other time of the year. If you are thinking of selling your home, mortgage rates are reasonable, and now is the time to do it. Call (802) 684-1127 today. Wendy, Barb and Robin are ready to work for you.



BEGIN REALTY ASSOCIATES

AROUND THE TOWNS



March

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 - Baby & Toddler Story Hour, Cobleigh Library, Lyndonville. 10:00 a.m. and 1:00 p.m. (802) 626-5475.

Tuesdays - Bridge Club for all experience levels, Cobleigh Library, Lyndonville, 6:30 p.m. (802) 626-5475.

Wednesdays - Preschool Story Hour, Cobleigh Library, Lyndonville. 10:00 a.m. (802) 626-5475.

Thursdays - Introduction to Computers, Cobleigh Library, Lyndonville. 10:00 a.m. (802) 626-5475.

Thursdays - Chess Club and Game Day, Cobleigh Library, Lyndonville. 3:30 p.m. (802) 626-5475.

Thursdays - Danville Town Band Rehearsal, 7:00 p.m. Danville School auditorium. (802) 684-1180.

Saturday & Sunday - Planetarium Show 1:30 p.m. Fairbanks Museum, St. Johnsbury, (802) 748-2372.

Saturdays - Bridge Club for all experience levels, Cobleigh Library, Lyndonville, 1:00 p.m. (802) 626-5475.

March

- 1 **Town Meeting**
- 2 *Happy Birthday Mr. Singer, a Celebration of author Isaac Bashevis Singer* with Ilan Stavans, First Wednesday Lecture Series, St. Johnsbury Athenaeum, 7:00 p.m. (802) 748-8291.
- 4 Family Contra & Square Dance with Hull's Union Suit Victory String Band, Knights of Pythias Hall, Danville. 8:00 p.m. (802) 563-3225.

5 Northeast Kingdom Audubon trip to coast of New Hampshire and Maine for seabirds. Meet at 6:00 a.m. at I-93 exit 44 rest area. (802) 626-9071.

5 Men's Ecumenical Breakfast, Methodist Church, Danville, 7:00 a.m. (802) 684-3666.

5 Scrabble Club, St. Johnsbury Athenaeum, Noon - 4:00 p.m., (802) 748-8291.

5 *Bats!*, Slides, stories and songs to explore the misunderstood world of bats. Community Hall, First Universalist Church, Derby Line. 2:00 p.m. (802) 723-6551.

7 Northeast Kingdom Audubon informational and planning meeting, Fairbanks Museum, 4:30 p.m. (802) 748-8515.

10 Osher Lifelong Learning: *Metaphor & Meaning* with Bill Eddy, St. Johnsbury House, 1:00 p.m. (802) 626-5135.

10 Book Discussion: *Fried Green Tomatoes at the Whistle Stop Café* by Fannie Flagg, Cobleigh Library, Lyndonville. 6:30 p.m. (802) 626-5475.

10 Film Discussion following *The Merchant of Venice*, Catamount Arts. (802) 748-2600.

11 Kingdom Coffeehouse with Banjo Dan and Willy, 7:30 p.m. North Woods Stewardship Center, East Charleston. (802) 723-6551.

11 Sacred Circle Dance, Danville Congregational Church, 7:00 - 9:00 p.m. (802) 684-3867.

12 Apple Tree Release, Workshop on the fine points of apple tree release, pruning and wildlife management, 9:00 a.m. North Woods Stewardship Center, East Charleston. (802) 723-6551.

13 Northeast Kingdom Classical Series: Leipzig Quartet, St. Johnsbury School Auditorium, 7:30 p.m. (802) 748-8012.

14-16 St. Johnsbury Kiwanis Club Auction. 6:00 - 9:30 p.m. each evening. (802) 748-4367.

14 Cancer Support Group, Conference Room A, NVRH, 4:00 p.m. (802) 748-8116.

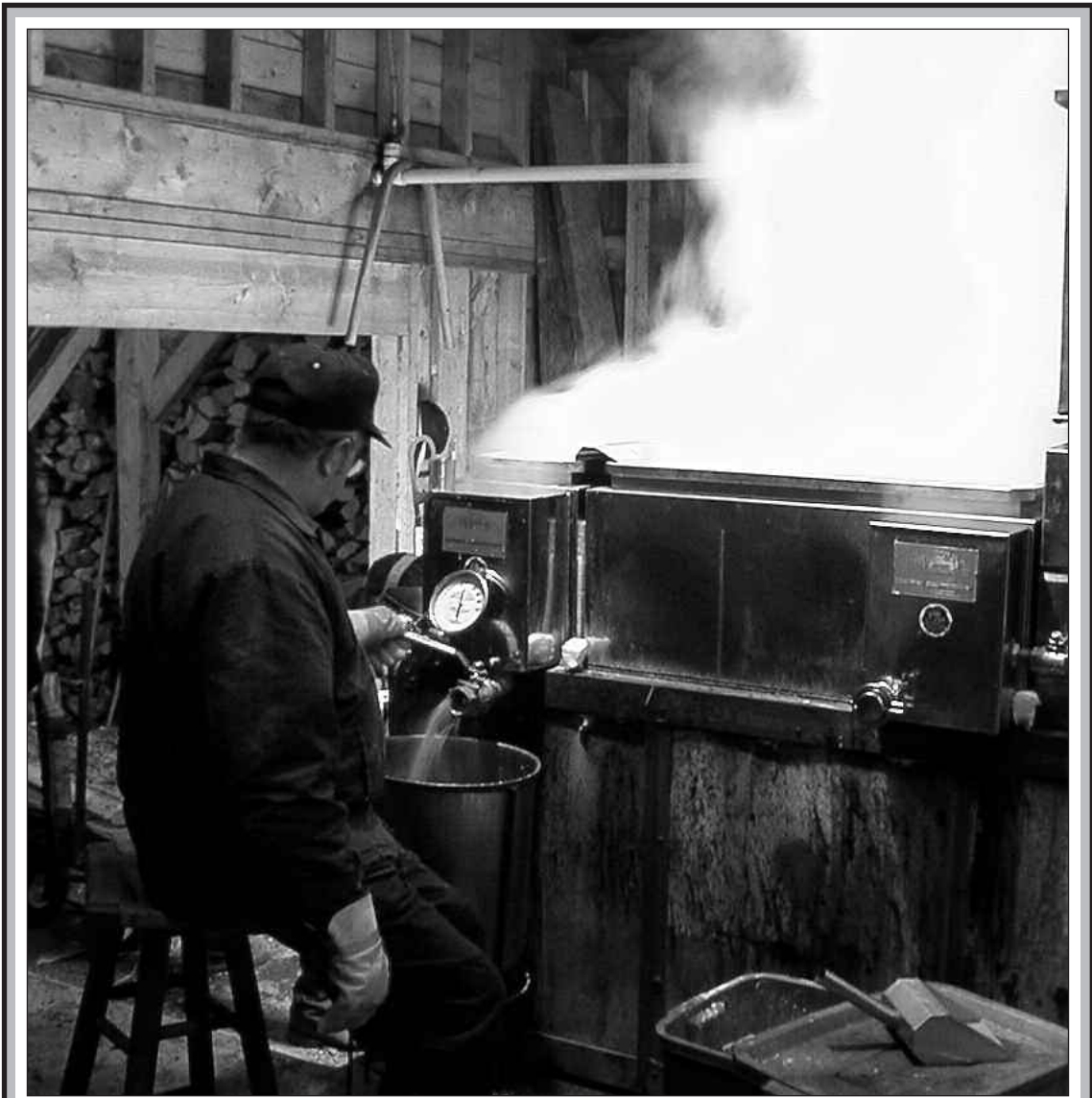


Photo By: Jeff Gold

Larry Gadapee, Danville, draws off some early Vermont Gold, Pure Vermont Maple Syrup. Maple sugaring has long been part of the diversity of Vermont agriculture, but with advances in the modern (and expensive) technology and the time required to prepare the gathering systems, boil the sap and sell the finished product, maple has become far more than a means to keep farm hands busy during mud season. Vermont Maple is an important industry, and its syrup, sugar, candy and other products will be celebrated at the Vermont Maple Open House Weekend, March 18-20. See our list of maple producers on page 17.

- 16 Cardiac Support Group, Cardiac Rehabilitation Room, NVRH, 6:30 p.m. (802) 748-7401.
- 17 **St. Patrick's Day**
- 17 Osher Lifelong Learning: *Myth & Meaning* with Jim Doyle, St. Johnsbury House, 1:00 p.m. (802) 626-5135.
- 17 *The Economics of the Northern Forest*, Economic development opportunities compatible with enhanced wildlands conservation and improved forestry practices, 7:00 p.m. North Woods Stewardship Center, East Charleston. (802) 723-6551.
- 19 Northeast Kingdom Audubon trip to Champlain Valley for early migrating birds. Meet at West Danville parking area at 7:00 a.m. (802) 626-9071.

- 23 Community Variety Show to benefit LI Select Choral Ensemble, 7:30 p.m. LI Auditorium. (802) 626-8162.
- 23 Owl Survey, Travel by moonlight to seek out barred, great horned and northern saw-whet owls, 7:00 p.m. North Woods Stewardship Center, East Charleston. (802) 723-6551.
- 23 Book Discussion: Jane Austen's *Emma*, Pope Library, 7:00 p.m. Danville. (802) 684-2256.
- 24 Osher Lifelong Learning: *Symbol & Meaning* with Dorian McGowan, St. Johnsbury House, 1:00 p.m. (802) 626-5135.
- 24 Book Discussion: *Il Postino* by Antonio Skarmeta, Cobleigh Library, Lyndonville. 6:30 p.m. (802)

- 626-5475.
- 25 Sacred Circle Dance, Danville Congregational Church, 7:00 -9:00 p.m. (802) 684-3867.
- 27 **Easter Sunday**
- 28 Alzheimer's Support Group, Caledonia Home Health, St. Johnsbury. 7:00 p.m. (802) 748-8116.
- 28 Diabetes Support Group, Conference Room B, NVRH, 6:30 p.m. (802) 748-7433.
- 31 Osher Lifelong Learning: *Music & Art: British Ballads in New England* with Burt Porter, St. Johnsbury House, 1:00 p.m. (802) 626-5135.

See also the **Arts Around the Towns Calendar** on Page 14.

Mayo's Paint Dept.
20% off
 all California Paints & Stains

A great "Spring Pick-Me-Up"

OPEN
 7 a.m.-5 p.m. Mon.-Fri.
 8 a.m.-Noon Sat.

802 Railroad Street
 St. Johnsbury, VT 05819
(802) 748-8826

Dussault's Heating

Sales Service Installation

- ♦Thermo Pride Furnaces
- ♦Peerless Boilers

Box 301
 St. Johnsbury, VT 05819
(802) 748-4945
24 hour service

Celebrate 14 Years "Hear"

Diane Sandi Louise Isabelle

MYTH:
 Bargain hearing aids work just as well as the expensive ones.

FACT:
 Mail-order hearing aids, or those purchased online lack one critical ingredient: The expertise and care of a licensed hearing professional. You're not likely to trust other aspects of your health care to mail-order solution, so why do it with something as essential as your hearing?

ARMSTRONG'S **FREE Hearing Screening**
Better Hearing Service, Ltd.

198 Eastern Avenue ♦ St. Johnsbury, VT 05819
 (802) 748-4852 / (800) 838-4327
 Hours: Monday, Tuesday and Wednesday 9-4